

BUSINESS NEWS in association with EXECUTIVE

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We urge government to prioritise funding that supports growth

THE Highlands and Islands continue to balance the wider economic challenges of Scotland and the UK, with an unprecedented number of transformative opportunities for social and economic growth.

However, several weeks on from the First Minister announcing the Scottish budget, we continue to be concerned about decisions which will impact the economy and we have represented our views to ministers in our recent engagements. We urge government to prioritise funding that supports economic growth and in particular, to ensure that our enterprise agencies and local authorities have appropriate funding that drives investment, innovation and meaningful change in our region.

Remote, rural and coastal areas need thriving businesses to drive the



Business Comment

By Grant Campbell
Prosper's regional manager

economy, deliver services and support population retention through well-paid jobs which offer opportunities for lifelong learning and development.

Scotland must also be more attractive to leadership and management talent if our companies are to grow and compete globally. Following the income tax rise for people earning management level salaries, the Scottish Government must set out how it will improve the attractiveness of working in Scotland for home-grown and international talent.

Both governments need to match the rhetoric with positive action.

Yoga is the path to well-ness in the city centre

Janine Cade, the founder and owner of Soul Seeker Yoga, explains her motivation behind establishing a nurturing space in the heart of Inverness to enjoy yoga.

Small Business Focus
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Janine Cade inside the Soul Seeker Yoga studio.

Q How would you describe your business to a stranger?

A We offer people an opportunity to bring a little peace into their lives, while creating strength and flexibility in body and mind.

Q What inspired you to start the business?

A My own yoga practice had such an impact on me, it motivated me to share it with others so they could experience the positive benefits of yoga.

Q How has your business developed?

A We began our yoga sessions in a lovely little studio on Market Brae Steps with a small community of regular customers. Our new premises on Union Street offer a spacious, stunning studio on the first floor where our yoga sessions are held and on the ground floor we have a gorgeous Boutique and Plant Bar to enjoy delicious plant based treats and healthy refreshments. Having a dedicated studio in the city centre has been so well received and we are continually grateful for the wonderful community we're building.

Q What are your plans to develop your business in the future?

A To expand on our successes so far. It's amazing that even after five and a half years people are still surprised to find us and we're always ready to welcome anyone at any level to come along and give yoga a try. We want to spread the word about the many benefits of yoga throughout the Highlands.

Q What lessons have you learnt from your time in business?

A Running your own business is a marathon

not a sprint and you need to pace yourself especially when it's your own business.

Q What do you love about working in Inverness City Centre?

A There's a great buzz being in the city centre and we absolutely love being part of the community.

Q Can you tell us something interesting about yourself?

A I love astronomy and the science of space. I find it absolutely fascinating and I can't get enough of it.



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