

BPW Business Incubator

ONLINE Training & Mentoring Project

www.bpwbusinessincubator.com



BPW NEWS UPDATE - MAY, 2026



Quote of the month

"Business, more than any other occupation, is a continual dealing with the future; it is a continual calculation, an instinctive exercise in foresight."
Henry R. Luce (1898 – 1967) was an American magazine publisher who founded Time, Life, Fortune, and Sports Illustrated



Women Changing the World Awards, Paris, France

Congratulations to Carol Hanlon, (BEC & TCF) was announced winner in two categories at the recent prestigious global awards. Carol was recognised in both the 'Hall of Fame' and 'Woman in Fashion & Textiles' categories. [Media Release](#)

BEC WOMENS EMPOWERMENT PROJECT

You are invited BEC WOMEN'S EMPOWERMENT FORUM

Wed, 13th May 5-7pm [BOOKINGS](#)

Great Speakers & Networking - Deggi Altangerel (BPW Belmont) gender equality / equal pay gap; Maggie Byrne (I Design My Life) re Imposter Syndrome; Aida Oakdon (FAHWA) benefits of volunteering; Barbara McNaught (Hello Darlink) global podcasts profiling women; Carol Hanlon (Belmont BEC/TCFWA) growing small business.

VENUE: Firehouse Restaurant, 249-263 Grt Eastern Hwy, Belmont
FREE ENTRY: Door Prizes, Nibbles Provided, Happy Hour Drinks



BEC NATIONAL EXPORT ONLINE Training & Mentoring Project

Looking to increase your sales? Export your goods or services?

FREE WEBINARS - Thursday, 28th May, AWST (Perth Time)

BOOKINGS ESSENTIAL

- 1) Introduction to Exporting: 9.30-11.30am [BOOK](#)
- 2) Export Guide for Small Business: 12-2pm [BOOK](#)
- 3) Writing your Export Marketing Plan: 2.30-4.30pm [BOOK](#)

Can't make the date? [Request a Recording](#)

Register for [FREE ONLINE Export Mentor](#).

[BEC EXPORT FLYER](#) [EXPORT MEDIA RELEASE](#)



Belmont Business 'Ask an Expert' Sundowner

27th MAY, 5pm-7pm - BOOKINGS

Promote your business, export trade opportunities and business contacts and gain new opportunities. Great Speakers and Networking.

VENUE: Firehouse Restaurant, 249-263 Grt Eastern Hwy, Belmont
FREE ENTRY, Door Prizes, Nibbles, Happy Hour Drinks, Bar Prices.



'LIVE' AI Webinar

Your Digital Intern: Automate the Boring Stuff

26th May, Tuesday, 9:30am-11am (AWST Perth) \$110 - [\[BOOK NOW\]](#)

Stop sacrificing your evenings to admin. Learn to leverage free AI tools to instantly generate professional invoices, distil long meeting notes into action items, and reclaim hours spent on repetitive paperwork. Turn AI into your most productive (and free) employee.



FINAL CALL - Are you a Speaker or Presenter?

Like to present during 22nd designedge Innovation Festival?

BEC, TCF & BPW Members are invited to register interest in being a presenter or speaker during our 22nd designedge Innovation festival, which will run 4 months June to September to our national & global network. Speakers can run LIVE or recorded ONLINE. [View 2025 Festival Sponsor Opportunities](#) also available. Contact [Carol Hanlon](#)



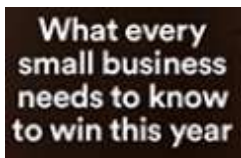
AI for small business: a beginner's guide

With the recent advancements in AI, there's no denying that it's an increasingly powerful and versatile tool that's here to stay. Companies of all sizes have used AI in business to a degree for some time now, but as its capabilities, popularity, and access grow, many are wondering how to implement AI for their small business. [Learn more.](#)



Rising operating costs and inflation in 2026: the hidden threat to small business profit (and how to stay ahead)

Rising operating costs and Inflation are reshaping how small businesses operate in 2026. Wages, supplier pricing, rent, utilities, insurance, and interest repayments have all increased - often at the same time. While revenue may appear stable, margins are tightening, and cash flow pressure is building. Many SMEs are discovering that profit on paper doesn't always translate into cash in the bank. When expenses rise faster than pricing adjustments, businesses feel squeezed from every direction. [Learn More.](#)



