



*"Professional Assistance for the 21st Century Professional"*

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## **VIRTUAL BUSINESS OWNER CELEBRATES TEN YEARS OF SERVICE**

**FOR IMMEDIATE RELEASE**

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WARWICK, QLD, AUSTRALIA - Ten years ago, Lyn Prowse-Bishop made a decision that would change her life forever. Instead of returning to her full-time job after maternity leave, she decided to start her own business. Today she is a successful entrepreneur in the Virtual Assistant Industry - an industry that spans the globe and has over 5,000 full-time members.

This work-at-home entrepreneur is enjoying success as the owner of Executive Stress Office Support (eSOS) and celebrating ten years in business this month. "As a home-based virtual practitioner I've been able to ride out the economic storm and make it to 10 years - and with so many small and micro businesses going under in the first 5 years that's a pretty big accomplishment," says Prowse-Bishop.

Being able to work her own hours and be totally available for her family without clients experiencing ANY drop off in service commitment or quality work has been a big plus for Prowse-Bishop who adds, "I don't have to worry about sick leave or parental leave if my daughter is sick and I can attend school activities without feeling guilty or having to answer to a boss."

Executive Stress Office Support provides remote secretarial and administrative support services to clients across Australia, in the UK, the US, Singapore and Canada. Being able to take her administration skills and transition them into a successful private practice has enabled Prowse-Bishop to get out of the daily 9-5 and live the dream of many Australians.

"I find that working from home I'm actually more productive so can get the same amount of work done for a client but in less time than it would take me in an office environment. I don't have to travel to and from work either, which means I'm trimming back our carbon footprint!"

In honour of her ten years in business, Prowse-Bishop is recognising the top ten clients who have been with her the longest with a special token of appreciation. She says, "I just want to let them to know how much I appreciate their confidence in my abilities and to thank them for their continued business. Without them, I wouldn't be here!"

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### **About Lyn Prowse-Bishop**

Lyn Prowse-Bishop, owner of eSOS, is one of Queensland's most respected and well known virtual assistants. In addition to being an award-winning VA, she is also Australia's first certified Master Virtual Assistant and a certified Professional Virtual Author's Assistant. Her other honors include: 2008 Australian Achiever Award recipient - Highly Recommended; 2007 Business Achiever Award Winner (Professional Services Category); 2006 Thomas Leonard International VA of Distinction Award Nominee. Lyn is one of the founding members of the Steering Committee of the Online International VA Convention ([www.oivac.com](http://www.oivac.com)), serves on international committees looking at standards for the virtual assistant industry and certification, and also on a committee researching the history of the industry around the world. Lyn is also the founder of the **Australian Virtual Business Network** ([www.avbn.com.au](http://www.avbn.com.au)) and is also an Ethics Checked Certified VA - the second in Australia.

### **About Executive Stress Office Support:**

Launched in 2000, Executive Stress Office Support® offers a range of services - but specialises in digital transcription, document production, internet-related marketing activities, and executive personal assistant services. eSOS provides a global client base with high quality, confidential secretarial and Virtual Assistant support by utilising today's latest technologies. Visit the website at [www.execstress.com](http://www.execstress.com)