

In this edition of YOUR news

- [BNH Engagement Opportunities](#)
- [Upcoming Workshops & Events](#)
- [Carmen's Candidate Connection: Your Shortcut To Top Talent](#)
- [Host A Unitec Intern At No Cost](#)
- [You Can Make A Difference This Harbour Hospice Awareness Month](#)
- [Move For A Cause – Pilates Or Yoga Fundraiser!](#)
- [Latest Information From Business.govt.nz](#)

BNH Engagement Opportunities

Kia ora tatou,

BNH is always keen to engage with as many members as possible to ensure that they are getting the maximum benefit from their BNH membership. So, here's a reminder of the programmes and services that BNH offers in support of members, most of which are completely free of charge.

Please follow the links below to see what BNH has to offer you, your business and your Team:

Networking Opportunities – [Events](#)

Capability Development – [Learning Lab Workshops](#), [Mentoring Programme](#)

Sustainability Initiatives – [Food Waste Collections](#), [Inorganic Waste Collections](#), [Pallet Swaps](#), [Cardboard Box Swaps](#)

Latest News and Information – [Business News](#), [Transport News](#)

Showcase Your Business – [Business North Harbour Business Excellence Awards](#), [Business Directory](#), [One Day Sale](#), [Business Showcase and Networking \(B2B expo\)](#), [BUY North Harbour Facebook Page](#)

Advocacy – [To central and local government on a variety of topics affecting business and property owners](#)

Crime Prevention – [Night-time Security Patrols 365 days per year](#), [On-site Security Assessments](#)

Useful Links and Resources – [On a range of different topics](#)

Stay Informed – [Fortnightly Newsletter](#), [FYI \(Quarterly Magazine\)](#), Social Media Platforms ([Facebook](#), [LinkedIn](#), [Instagram](#), [YouTube](#))

For more information and to find out more about us visit the BNH website or contact our Office Manager Kate Thorpe admin@businessnh.org.nz

I hope that you find the information useful and look forward to your engagement in those programmes and services that are of benefit to you, your business and your Team.

Ngā mihi mahana,

Kevin O'Leary

General Manager, Business North Harbour

Upcoming Workshops & Events



BUSINESS NORTH HARBOUR | LEARNING LAB

WORK SMART, STAY HEALTHY
UNLOCKING WELLNESS
WITH PROFESSOR AJMOL ALI

FRIDAY 9 MAY 2025
12:00-2:00PM BUSINESS NORTH HARBOUR

imago | WELLNESS COACHING

Business North Harbour

LEARNING LAB: Work Smart, Stay Healthy: Unlocking Wellness with Professor Ajmol Ali

Friday, 9th May, 12.00pm - 2.00pm

Business North Harbour

Join us for an enlightening workshop on the secret to working smart and staying healthy, featuring Professor Ajmol Ali, a renowned expert in Exercise Science at Massey University. Professor Ali will take you on a journey into how you can help yourself manage the demands of a hectic professional life, sharing valuable insights from his extensive research and personal experience. Discover practical wellness tips to integrate into your routine – some may not stick, but the exploration will be enjoyable!

ABOUT OUR EXPERT:

Ajmol is currently Professor of Exercise Science at Massey University. His research spans several themes including paediatric exercise science, supplementation for health, wellness and performance, sport performance, and wellness at work. Ajmol is also Director of **Imago Wellness Coaching**, collaborating with national and international organisations to provide online, customised wellness coaching to help employees become more productive and lead healthier lives. Away from work Ajmol still continues to play football (albeit at a much slower pace than in his younger years!) and also enjoys coaching his two young children.

A light lunch will be served, please get in touch if you have any dietary requirements.

[Register Here](#)



TABLETOP NETWORKING

NETWORKING
& BUSINESS
SHOWCASE

5.30PM-8.00PM, WEDNESDAY 14 MAY 2025
NORTH SHORE GOLF CLUB
REGISTER NOW | ONLY \$79+GST PER BUSINESS

Business North Harbour

Business After 5: Networking & Business Showcase 2025

Wednesday, 14th May, 5.30pm - 8.00pm

North Shore Golf Club

We're excited to announce that our **Business After 5: Networking & Business Showcase** is **back by popular demand** in 2025—bigger, better, and bursting with opportunity!

