



Avoid the Christmas blush

Kate Southam

Beware the office Christmas party.

Too many drinks combined with too little food could transform you from rising star into Christmas party turkey in just minutes.

Nikki Heald, managing director of Corptraining, is an expert on office etiquette.

She warns that mixing alcohol with end-of-year exhaustion can be lethal to your career prospects.

"Combine frazzled nerves with personality clashes, then add a dash of alcohol, and you may well have the recipe for disaster," she said.

Heald said the office bash was not the time to share what you think of a colleague or manager, nor the moment to act on a long-held crush or grievance.

"The office party requires business protocol and decorum. Professionally, you are still on display in the eyes of management," Heald said.

Her tips for your party are to:

- Limit alcohol consumption. A free party isn't an excuse to see how much booze you can consume in a short space of time.

- Ditto, free food should not tempt you to shoulder colleagues out of the way as you dive for the canapes or to speak with your mouth full.

- Avoid talking business and hanging out with your usual work group. Also, don't corner the boss to hear your great ideas for the new year.

- Get conversations started, but don't dominate.

- Remember the old-fashioned advice about avoiding politics, religion and sex.

- Remember that alcohol can impair your ability to judge distances, so don't become a "space invader". Give colleagues some air.

■ *Kate Southam is editor of careerone.com.au*



Santa Claus is on his way, but too much good stuff at the office Christmas bash could leave you looking like a turkey.

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Troy West has been making a difference with Bendigo Financial Planning since 2005.

Troy's job is about providing customers with choices - choices that aren't driven by business gain, commissions and the bottom line. In fact, Troy says he finishes his working days feeling just as good about the future as his customers do.

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What's different about Bendigo Financial Planning?

Just like they did with **Community Bank**[®] branches, Bendigo Bank has put customers first when it comes to financial planning. People aren't silly, they know when they're receiving advice that's appropriate for them and when they're not. My customers receive advice they know they can trust and they control how they wish to pay for it.

What does this mean for the future of financial planning?

Put simply, it's an approach to financial planning that's resonating with customers across Australia - and I think the industry has little choice but to take notice and follow suit.

What has it meant for you?

I've been in on the ground floor. I'm working for a team that is actually changing the direction of an industry for the better.

And that's rewarding?

I'm rewarded in more ways than one. Of course my career development and the financial rewards are important, and I receive a very competitive salary. But most importantly, I feel good going to work every day. I actually enjoy my job.

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If you have any questions about Bendigo Financial Planning you can call Kate Wakeling on 0400 893 369.



"I feel good going to work every day."

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