What every small business needs to know to win this year

Australia's 2.7 million small and medium businesses face rising costs and shifting customer habits. This playbook provides practical tools to help navigate these changes and make informed decisions. Gain "operational oxygen" to reduce administrative burdens and focus on strategic growth. From understanding new spending forces to integrating digital and physical shopfronts, this guide simplifies the complex aspects of modern business. [Here.](#)



Welcome to BEC member - Nathan Baws; Tommy Sugo, Modern Italian

BENEFITS OF BEC MEMBERSHIP - Members can access 30-60mins free advisory with an accountant; lawyer; HR specialist; or IP Attorney to discuss your issues. Members also receive free webinars during the designedge innovation festival, free business sundowners, buying mission opportunities, access to mentoring at discounted rates, supply chain linkages. Bronze, Silver & Gold Levels available. Membership is tax deductible. [Join](#)

BEC invites its network to link with its Social Media pages

BEC FaceBook [Link](#)

BEC LinkedIn [Link](#)



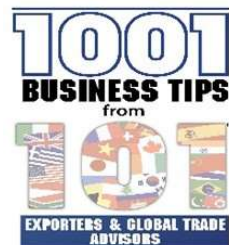
Grants and assistance programs in Australia

Find grants, funding, and support programs from across government to help YOUR business grow and succeed! When searching for funding, keep in mind that you'll generally need to meet certain criteria to be eligible, and that, aside from funding assistance, many programs can help your business by building your skills and knowledge. [Do you qualify?](#)



Belmont BEC & BEC Global Business Advisors, Mentors, Coaches -

Discuss your business issues and concerns with your confidential advisor and develop your action plan for success. **By the Hour: Online or Phone Face - Phone** www.belmontbec.com/mentoring



Are you an exporter or global trade advisor?

1001 Business Tips from 101™ Exporters and Global Trade Advisor Experts

Would you like to be featured in our new eBook with your 10 tips for Exporters and Global Trade Advisors? Each expert will be allocated two pages. Participation includes additional promotional opportunities as an expert and you may also be invited as a presenter in future 1001 Business Tips Online Forums. Interested to share your expertise and gain exposure? Contact [Carol Hanlon](#)



The Cyber Sushi

Including - *How Scams Are Changing - And Why They're Harder to Spot. *The Guide to New and Trending Scams * 'How safe is public wi-fi?' [Here.](#)



Starick's Mother's Day - High Tea Saturday 9 May 2026

We are pleased to announce that we have confirmed a brand-new venue for Starick's annual Mother's Day High Tea 2026. Join us at Beaumonde on the Point

from 12:30 - 3:30. The incredible Nadia Mitsopoulos will be our MC on the day.
[Bookings view Starick](#)



Free Medicare Mental Health Check-In

Medicare Mental Health Check In provides free guided digital support to help you build practical skills to take better care of your mental health and wellbeing. It's completely free for people living in Australia; no referral or diagnosis is needed. [Learn more.](#)



Max Alexander Collection

At just 10 years old, Max Alexander has become the youngest fashion designer to present at Paris Fashion Week. His Fall-Winter 2026-2027 collection debuted at the Opera Garnier on March 3rd with 15 looks inspired by flowers and sustainable materials. 90% of his collection was crafted from deadstock, surplus, recycled and biodegradable materials. [Here.](#)



15 issues women face at the workplace and how to combat them

Women make up nearly half of the global workforce, and failing to address these issues means losing out on their potential contributions to economic growth and development. Addressing issues regularly faced by women in the workplace requires a multifaceted approach that involves not just employers but also policymakers and society at large. [Article.](#)



BPW network - taking action for women's equality

BPW (Business & Professional Women) members advocate for issues that affect women around the world today. BPW operates in over 120 countries globally and has consultative status with United Nations Economic & Social Council (ECOSOC). If you wish to connect with like-minded women in Australia visit www.bpw.com.au or globally visit BPW International www.bpw-international.org or contact [Carol Hanlon.](#)



ATO Compliance: What small business owners are getting wrong (and how to stay off the radar)

The Australian Taxation Office has made it clear that compliance is under sharper focus, with specific risk areas attracting increased attention. In many cases, the issues that trigger concern are not deliberate. They often stem from misunderstandings, rushed or inconsistent bookkeeping, or systems that have not kept pace as a business has grown. [More.](#)



