

Introducing BMS's Newest Client: IGIGI

July 2010, New York, NY - BMS is proud to introduce our newest client, plus size fashion retailer IGIGI.

Priding themselves in delivering "Sexy, Sophisticated Plus Size Clothing in sizes 12-32", IGIGI has been voted #1 Plus Size Fashion Retailer by Full Figured Fashion Week.

The IGIGI philosophy can be summarized in a quote from IGIGI's website:

"A woman truly feels beautiful when she recognizes that she is exquisite the way she already is: a wonderful, unique, and exceptional individual."

BMS is proud to work with such an extraordinary and truly inspiring company.

Learn more about IGIGI at:
www.igigi.com

Find them on Facebook
and Twitter!

How To Make The Most Of Your Workday

Ever leave the office at the end of a long day feeling as though you've somehow managed to get *nothing* accomplished? We've all had those days. Here are a few tips to help you make the most of your workday:

1. Make a daily schedule.

It may be the oldest trick in the book, but it works. Allot specific time slots for a variety of tasks. If you keep to your schedule--even if you don't complete a task from start to finish--by the end of the day you will have made headway on several different projects.

2. Have a business lunch.

Make your lunch hour productive! Have lunch with a prospective client or a fellow executive, or organize a "Lunch & Learn"--a group of people who gather for lunch periodically, with each person leading one session focused on one area of their expertise.

3. Get a good night's sleep!

This just in: The secret to lasting energy and productivity is not espresso or a fancy herbal remedy --it's a good night's sleep. So get your 8 hours!