



Persevere and the rewards will come your way

Persevere and you will succeed was the main message delivered to attendees at the first Fraser Coast Young Professionals breakfast for the year, held at Simply Wok.

Guest speakers Pam Kaur and Ben Naug are both owners of businesses geared toward health and fitness.

Ms Kaur, who owns a self-named physiotherapy and weight management centre, offered

motivating tips to starting your own business.

Mr Naug said perseverance was key to a successful business

Starting Beach Fit on his own with only \$400 seven years ago, he persisted through doubting minds, little income and no interest.

“People told me ‘Hervey Bay’s not ready for this’ – it was 2002.

“I thought how good it would be to prove everyone wrong.”



Brad Gibson, Evette Deaves and Ashley Jubinville were up bright and early for the Fraser Coast Young Professionals breakfast at Hervey Bay's Simply Wok.