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## Are We Slowly Turning The Corner?

Kia ora tatou,

Since our last edition when the uncertainty of the effects of the American tariffs was dominating the headlines, we've had some positive news with America delaying the introduction of many tariffs and the Reserve Bank Of New Zealand announcing another reduction in the Official Cash Rate (OCR). These positive actions have seen stock markets around the world recovering and some banks in NZ reducing their interest rates which is good news for those people able to take advantage of a reduction in their mortgage or other loan repayments.

In addition to these positive changes, Stats NZ announced earlier this month that the Consumer Price Index (CPI) inflation rate was sitting at 2.5 per cent in the twelve months to the March 2025 quarter. Although this is slightly higher than the previous annual increase to December 2024, it still sits within the RBNZ's 1 – 3 per cent target and economists are expecting inflation to remain subdued throughout the remainder of the year, which is good news for us all.

I'd like to think that this positivity means that we're slowly turning the corner and I sincerely hope that members are able to enjoy a brighter, less financially challenging and less stressful future.

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





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 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 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](#)



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](#)

## GAME DAY



MOANA  
PASIFIKA

VS

FIJIAN

DRUA



ROUND 11 | 26 APRIL | NORTH HARBOUR STADIUM

DHL Super Rugby Pacific 2025 - Moana Pasifika V Fijian Drua  
Saturday, 26th Apr 2025, 4.35 – 6.30pm  
North Harbour Stadium

The Battle of the Pacific always delivers the entertainment and electrifying moments. See Pacific excellence and flair on full display as we welcome our Fijian brothers to the North Shore. It's a match you won't want to miss!

Adult tickets from \$10. Kids from \$5

Note: Tickets are \$5 more at the gate so purchase online now to save.

[Buy Tickets](#)



## LUNCH & LEARN



Unlock HR and Employment Law Secrets Over Lunch – Join Our Expert-Led Series this May!

We are excited to personally invite you to our **Lunch & Learn** series – back by popular demand this May. Over four relaxed lunchtime sessions, we’ll tackle some of the most important HR and Employment Law challenges facing businesses today.

Each session is designed to be interactive and packed with practical advice you can apply straight away.

**Programme Overview** – Starts Wednesday, 7th May 2025  
4 expert-led sessions over 8 weeks  
12:30 PM – 2:00 PM | Every second Wednesday  
**Held at our Albany office:** 1D/331 Rosedale Road  
**Or via Webinar** (link will be provided closer to the date)

**Session Topics:**  
7th May: Understanding the Employment Relationship  
21st May: Documenting and Record-Keeping  
4th June: Managing the Issues  
18th June: Ending the Employment

[Book Now](#)

**Latest Information From [Business.govt.nz](#)**



The [business.govt.nz](https://business.govt.nz) and other Government sources provide the latest information for businesses.

- [Sole traders - get ready for the end of financial year](#)
- [Keep your employment agreements easy to access](#)
- [Planning to build a granny flat this year?](#)
- [Keeping your adventure activity business safe](#)
- [Got 5 minutes?](#)
- [In case you missed it: Minimum wage increase](#)
- [Tax roundup to help you](#)

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**

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## Carmen's Candidate Connection: Your Shortcut To Top Talent



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](mailto:carmen.winterbach@ember.org.nz) - don't miss out!

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## Join Harbour Hospice's Awareness Month



Often described by its patients and loved ones as 'a lifeline', Harbour Hospice is asking the community to donate to be theirs during its newly expanded annual awareness campaign so they can continue to care for patients, their families and whānau when they need them most.

Harbour Hospice Awareness Month runs from 1 to 31 May with many local businesses standing alongside the local charity in support of its vital work. By supporting them this May, you are helping ensure the often-unseen work of their specialist palliative care team can be there for our community no matter when they reach out.

### What you can do

Sign up your business, or share with other businesses, to do something for a day, week, or month during May.

Whether its collecting, donating proceeds from transactions, goods or services, or hosting a get-together or morning tea – every dollar helps Harbour Hospice continue to be a lifeline to patients, families and their whānau.

The team will support you with ideas and specifically designed resources that can be personalised to your activity. Sign up to help [here](#).

Donate and challenge others to do the same

Thanks to their matching partners (Mason Containers, Move by Design, Diamond Fusion and Northland Waste) every donation made in May will be doubled (up to a value of \$20,000) – so your donation goes even further! [Donate here](#) to double your impact.

For more information contact Jodi Preston-Thomas, Events and Campaign Specialist by [email](#) or call 021 984 904

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## BNH Would Like To Congratulate Our BID Member All Heart NZ



All Heart NZ took out the Supreme Business Excellence Award for the 2024 2Degrees Business Excellence Awards programme, a well-earned recognition of their exceptional work in sustainability, social impact, and business leadership.

They're not just changing how we think about waste, they're transforming it. All Heart NZ is a profit-for-purpose organisation that specialises in circular solutions for unwanted business assets. They partner with companies across New Zealand to redirect, repurpose, and rehome surplus office furniture, technology and equipment, items that would otherwise end up in landfill.

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Thank you to our 2024-2025 PLATINUM PARTNERS



Thank you to our 2024-2025 GOLD PARTNERS



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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