After a fantastic response last time, we're thrilled to bring this high-energy event back, giving you the chance to **showcase your business**, make valuable connections, and grow your network within the BID community.

What's in it for you & your business?

You'll get your own **designated tabletop** to display your products, services, or expertise while mingling with fellow business owners, members, and associate members. It's the perfect platform to raise your profile, share your story, and spark new conversations

And yes—prize draws are back too!

You'll run them right from your stand, enabling you to collect your own contacts and business cards on the night - so what you want to give away, is up to you!

[Register Here](#)

BUSINESS AFTER 5 NETWORKING



MARSDEN SUITES HOTEL, ALBANY NETWORK & NIBBLES

5.00PM–7.30PM, THURSDAY 22 MAY 2025
50 ROSEDALE ROAD, ROSEDALE

Business
North
Harbour

Business After 5: Networking Event proudly hosted by Marsden Suites Hotel, Albany
Thursday, 22nd May, 5.30pm - 7.30pm
Marsden Suites Hotel

Join us for a special evening of networking, hospitality, and celebration as we showcase the newly opened **Marsden Suites Hotel Albany**—a premium 4-star suites hotel located in the heart of our Business Improvement District.

Operated by the stellar team behind **Ramada Suites Albany**, Marsden Suites promises the same exceptional guest service and high standards guests have come to expect.

Enjoy a relaxed evening of drinks, canapés, and great company while exploring this stylish new property. Plus, be in to **win exciting prizes**, including accommodation vouchers to stay at Marsden Suites Hotel and Ramada Albany!

Don't miss this fantastic opportunity to connect with fellow business professionals, experience a standout new addition to our BID and enjoy an evening of fun.

Drinks and Nibbles will be served and there will be an opportunity to tour the wonderful new hotel!

[Register Here](#)

EMA

Business
North
Harbour

CONNECT
COMMUNICATE
COLLABORATE

A POST-BUDGET ECONOMIC, BUSINESS AND LEGISLATION UPDATE



ALAN
MCDONALD
Head of Advocacy, Strategy, Finance
EMA

Get clear insights and expert context on the post-Budget landscape from a trusted leader in business advocacy and strategy.

[Register Now!](#)

29 MAY

5:30 PM - 7:30PM

FREE FOR BNH MEMBERS

A Post-Budget Economic, Business and Legislation Update with Alan McDonald
Thursday, 29th May, 5.30pm - 7.30pm
North Shore Golf Club

Join **Alan McDonald**, Head of Advocacy, Strategy & Finance at the **Employers and Manufacturers Association (EMA)**, for an informative session exploring the potential implications for businesses across the country following the Government's Budget announcement on 22 May 2025.

Alan will provide a detailed overview of key Budget measures, including infrastructure investment, national transport planning, and broader economic policy. He will discuss how these developments may influence business operations, regional growth, and investment planning.

This session will include up-to-date data, policy updates, and economic forecasts to support informed decision-making in a changing landscape. A Q&A segment will also give attendees the opportunity to engage directly and raise questions relevant to their business or industry. This is a valuable opportunity to gain clarity and context around the post-Budget environment from a trusted voice in business advocacy and strategy.

[Register Here](#)



DHL Super Rugby Pacific 2025 - Moana Pasifika V Blues
Saturday 17th May, Gates open 5.30pm › Kick off 7.05pm
North Harbour Stadium

Adult tickets from \$10, kids from \$5

Get ready for our final home game of the season against rivals, the Blues! Join us for an epic evening of rugby and festivities.

[Buy Tickets](#)

North Shore
CAREEREXPO

2025 DATES: WEDNESDAY 28 - THURSDAY 29 MAY



NORTH HARBOUR STADIUM

Opening Times:

Wednesday 28 May:
4pm to 7:30pm

Thursday 29 May:
9:30am to 2:30pm and 4pm to 7:30pm

North Shore Career Expo
Wednesday, 28th May 2025, 4.00 – 7.30pm
Thursday, 29th May 2025, 9.30 – 7.30pm
North Harbour Stadium

18 North Auckland Schools and 3000+ senior students. Meet local school leavers and help them decide their next move. For more information, email: iroberts@chamber.co.nz

Carmen's Candidate Connection: Your Shortcut To Top Talent

Ember Employment Talent Showcase

We've got the talent for the job you've got.

