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FROM LEFT: TOBI BOWMAN, JULIE STEVANIA, KRISTEN SHANKS, EMMA ISAACS

REAL RELATIONSHIPS ARE THE KEY TO SUCCESSFUL FUNDRAISING

Understanding the people you're helping will ensure the solution you develop will benefit their situation. Be prepared for failure, but learn from your mistakes. Keep asking yourself: "Is what I am doing helping change someone's life for the better?"

SMALL ACTIONS CAN HAVE A DEEP IMPACT

We started a small adult literacy class in Uganda, where a 70-year-old farmer was able to stand up and finally read a letter from his sister that he'd had for 10 years. The new-found love of education the adults shared rubbed off on the local children and we saw primary and secondary school attendance rates rise.

TAKE PEOPLE ON THE JOURNEY In just three weeks, through the global sales of \$2 charity items in Cotton On stores, we can raise enough funds to build a school for 500 children in southern Uganda. The way we "tell the story" is critical to the success of these programs. We share images of the people we help and relay to those involved how important their contribution is to changing lives.

KEEP YOUR SOLUTIONS SIMPLE You've got to have a burning desire and passion for what you do. You will face challenges and setbacks but, if you stay disciplined and on course, you can't be stopped. The simple solution is often the best, or at least the best place to start.

What do you need to say to yourself to stay motivated? How will you track your weekly progress – will you check in constantly to ensure the goal you've set out to achieve still feels right for you? Remember that successful change requires learning, time, patience and a kind attitude towards yourself.

Treat goal-setting as an interesting journey where you are continuously learning about yourself. Even if things don't always go right along the way, you are one step closer to achieving them than you were yesterday.

FUNDRAISING

HOW TO CREATE POSITIVE SOCIAL CHANGE

WITH TIM DIAMOND, GENERAL MANAGER OF THE COTTON ON FOUNDATION



The Cotton On Foundation has raised almost \$50 million since 2007. Here are four of the most important ideas that helped us reach that point...

CAREER SATISFACTION

HOW TO THRIVE IN THE WORKPLACE

WITH MEGAN DALLA-CAMINA, STRATEGIST AND AUTHOR OF *GETTING REAL ABOUT HAVING IT ALL*



So often in our busy working lives, we get lost in stress and endless to-do lists, leaving little time to think about how we thrive, instead of just survive. Here are four ways to ensure you thrive at work (and in your personal life, too).

TIP #1 Get clear on your life vision. This can feel like a luxury when you're trying to just keep up with your commitments, but to thrive – and be happy – spend some time dreaming about how you would love your life to be. What would your ideal day or week look like? What are the things that light you up? How can you make them more than an afterthought? Make time for the things that matter most to you and watch your happiness levels soar.

TIP #2 Know your "why". Is your work meaningful to you or are you just going through the motions? So often we get stuck in a job and completely lose track of any purpose for our work. Find the meaning, even if it's in the small things, and connect to what really matters – it will make a profound impact on your levels of work satisfaction.

TIP #3 Set your boundaries. No is a complete sentence. Make sure that when you say yes to someone else, you aren't saying no to yourself. And anytime you feel resentful or frustrated, it's likely you said yes, or maybe, when you really wanted to say no. Say no more often and build this skill like a muscle.

TIP #4 Honour your feminine power. Women can often feel compelled to conform to the masculine norms and structures of workplaces. Tune into your feminine traits of creativity, intuition, vulnerability and collaboration. It's time to create new gender norms and success models in which women can truly thrive. Start to honour your femininity and bring your whole self to work.

TIME MANAGEMENT

HOW TO DEVELOP A MORNING ROUTINE

WITH EMMA SEIBOLD, CREATOR OF BARRE BODY



Developing a morning routine is one of the most powerful wellness practices you can bring into your →