9 industries that prosper during recessions

Recessions are tough for most people. Businesses may downsize, workers worry about layoffs, and households often tighten their budgets. But not every industry suffers during economic downturns. Some businesses actually thrive during a recession, either because they provide essential services, help people save money, or offer affordable alternatives to higher-cost options. Nine sectors and professions that tend to hold steady or even grow when the economy slows are [here.](#)



Small businesses urged to be vigilant for fake banknotes

Instances of counterfeit cash – fake \$100 notes- are on the rise, prompting warnings to retailers to be on the lookout, and a reminder that they have the right to decline to accept any cash if they suspect it may not be genuine. [Learn more.](#)



Quick tips using Microsoft Word

To insert the date, hold Alt Shift D / **To insert time**, hold Alt Shift T.
To translate a document, click on Review, then Translate, choose a section or the entire document, then choose a language.
Convert .pdf to Word – click in Insert / Object / Text from file / select the .pdf file / Insert. Done, editable Word document created.
To see all keyboard commands – View / Macros / View macros / type listcommands / Run / Current keyboard settings / OK. There they all are!



Another tip by Wilfridus Bambang Triadi -from the now published - '1001 Business Tips from 101™ Cyber Security Experts

Use SSL (secure sockets layer) protected website. SSL establishes a secure connection on the website to transmit essential data from the server to the client and vice versa. This technology allows sensitive information such as credit card numbers, social security numbers, and login credentials to be securely sent. The data sent has been encrypted and scrambled to make it difficult for hackers to access. SSL also serves as authentication, which means SSL will ensure the data is secure when you send the information to the right server.



Websites that you may find useful

Wall art from any image. The Rasterbator site enlarges images to multiple pages so you can print and combine them into huge posters. [Website.](#)
200+ free tools. Free online SEO, Text, Image, YouTube, Web Management, Web Development, Converter, and Calculator Tools, and more. [Website.](#)
Looking for a versatile AI agent platform designed to automate digital tasks across web apps, content creation, and more? Try Runable [here.](#)
Mock Magic is a powerful tool that helps you create beautiful device mock-ups for your designs. Upload your design, select a device, and download your mock-up in seconds. [Website.](#)



Powerful valedictorian speech

Tips to live by – [here.](#)



Workplace discrimination fact sheet

Unlawful workplace discrimination under the general protections in the Fair Work Act occurs when an employer takes adverse action against an employee or prospective employee because of one or more of the following attributes: race colour, sex, age, physical or mental disability, marital status, family or carer's responsibilities, pregnancy, religion, political opinion, social origin, experiencing (or having experienced) family and domestic violence, etc... [Details.](#)



7 FOMO marketing strategies that convert browsers into buyers

Customers take time to make buying decisions. They research options, compare prices and put off purchasing until later. The fear of missing out (FOMO) speeds up this process. It creates urgency that encourages faster decision-making by highlighting limited availability or time-sensitive offers. In this guide, you'll find seven FOMO marketing strategies that work for small businesses. You'll see examples from successful brands and learn how to use each approach to increase sales. [Like this.](#)



Optimise return on investment with the right strategy

In the competitive world of business, Return on Investment (ROI) is one of the primary indicators used to measure the success of an investment. ROI provides a clear picture of how well an investment is generating returns for the company. In other words, ROI helps you understand whether the resources invested are delivering the expected results or not. [Tips.](#)



Some Excel tips you may find useful

- * **To learn lots of tips in Excel.** Open 'Help' in Excel and type 'Keyboard shortcuts'. Then, 'Get help on shortcuts', There they all are Go for it!
- * **To quickly total all rows and columns in Excel** ... highlight all the numbers, including the totals required in rows and columns and press Alt and = DONE!
- * **To create an instant chart in Excel** – highlight all the data, press Alt and F1
- * **To automatically adjust column width as you type** – click on the Sheet (bottom left), click on View Code, change General to Worksheet, enter – cells,EntireColumn,Autofit and close ... done.
- * **Insert check boxes.** Highlight the appropriate cells. Hold Alt and type NCB.



How to get and use Microsoft 365 for free - Want to create documents in Word, Excel, and PowerPoint, and more for free? Learn how to get started with free Microsoft 365 productivity tools in a few easy steps – [here.](#)

Remove the background from a photograph. Paste the photograph into a document. Click on Picture format / Remove background / Mark areas to keep (click on the areas) / Keep changes. Done. Easy!