Introducing
Carmen



Contact: carmen.winterbach@ember.org.nz
today to learn more.

Looking for the perfect candidates? Carmen Winterbach is ready to help (for FREE) through the Ember Employment Talent Showcase. We connect you with a diverse pool of jobseekers, from seasoned professionals to those launching their careers, making hiring simple and effective. As one of Aotearoa's largest NGOs, we're committed to creating opportunities for everyone, envisioning an Aotearoa where all people are supported to be who and what they want to be. Whether you need administrators, technicians, site supervisors, or other skilled talent, we have the right candidates for you.

This FREE resource is supported by Business North Harbour. Contact Carmen today at carmen.winterbach@ember.org.nz - don't miss out!

Host A Unitec Intern At No Cost



Unitec is pleased to advise that we have another cohort of eligible students for our Semester 2 Industry Internship courses (Master of Applied Business and Master of Professional Accounting programmes). Please give some thought to any project work that our students could help you with.

Hours: Master of Applied Business - 100 hrs, Master of Professional Accounting - 50 hrs Areas: Business Analytics, Marketing, Supply Chain, HR, Leadership, Accounting.

Master of Applied Business students have the relevant skills for today's digital world. They understand the fundamental principles of data science and the techniques and tools for managing and using data in decision-making.

Master of Professional Accounting students have the breadth of accounting experience to assist you in undertaking projects you may not have had time to get to.

Interested or want to find out more? Please email: [Deepika Manglani](mailto:Deepika.Manglani@unitec.ac.nz), Internship Coordinator

You Can Make A Difference This Harbour Hospice Awareness Month



Often described as a lifeline by patients, families and whānau, Harbour Hospice's services ensure we walk alongside our patients when they need us the most. This level of compassionate care is only possible with your support

DOUBLE YOUR IMPACT: Every dollar you donate during May will be matched!

Thanks to the incredible generosity of our principal partners - **Mason Containers, Move by Design, Diamond Fusion, and Northland Waste** - all donations made during Harbour Hospice Awareness Month will be matched dollar-for-dollar, up to a total of \$20,000. This means your \$50 donation becomes \$100. Your \$250 becomes \$500!

Two simple ways you can help today:

DONATE - Make your donation at <https://harbour-hospice-awareness-month.raiselysite.com/> and see it instantly doubled

SHARE - Forward this content to friends and family or share our campaign on social media.

Move For A Cause – Pilates Or Yoga Fundraiser!



Join us at **ActivePlus Albany** on **Saturday, 17th May 2025** for a special morning of movement, all in support of **PINC & STEEL**, a charity providing rehabilitation programmes for cancer patients.

Pinc & Steel are hosting **four inspiring classes**, and **100% of the proceeds** will go directly to this incredible cause. Each session will be followed by a **complimentary morning tea** – a perfect chance to connect and refuel.

Class Schedule:

8:45 – 9:45am: Yoga

10:00 – 10:45am: Pilates with Chelsea

11:00 – 11:45am: Pilates with Amy

12:00 – 12:45pm: Pilates with Indy

Spread the word – invite your clients, friends, and family to come along and support a cause that truly makes a difference.

To book your spot, contact: steph.lane@activeplus.co.nz or call 09 630 4035

Latest Information From Business.govt.nz



The business.govt.nz and other Government sources provide the latest information for businesses.

If you have any questions or need support please contact the Ministry of Business, Innovation and Employment (MBIE)'s phone line for small businesses: Freephone **0800 424 946**

Thank you to our 2024-2025 PLATINUM PARTNERS



Thank you to our 2024-2025 GOLD PARTNERS



Business Hub
Auckland
North

Thank you to our 2024-2025 SILVER PARTNERS



Thank you to our Event PARTNERS

Women in Business



Business North Harbour Business Excellence Awards



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