

Buddy Up Business

**Helping the Nelson business
community through tough times**



BUSINESS OWNERSHIP IS CHALLENGING.

Among the everyday pressures already experienced by our local business owners, the Covid crisis and market factors only add to the pressure felt challenging our courage, resilience, capability and overall well-being.

Look out for each other by 'Buddying Up' – talk to each other, be there for each other and support each other through tough times. Give each other mutual support, seek timely help, and just share your stories. We want to work together towards positive change by being there for Nelson Business owners and operators.

WHERE TO GO FOR HELP IN NELSON

Nelson Tasman Business Trust and Health Action Trust have business mentors and life/business coaches readily available to help you. Your thinking and approach to leading yourself, your people, and your business.

More importantly, how these link to strengthen how you see your life and business in a balanced and productive way. What can we do to help ourselves, and to get practical help from people around us? Well in Nelson we are fortunate to have huge resources at our disposal:

Nelson Tasman Business Trust

Business Mentoring, free business consultation, weekly Network Meetings and Training workshops.

M. 03 539 0824

W. ntbt.co.nz

Health Action Trust

Our organisation provides health promotion and mental health services.

M. 03 548 2798

W. healthaction.org.nz

As well as the services being provided by Nelson Tasman Business Trust and Health Action Trust, there is assistance that can be provided by your own membership organisation, Uniquely Nelson, Nelson Chamber of Commerce, Nelson Regional Development Agency and Hospitality NZ.

