

# Get your business off to the best **start**

A Warwickshire woman has been given a new lease of life after launching a new business – and she is hoping it will do the same for others.

Anne Gwilliam was a very successful management accountant but felt overworked, stressed and unhealthy. Anne studied and qualified in nutrition and fitness and decided it wasn't just a healthier lifestyle that she needed but a change of career which saw her launch Solis Lifestyle – her own nutritionist and personal trainer business. The company, based in Barford, offers fitness, nutrition and lifestyle coaching to create healthier, happier individuals and was given start-up support by the Coventry and Warwickshire Chamber of Commerce as part of the Coventry and Warwickshire Business Support Programme.

Anne said: "I had a background in accountancy and was comfortable with a lot of the aspects involved in setting up a business, however lacked experience in marketing and sales. "I resigned from my day to day job and set about building Solis Lifestyle. I worked from home but soon came to realise there were too many distractions and things weren't getting done. "I was recommended to speak to the team at Venture House Business Centre located in Stratford upon Avon, which provides flexible office space in creative environment and offers an exciting alternative to traditional office space, offering ease-in-easy-out terms to suit business needs.

"Having started working from Venture House, I was introduced to Tanya King, a business coach with the Coventry and Warwickshire Chamber of Commerce. "The support exceeded expectations and is of the same standard as any business courses that I have paid for professionally. The support does not just cover general concepts it is tailored to my specific requirements ensuring I have tangible outcomes."



Anne delivers group personal training sessions and provides one to one personal training, nutrition and lifestyle coaching.

"I work with anyone looking to improve their health and wellbeing but also has a keen interest in health issues, mobility problems and weight loss particularly with the over 50 sector who sometimes forget their own importance," she added.

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