

# Sonya Noonan

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BNI GAINS – updated 2.2.23



## BIO

- Company:** Regional Director – BNI SA – Adelaide CBD & South  
Director – Network SA (Training/Educating people how to network  
outside of BNI)  
Director – Name of the GAME (Business Coaching)
- Current City:** Adelaide, South Australia
- Years in Business:** Started my first Business in 1998!!
- Children:** 3 + 3 Grandchildren
- Hobbies & Interests:** Spending time with family & friends  
Reading  
Mindfulness  
Personal & Professional Development
- Previous Types of Jobs:** Check out Chick, Receptionist/Accounts, Video Store Sales Person,  
Bookkeeper
- My Burning Desire is to...** To live a happy healthy life, full of love, happiness, fun, adventure  
and health... To impact others in a positive way, by inspiring,  
motivating and loving them.
- Key to Success...** Believe in yourself. If you have 100% belief in yourself and are  
willing to work to achieve you dreams/goals you will get there.

## Goals

- To help 1,000,000 Business Owners, thrive in a successful business.
- To connect with over 100,000 BNI Members and help them get the most out of BNI.
- To help Small Business Owners achieve their goals and to grow and develop their businesses so they are profitable while achieving a good work/life balance.
- To help the individual person become financially free
- To help all Small Business Owners become a member of a BNI Chapter
- To have 1,000 BNI members in the chapters I support directly

## Accomplishments

- BNI Global Hall of Fame Member 2022
- Successfully run my bookkeeping business for 22 years.
- To grow BNI Cairns from 90 members to over 160
- Implement all the training for BNI into Cairns
- To improve BNI Members in Cairns experience of BNI
- #1 Chapter in Australia – BNI Bushfire – February 2018
- Grew BNI Advantage from 40 members to 70 in 2 years
- BNI Advantage in the top 10 in Australia from November 2021 to present
- To continue to grow and develop both personally and professionally
- Becoming a BAS Agent
- Certificate IV Business Management
- Diploma of Accounting
- My children
- To not only grow a small business, but to do it while being a single mum.
- Go from someone who was totally petrified to stand up at her first BNI meeting and even say her name to someone who can confidentially stand up every week and present/train

## Interests

- Listening to and learning from Podcasts
- Listening to and learning from AudioBooks
- Professional Development
- Personal Development
- Spending time with my family and friends
- Meditation
- Holistic Health
- Business Development
- BNI
- Connecting with people and learning their 'story'.

## Networks

- BNI
- My clients
- Church

## Skills

- Committed to making things happen / Determination
- Great Communicator and Connector with people
- Teaching / Training
- Managing people
- Disciplined
- Bookkeeping and all associated skills
- Basic Web Development
- Touch Typing – 75wpm
- Business Management Skills

