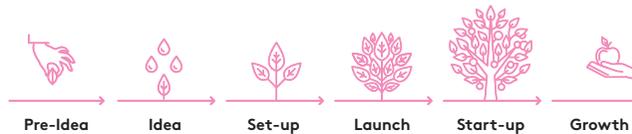


Kirsty Parkes, Sweet Cinnabun

A bakery offering contactless sweet, savoury and dessert buns available for pick up. Sweet Cinnabun also wholesales.



"It's hard to find the words to say thank you. Global Sisters has literally changed my life and it has all been for the positive."



Sister since 2017

Mother of six, Kirsty decided to start her own business to spend more time with her kids. She joined Global Sisters with an appetite to revolutionise employment standards for women, with fair entitlements and a business structure similar to a village, supporting one another through working whilst raising children.

How Global Sisters is making a difference

Kirsty left Sister School feeling equipped. There was a lot to learn when it came to small business management and Kirsty completed Sister School with a plan and a business in her hands. She felt ready to get out and start making money from her love for baking. "I came out of there with so much passion, literally ready to roll, bake and get this bun show on the road and it's been go, go, go since then. Without it, I would probably still be selling out of my kitchen window on plastic plates."

There is so much more than the education program that Kirsty loves about Global Sisters.

The connections she has created with other Sisters leads her to consider the Sisters' community like a family. Kirsty has been left feeling greatly supported on her business journey, in the times of successes and in the times of reassessment. "Success is a constant re-evaluation and it looks exactly like what I'm doing now: I'm happy, I'm making money, my business is having a positive impact."

The confidence also came back for Kirsty, the one she used to have before starting a family, when she had employment. Kirsty has learnt to prioritise self-care and embrace personal growth.



For Kirsty, financial wellbeing is not just about paying the bills and feeding her family, it's being in a place of giving, being able to help those around her.

Kirsty is also giving back to her Sisters Community. She has been contracted as a Global Sisters Community Ambassador and is now facilitating the organisations business education programs, including Sister School, in and around her own home.

Follow Kirsty's business journey at:

f [Communitycafe.inc](https://www.communitycafe.inc)