

# *The Jett Print Insider*

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#### **Can you believe the first month of 2021 is almost over?! So what did we learn from 2020?**

We learned that now, more than ever, we need to shop local & support Australian Small Businesses.

Sadly, it became apparent, a lot more businesses than we realised were sourcing their products & materials offshore.

I am not saying this is a taboo or unknown subject, but it certainly opened our eyes to a whole new world!

I hope you find our monthly Newsletters useful, informative & fun!

**Jodie** - Owner/Manager



**If you're a new or existing client with us, you would have sensed the changes within our company during 2020, not COVID-19 related, surprisingly!**

Jett Print has been in operation for over 7 years now, solely based online & in March 2020 we took the plunge and decided to open a shop front, a fully operational, physical print & copy shop in Springfield, Qld!

We have all the latest technology, machinery & equipment you need to complete 95% of our workload in-house! Which means faster turnarounds & better pricing for our customers. Win win!

Of course we ran into to certain challenges, including staff changes, learning how to manage our new equipment, but we got through it and came out stronger than we ever thought possible! Especially Given The Current Situation.

Contact us today to see how we can help you & your business thrive with our extensive services, such as: Web Design & Graphic Design, Social Media Management, all printed collateral + MORE!

**No job is too big or too small for the Jett Print Team!**

**Head To  
Our Website  
To Request Your  
FREE Sample  
Pack!**



**Our Growing  
Company**

**Jett Print**

**At Jett Print, no day in the office is ever the same, we have so many different clients from all industries that order an array of print and marketing products & services.**

**Over the next year we will be showcasing a client here in our monthly Newsletter.**

**Let us know if you want to be featured! It's FREE!**



**January's Client Bio is focusing on "Hotel Grand Chancellor"**

Each of the properties in the Hotel Grand Chancellor collection shares a dedication to the perfect travel experience – from authentic, relaxing holidays to productive and rewarding meetings and corporate trips.

Guests staying at any Grand Chancellor hotel in Australia can expect firstclass standards of service and quality while enjoying convenient access to the city's best leisure attractions and business destinations.

Catering for the everyday travellers, families, business trips, weddings, meetings and events. You're bound to feel right at home!

Discover everything Queensland has to offer by staying at one of Hotel Grand Chancellor's properties mentioned below.

**Queensland is Good to Go –  
It's time to explore like never before.**



**HGC Brisbane**

P2.



**HGC Palm Cove**



**HGC Townsville**

# Social Media Management For Your Business

**Business owners have enough to do, without having to worry if their online presence is working for them, let us take care of all your Social Media Management needs!**

To effectively make use of digital advertising you need to have a solid social media marketing plan in place. Jett Print offer you just that.

Jett Print can manage various Social Media platforms such as Facebook, Twitter, Instagram, Linked In, Google My Business and YouTube.

As a Business Owner, the process of keeping up the posts is time consuming and sometimes complex, which is why Jett Print offer a hassle-free, all-inclusive Social Media Management Service.

We can confidently guarantee to increase your online visitors, to improve the quality of your posts and your businesses presence online.

## What is Social Media Management?

Managing your professional social media channels can be a sizeable undertaking. Involving content creation, visual design, publishing new and interesting content, publishing over a variety of social media channels and tracking post performance.

Unless you have a full time marketing department, the workload can quickly become overwhelming.

This is the main reason that many companies trust Jett Print to take care of their Social Media Marketing.

Taking advantage of our Social Media Marketing services means more time for you to focus on your business, knowing that your online presence is working for you every day.

**The Jett Print Advantage** - Head to our website to find out how we can help you & your business:  
[www.jettprint.com.au/social-media-management/](http://www.jettprint.com.au/social-media-management/)

Jett Print are experienced with the most popular social media platforms. Our service is dedicated and focused on your company's Social Media Marketing.



