

Enquiries: enquiries@stroudbusinesswomen.org.uk
Newsletter: news@stroudbusinesswomen.org.uk

February 2019

SBN DIARY DATES

- Our next full **Stroud** networking meeting is at The Old Lodge on **Thursday 28th February 2019** starting promptly at 9:30am. Arrive at 8.45am onwards.
- Our Informal networking meets upstairs in The Curio Lounge, Kings Street, Stroud from 9am-11am. The next meeting is **Thursday 14th February 2019**. We meet every second Thursday of the month.

Why not organise a **lift share** on our [LinkedIn page!](#)
[Events listings on our website](#)

NEWSLETTER CONTENT MENU

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Please read the [disclaimer](#) at the bottom of the page.

Next Newsletter deadline:

The deadline for the March edition will be Friday 29th February 2018.

We welcome your news and offers or do let us know what other local resources or information might be useful for our members to know. You can submit your articles during the month, to the email address below, please mark clearly that it is for the next newsletter. Articles submitted for inclusion should be in plain text - preferably in the body of the email or as a Word document attachment (ie not a pdf, jpeg etc) and be **no longer than 200 words please!** Ensure that you include your contact details and please check all details carefully and that **your links are correct!**

Send to news@stroudbusinesswomen.org.uk

Personal Data

Stroud Businesswomen's Network takes data very seriously. You have received this newsletter because you are registered as a member. If you would like to see a copy of our privacy statement please click [here](#). If you would like to opt out of receiving this newsletter please email enquiries@stroudbusinesswomen.org.uk.

Disclaimer: Stroud Businesswomen's Network ("SBN") accepts no responsibility or liability with regard to the information provided in this newsletter. The views and opinions expressed in articles are those of the individual contributing members and do not necessarily reflect the opinions of SBN or its committee members. Information is intended to be of a general nature only and is not necessarily comprehensive. Where there are links to external websites, SBN assumes no responsibility for the information contained in those entries or on those websites.

Stroud Businesswomen's Network **NEWS!**

Thoughts from ... our SBN chair Debbie Bird

What a difference a day makes! Having dashed around yesterday and yet this morning with 10cm of snow on the ground I'm not going anywhere!

It was so good to see so many of you at our first meeting of the year. I have had a number of comments, and completely agree that there is 'a lot of energy in the room'. I feel a bit like a sergeant major during meetings but I hope all agree it gives a clear and focussed space to say your piece. I am a great fan of 'less is more' as those present probably realise. Using a few words wisely can often be more engaging than a very full explanation.

Bee presented us with the idea of 3 essential pillars in our businesses to keep in balance being Business, Ideal Client and Self which was very thought provoking. Neglecting any one of these will make things difficult for the other two to function effectively and this was ably demonstrated. At times the room went very silent, in fact you could almost hear the pennies clanging to the floor and the cogs whirring in our brains!

When questions were put to the room members came up with some great values - trust, experience, reliability, boundaries, safety and so on. It is very powerful for you to identify and to get in touch with what matters most to you and your business; then your authenticity will sing through in everything you do. The hardest thing sometimes is accepting that not everyone will buy in to your message -and instead we must ensure that our focus is on those individuals who are our true audience. Bee summed this up: it is our job to be the best marketing tool we can be.

It was lovely to see a number of first timers at the meeting, so please keep inviting! You are all very welcome. I am looking forward to getting to know you better. Have a great February and I look forward to seeing you at the end of the month.

Debbie

Facebook

NEW! JOIN US ON FACEBOOK!

Due to many requests about us running a facebook page here it is:

Please come join SBN on facebook:

<https://www.facebook.com/groups/stroudbusinesswomen/>

Join in the SBN chat - and organise lift shares - on our **LinkedIn** page

www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343

SBN's LinkedIn account is now run by committee member Tammy Kwan

<https://www.linkedin.com/groups/3004343/>

Follow us on **Twitter** @stroudbn www.twitter.com/stroudbn

SBN's Twitter account is run by committee member Tammy Kwan

www.twitter.com/bw58

How to Join!

