

Women in Business.

The Ballarat Times and Golden Plains Times will publish a special Women in Business feature on Friday 6th March 2026.

The Women in Business feature will present the perfect opportunity to celebrate the social, economic, cultural and political achievements of women – whether this be in our community, or within your own workforce. This targeted feature will also build awareness of gender equity and showcase exceptional women in business to our captive and vast audience.

Each business will receive a 1/2 page advertisement in the feature and a 1/2 page Editorial above their advertisement.



Date
Friday 6th
March 2026

SPECS & PRICES

\$500 + GST Full Run

- Ad Size – 190mm x 261mm
- Half page editorial – each business to supply 500 words and a high res image
- We can design your artwork free of charge

Half Page Editorial

Half Page AD
19cm x 8 columns

DIGITAL SUPPORT

Women in Business 2026 will also be available online as a digital print edition, dedicated online page and will also run across Facebook and Instagram to reach a greater audience.

DEADLINES

- Booking Deadline **Friday 6th February 2026**
- Editorial Deadline **Friday 13th February 2026**
- In House Design **Thursday 19th February 2026**
- Complete Artwork **Friday 20th February 2026**

DISTRIBUTION LISTS

BALLARAT / GOLDEN PLAINS

Ballarat City	Buninyong	Lake Bolac	Miners Rest	Scarsdale
Bannockburn	Creswick	Leigh Creek	Mt Clear	Sebastopol
Batesford	Daylesford	Learmonth	Mt Helen	Shelford
Beaufort	Elaine	Lethbridge	Mt Mercer	Smythesdale
Burrumbeet	Haddon	Linton	Mt Pleasant	Teesdale
Cardigan Village	Hepburn	Lucas	Napoleons	Wendouree
Clunes	Inverleigh	Meredith	Rokewood	

15,000
FREE COPIES
PER WEEK

For further information or to lock in your advertisement please contact your dedicated Sales Executive on 5264 8412

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Helping women reconnect with themselves

Kate Williams

INTERNATIONAL Women's Day is a moment to celebrate the power of women, and to look at their responsibilities as their own businesses and businesses.

For Torquay business owner and founder of Retreat Yourself, Kate Williams, it's an opportunity to celebrate the growth of her business and the empowering journey she's experienced over the past few years.

Kate's path to owning Retreat Yourself began with a realisation that many women, especially those balancing careers, family and personal life, often forget to make time for themselves.

"We're constantly juggling others first and before we know it, we're forgetting about our own needs," Kate explains.

To start to create something that would remind women they deserve to relax, refresh and take care of their wellbeing.

The Retreat Yourself mission is simple – to support women in reconnecting with themselves through self-care.

Kate wanted to create a product that could help women make self-care a priority, not as a luxury but as a necessity.

Each seasonal box is filled with Australian and New Zealand-owned wellness products that promote calm and mindfulness.



From skincare and wellness boxes to self-care rituals, each item is a gentle reminder to slow down and be present in the moment.

"I wanted to create a product that would inspire women to take time for themselves, encouraging small, meaningful acts of self-care," Kate says.

"Self-care doesn't need to be complicated or time-consuming. It's about those little moments that can make a big difference in how you feel."

What began as a passion project for Kate, Retreat Yourself, has now grown into a thriving business.

Retreat Yourself has expanded into a new marketplace and recently opened a shopfront in Torquay.

And while she's busy with the business, she's also a mum of two young boys, who she says are her greatest joy.

"It's a beautiful challenge to balance work and family, and it's humbling to see how many people are part of this journey," Kate says.

"Creating jobs for locals and building a business connected to our community has been one of the most rewarding aspects of our mission."

Retreat Yourself's message is clear: it's time to take care of yourself, recharge, and feel empowered.

Every product in Retreat Yourself boxes comes from Australian and New Zealand businesses.

supporting brands that share her values of sustainability and quality.

"Supporting local businesses is so important to everything we do," Kate says.

"It's about creating a ripple effect, helping local businesses thrive and offering our customers products that promote their own wellbeing."

As the business continues to grow, Kate remains committed to its purpose.

"It's never just been about growth for the sake of growth," she says.

"It's about creating something that truly makes a difference in people's lives."

"We want to help women embrace self-care as a part of their every day routine, so they can feel their best and get on with their lives, but for those around them."

With 10,000+ five-star reviews, Kate's impact has been felt by many people who have embraced the mission of Retreat Yourself.

Retreat Yourself's message is clear: it's time to take care of yourself, recharge, and feel empowered."

Visit retreatyourself.com.au for more.

Scan here to receive 20% off your order. Use code: LOCAL20

IT'S TIME TO TAKE CARE OF YOU

It's time to *Retreat Yourself.*

Take time out with the ultimate self-care retreat experience, in a box.

Test, try and discover locally owned Aus and NZ wellness products, selected specifically for precious 'you-time'.

For as little as \$80* per box you can experience up to \$300 worth of products. Available as a single purchase or on a subscription, delivered quarterly.

Plus FREE shipping or free local pick up in our Torquay store.

★★★★★
Over 10,000 5 star reviews

*Price applies to Weekly Subscriptions. Excludes some products. Discount applies to all products except Heavy Subscriptions.

Retreat Yourself

Come and visit us in-store at 2 Beacon Blvd, Torquay VIC or online at retreatyourself.com and shop boxes, wellness goodies, self-care gifts and more.

Friday 13th March 2025