Autumn edition of Inside Small Business

Includes articles on – AI-boom or bust, The rising cost of social media, Dishing up a tasty treat, The value of LinkedIn to small business, and more – [here.](#)



Tired of remembering passwords?

There's a better way — it's called a passkey 🗝️

This video shows you how to use a passkey to log into your accounts using your fingerprint, face, or device PIN. It's easier and more secure than traditional passwords. [Video.](#)



Small Business News

Featuring articles on: Government and industry support for families and small businesses, RBA announces changes to card payment costs, Looking after your wellbeing this World Health Day, Celebrating World Book Day with inspiring reads for small business owners, Celebrate World IP Day and tune in to the IP Australia Podcast, and much more [Here.](#)



Payday Super checklist for employers

Payday Super starts on 1 July 2026. If you're an employer, Payday Super means you will need to make a super contribution for eligible employees for

each payday. You don't need to wait until 1 July to get ready – you can start now. Use this checklist to get ready for Payday Super. [Here](#).



Australia Post eCommerce Report 2025

Your future customers want more personalised sales offers. 61% of Gen Zs, 62% of Millennials and 56% of Gen Xs want online retailers to provide more personalised sale offers in the future. Personalised shopping could enhance customer experience by providing tailored recommendations, or custom pricing and offers. By offering a more personalised experience for shoppers, retailers could boost customer loyalty and increase conversion rates. [Full report](#).



STORAGE KING PERTH AIRPORT – special % offer

Past Winner - Facility of the Year Award

15% off storage boxes and 50% off the first 2 months of storage. Storage King can ship your parcels to anywhere in the world. Storage King arrange the booking and email consignment notes for clients to attach to their deliveries. We offer a wide range of self-storage options, from lockers to vehicle storage.

[Phone](tel:) [Email](mailto:) [W: storageking.com.au](http://www.storageking.com.au)

Our special thanks to Storage King Perth Airport for their great support in sponsoring storage of textiles and sewing machines donated for our next community village sewing projects.



FOR HIRE - Training and Meeting Rooms at Belmont BEC

Fully equipped training room, catering and refreshments available. Unit 3, 216 Belmont Ave., Cloverdale - [Contact Belmont BEC](#)

Business Skills 'On Demand' Sessions



Live and Recorded Webinar for Online - Anytime - Fast Track your Training

Members receive FREE webinar below during **May** - [Contact us](#)

www.belmontbec.com/webinars

- [Writing Your Business Plan](#)
- [Pricing, Costing and Cashflow](#)
- [Starting Your New Business](#)
- [Understanding the Australian Privacy Changes](#)
- [Credit Management And Debt Collection](#)
- [How To Write A Tender Or Grant Submission](#)
- [Tips on Building a Successful Business](#)
- [Preparing For A Fashion Trade Show](#)
- [How To Start A Fashion Label](#)
- [Quality Control In The Fashion Industry](#)
- [Importing and Exporting](#)
- [Get Noticed By The Media](#)
- [How To Brief Your Website Developer](#)
- [TESTEX – Textile Accreditation and Labelling](#)
- [Avoiding Manufacturing Pitfalls](#)
- [Marketing On A Budget](#)
- [Strategies for Off Shore Outsourcing](#)
- [Sourcing in Asia via HK](#)
- [Sourcing Textiles & Apparel in India](#)
- [Buying Or Selling A Business](#)
- [Fashioning Sustainability Diverse Perspectives](#)
- [Balancing Work And Life](#)
- [Credit Management And Debt Collection](#)
- [How To Write A Tender Or Grant Submission](#)
- [Tips on Building a Successful Business](#)
- [Connect your Business to the Women's Empowerment Principles](#)

- [How To Grow Your Fashion Business](#)
- [Understanding your Intellectual Property – Trademarks, Designs, Patents](#)
- [Ethical Fashion and the Triple Bottom Line](#)
- [Italian Fashion Media](#)
- [Preparing a Business for Sale](#)
- [Global Platform for Sourcing From Women Vendors](#)
- [Tips on Using Social Media in your Business](#)
- [Make Customer Experience Your Competitive Edge](#)
- [Understanding Freight Logistics of Importing and Exporting](#)
- [How To Grow Your Business](#)
- [Strategies for Off Shore Sourcing](#)
- [Establishing Your Label in the USA](#)
- [What Buyers Are Looking For](#)
- [Specification Sheets for Apparel Manufacturing](#)
- [Marketing for Small Fashion Business](#)

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