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■ Delightful coffee . . . Karin Thompson runs her Xpresso Delight business from her Warner home, giving her flexible hours.

Karin puts in hard yards for business

MOST people have trouble fitting any kind of exercise in with work, but for Warner's Karin Thompson, it is a breeze.

Not only is Ms Thompson a mother of three teenagers and a successful franchisee, she also spends about four hours per day training for triathlons.

Ms Thompson runs an Xpresso Delight franchise, leasing gourmet coffee ma-

chines to offices and other workplaces.

The former midwife said the job allowed her the flexibility to train and look after her children.

"Because it's a semi-passive type of business I don't have to be in there seven days a week working the business," Ms Thompson said.

"I have days where I go out and service the machines. a

day for all my paperwork and a half a day for marketing, but that is flexible so it depends on each week and if I have races or training."

When Xpresso Delight won a 2008 Australian Business Award for enterprise last month, Ms Thompson was not surprised.

"They have a really good business model and you get good backup from the franchise people," she said.