## Effective Tips On How To Survive Quarantine When You Have Anxiety



**As we all know the Covid19 outbreak is a global pandemic, a lot of us who have not been infected by the virus may choose to quarantine in their homes for the coming weeks (yes still in January 2021!). The development of having to cancel all travels and plans with friends and family, the indefinite sit at home, the panic over unreliable information or not fully equipped at this time could create anxiety by the isolation. Here are some tips provided on to tackle this situation.**

### 1. Refrain from the Mindset of being Stuck at Home so I can Finally Focus on my Home and Myself

This period, you need to take everything slow and focus on yourself. As dire as it is right now for people around the globe, now it is time to think of the work from the home idea as something to focus and do your best to maximise from it.

By engaging and doing one thing productively per day can lead to a more positive attitude. Your sight should be on long avoided tasks, creating something you have always wanted to and reorganise it so it won't make you get bored about it. Do also not approach this time with thoughts of feeling stuck which will definitely stress you out.

### 2. Stick to your Normal Routine

You try to maintain a few routine activities you engage in from the pre-quarantine days.

For individuals with family, staying close to your routine might be easier. Unfortunately, as you work from your home, the possibility to fall into a more lethargic lifestyle this period could lead to negative thoughts. So keep yourself with routines like wake up and go to bed around the same time, eat meals, shower, adapt your workout regimen, doing laundry on Sundays as usual. Tips like this will not only keep you active and motivated too and it's easier to adjust to the outside world when the pandemic is over.

### 3. Stay Positive and Aware of the Media You Consume

With lots of time to obsess, it is good to choose certain credible websites to access information concerning the pandemic daily to stay informed.

It is also interesting this time while at home with your family, especially your children, are privilege to allow them to talk and listen to them likewise, which creates a special feeling in the family.

It is also health-wise to stick to regular meals and avoid snacks and manage the urge to comfort eating.



## Delicious Summer Recipe!

# A Healthy, Refreshing & Filling BLAT Bowl

### Ingredients

2 eggs  
200g mixed baby tomatoes, halved  
1 teaspoon white Italian dressing  
2 teaspoons extra virgin olive oil  
1 tablespoon finely chopped fresh chives  
1 teaspoon black chia seeds  
1 avocado, quartered  
4 (about 120g) rashers streaky bacon  
3 baby gem lettuces, leaves separated  
6 baby qukes, halved  
60g (1/3 cup) sauerkraut

### Dressing

50g smooth feta  
1/2 cup fresh basil leaves  
2 tablespoons chopped fresh chives  
1 teaspoon finely grated lemon rind  
1 1/2 tablespoon fresh lemon juice  
1 tablespoon white Italian dressing

Recipe & Image from: [www.taste.com.au](http://www.taste.com.au)

### Method

**Step 1** - Place eggs in a small saucepan and cover with cold water. Bring to a rolling boil over high heat. Remove from heat. Stand, covered, for 4 minutes. Cool in iced water for 5 minutes. Peel eggs. Halve.

**Step 2** - Meanwhile, for the dressing, blend all the ingredients in a blender until smooth and well combined. Season.

**Step 3** - Combine tomato, white Italian dressing and 1 tsp oil in a bowl. Season. Set aside to develop the flavours.

**Step 4** - Combine chives and chia seeds on a plate. Press cut side of avocado into chive mixture. Set aside.

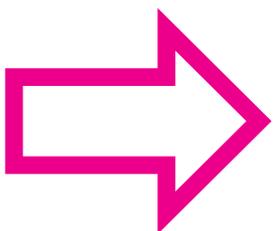
**Step 5** - Heat the remaining oil in a small frying pan over medium-high heat. Cook bacon, turning, for 4 minutes or until golden and crisp. Transfer to a plate lined with paper towel to drain.

**Step 6** - Arrange lettuce, qukes, sauerkraut, tomato mixture, egg, avocado quarters and bacon in a large bowl. Drizzle with dressing.

## What's happening at Jett Print next month?

**The short answer is A LOT!** Take a Sneak peek at our monthly promo below and be sure you're following us Facebook & Instagram to enter our monthly competition!

**What's the prize?** Well we can't give all the secrets away! All we can say is: you have to be in to win it!



## And as promised, here is a cute cat photo!

This is Smokey, one of the many Mascot's at Jett Print.

**Likes:** Food **Hobbies:** Eating **Hates:** Being Hungry

