

## Gorveatte Consulting Inc.



### Work-Life Balance: Some days you need a strong coffee in a Muppet Mug

As a business owner, I know the struggle of finding work-life balance. I'm lucky though because I no longer have to take 100 flights per year to complete my audits, provide training or offer coaching services. With a reduced travel schedule, I know I can make plans on the weekend and family suppers on a Sunday. For instance, today, as I look towards the Fall weather and pumpkin spice lattes, I took the day to work from a more non-traditional site; a cottage on the lake.

It's here I often find inspiration and time to catch up on outstanding projects, write presentations and online content, and generally recharge to be more creative. I think we all need to take the time for inspiration and creativity. Particularly as we see the shorter days and chillier weather coming ahead of us, we need to recognize that we all need to make the time to recharge.

Finding a work-life balance isn't easy. I know I have been way off balance in the past and I know that it impaired my day-to-day creativity and inspiration. Some days you just need your Muppet Mug, a flavoured coffee (not PSL yet!), and the hush of the water as your soundtrack.

*Do you find that you are overwhelmed with your day-to-day responsibilities?  
Maybe Gorveatte Consulting Inc. can help.  
We can manage your Quality Management System, conduct your internal audits  
and provide relief and inspiration for your company.*

Contact us to learn how we can help you find your Work-Life Balance when it comes to your QMS

A regular feature in our newsletter

## Advice from a Galaxy Far, Far Away

*"The Force is what gives a Jedi his power. It's an energy field created by all living things. It surrounds us and penetrates us. It binds the galaxy together"*

– Obi-Wan Kenobi

Use the process approach to make the connections within the audit inputs and outputs.

**AUDIT  
LIKE  
A JEDI  
KNIGHT**

## Audit Like a Leader

Sept 21st at 12:30 EST - Free webinar!

Hosted by the Lexington, KY, Section of the American Society for Quality (ASQ) Earn .5 RUs!\*

(\* ASQ members receive RUs, but [you don't need to be an ASQ member to attend](#))

Perform successful audits with demonstrated communication and leadership skills, remain true to the purpose of the audit, look for the good, identify the opportunities for improvement and use your audit sense for the overall good of the organization.

Success in auditing relies on effective communication and being a strong team leader. Learn to be a Leader in Auditing by adhering to the principles of auditing and building strong audit relationships with your audit client, auditees, and team members. Learn how to approach people, how to build rapport, how to listen, and identify the traits of a successful auditor; these are skills that will help you perform a value-added audit with findings the audit client and auditees can act upon.



**This 1-hour session is free!**

Register by using the link below or email Susan: [Email Susan to Register and to get the Zoom link](#)

Register today for free! Audit Like a Leader - [Click to Register here](#)

## Internal Audit Workshop

*mention this newsletter and save \$25.00 until Sept 30*



Join us for our next Remote Class  
Dec 1-2, 2022, 9am-4:30pm AST

Interested? Call us at 902-434-9003  
Download the course flyer from our [website](#) for  
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Internal Audit Training that is suited to your budget.  
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Training that is  
informative & affordable,  
only \$549.00 Cdn + HST

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## Do you love turtles? Auditors do!

Turtle Diagrams are very helpful when planning audits. Try and break each process down into inputs and outputs. Next identify the 4Ms (huMAN, MACHINE, METHODS, and METRICS) for each process. Ask your audit questions and record your audit evidence according to the Turtle Diagram and you are on your way to Process Based Auditing. Want to learn more about Turtles? [Email us here for free samples!](#)



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late summer and Fall, book now!

We present SAI Global materials as a partner for  
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I'll be the instructor for these SAI Global courses:

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- ISO 9001:2015 Internal Auditor (3 days)  
10/31/22-11/2/22 \$1195 USD



These Exemplar Global classes can be  
career-changing. Call today 902-434-9003 or  
[Send us an email](#) to get you registered.

Coming soon! Join me in Orlando, Florida for the  
**[ASQ Audit Division Conference](#)**

where I will be a *Keynote Speaker* along with  
Grace Duffy, President, Management & Performance Systems, and  
Ann Jordan, CEO of ASQ

Thursday, October 6 and Friday,  
October 7

@ the [DoubleTree Hotel](#) Conference Location

Click the links above to learn more



Motivational  
Quote

**SUCCESS IS NOT FINAL;  
FAILURE IS NOT FATAL:  
IT IS THE COURAGE TO CONTINUE  
THAT COUNTS.**

WINSTON S. CHURCHILL

## Helping you demystify the ISO 9001 Standard



### More Great Quality News to Come!

Want to learn more about quality and stay up to date on the Quality news? Watch for our newsletter next month when we will feature more Quality information from Gorveatte Consulting Inc.

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