



Advisor Update 2023

Mentoring

Monica Bradley first came to my attention when chairing a Women Entrepreneur panel for the Queensland Government. Even through the screen her warmth, deep experience and intelligence was evident. During the event Monica made the offer for any of us to contact her. I jumped at the chance and have been benefiting from mentoring sessions with her.

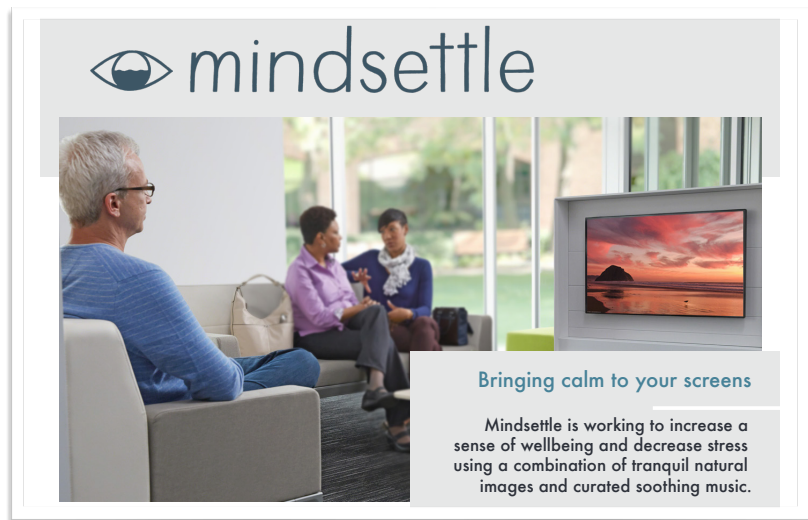
Milestones

We welcome Mater Brisbane as a new client.

Royal Brisbane and Women's Hospital has been using Mindsettle content for 5 years

St Vincent's Private Hospital Brisbane has been subscribing since 2018, adding their Northside Hospital at the start of 2020 to help support their patients during Covid lockdowns.

In 2019, Normanby House the Secure Dementia Ward at St George's Hospital in Kew started using Mindsettle to offer dementia-friendly content to their residents.



Kind Words

"I am writing on behalf of my wife, who is still in hospital after a fall at home three months ago. One of the few positives to come out of the whole experience is discovering MindsettleTV. For anyone facing surgery and prolonged confinement in hospital Mindsettle provides a window onto calming natural imagery of great beauty and wonder. She has found this service to be a godsend.

While it's impossible to over-praise the life saving work of doctors and nurses, the huge psychological stresses and anxieties of hospital patients are ignored. Sedation is the only help available. Trapped in an ailing/injured body in unfamiliar, sterile surroundings, the patient is left to deal with the mental and emotional distress of life-changing medical procedures on their own. The humanitarian value and restorative potential of Mindsettle helps support patients as they recover."



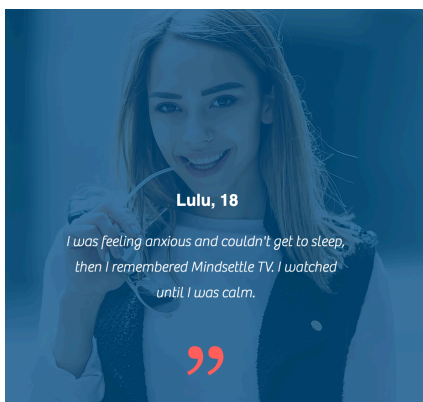
Collaboration

In late 2022, I started talking with Oneview Healthcare about collaborating. Founded by a patient, Oneview's roots are in patient care and they immediately recognised the synergy of our shared values.

As Australian Managing Director Colin Hackwood says,

"We have a big 2023 in front of us, and looking forward to extending Mindsettle value. We are Stronger together!"

This is an exciting development, I love that the concept for Oneview Healthcare and Mindsettle were both inspired by patient experiences.



The Challenging Stuff

Most people who have started a business know it is a long, often solo, slog to get to success, however you define success. Financially I am able to cover the expenses of the business and have occasionally paid myself a small stipend. Finding ways to stay motivated, especially in the last few years with the added complexity of the pandemic, is a constant challenge. Along with the nagging doubts of does it even do what it's supposed to do?

In an emotionally exhausting year, I have been grappling with the decision to continue with this venture. When I look at the **Good Stuff** listed, I feel content that Mindsettle is doing what it set out to do. It is appreciated by people and it is growing slowly. I would appreciate your ideas about how to grow the business.

Thank you for your ongoing support and advice,

Lisa

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P.S. You can let your mind settle right now by clicking this link to be gently lulled by the ocean.

let your
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