See our website for the latest information www.stroudbusinesswomen.org.uk

If you haven't already joined, you can join online using Paypal or using a credit card.

Your first meeting is free, then it is just £50 for the year! Email us with any enquiries or if you need assistance with joining - enquiries@stroudbusinesswomen.org.uk

Your committee of volunteers



Photo by Tammy Lynn Photography

The SBN committee of volunteers is:

Back row, left to right:

- > Debbie Bird (Chair & training) debbie@ablegrowth.co.uk
- > Beth Whittaker (Ambassador) bethwhittaker58@gmail.com
- > Tammy Kwan (event organiser) tammy@tammylynn.co.uk

Front row, left to right:

- > Stella Jensen (finance) stella@jensenaccountancy.co.uk
- > Catherine Green (previous Chair to April 2018)
- > Karen Blaylock (website) karen@spearsouthwest.co.uk

Stroud Businesswomen's Network Events

MEETINGS & EVENTS

[Events page on our website](#)

- Next full SBN Meeting: **Thursday 28th February 2019** 9.30am at **The Old Lodge** Minchinhampton; doors open 8.45am for coffee.
- Informal networking: **Thursday 14th February 2019** upstairs in **The Curio Lounge**, Kings Street, Stroud 9-11am SBN members and guests are welcome to pop in. All you need to do is buy your coffee!

Stroud Businesswomen's Network
2019

Our main monthly meetings with networking, business skills workshops and inspirational speakers are at the Old Lodge, Minchinhampton, Stroud GL6 9AQ – Thursdays 9.30am (doors open 8.45am) -11.00am

Jan 31	Feb 28	March 28	April 25
May 23	June 27	July 18	August 29
September 26	October 24	November 28	December <small>(Christmas party date tbc)</small>

We also host informal drop-in networking upstairs at the Curio Lounge, Kings Street, Stroud GL5 3BX – Thursdays 9am-11am

Jan 10	Feb 14	March 14	April 11
May 9	June 13	July 11	August 8
September 12	October 10	November 14	

Check www.stroudbusinesswomen.org.uk for meeting details, and to confirm dates and times

Three types of MEETINGS:

We have a rolling programme of meetings based on the following three styles, to suit all tastes!

- ✓ **Meeting style 1: Local interest speaker** - for example, recent speakers included David Hagg, Chief Executive of Stroud District Council, Dr Claire Mould from Open House, Nick Weir from StroudCo Food Hub, Ann Taylor from the Museum in the Park and the team from Stroud Fringe - who talk for about 10 minutes. Plus three member 'shout outs' when members get the chance to tell everyone about their business and, hopefully, share some tips and useful information
- ✓ **Meeting style 2: Dedicated to learning new business skills and networking:** helping members meet each other using structured and informal networking techniques, so people get to know each other better, and gain more confidence in networking generally
- ✓ **Meeting style 3: Inspirational businesswomen:** one keynote business speaker, usually a successful and inspirational businesswoman from in and around the Stroud district, sharing ideas and aspirations - and one member 'shout out'

Don't forget, you can organise lift shares to our meetings via our [LinkedIn Page](#)
www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343

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Get your business noticed!

Members' banners display

Members who may not have any items they can place on our display table, may instead have **banners promoting the services they provide**. Four members per meeting can place their banners in the entrance to the meeting room - please sign the rota at the preceding meeting if you would like to put up a banner at the next SBN gathering, or contact Diane at enquiries@stroudbusinesswomen.org.uk.

Shout about your business!

The Network's 'Shout About Your Business' slot where **members have five minutes to tell the whole group about their business**, is very successful. Members are on a list, and when they reach the top of that list, they are invited to 'shout about' their business at the next meeting. They will be notified in good time, giving them plenty of time to plan their presentation!

And don't forget the SBN Showcase



*Photo courtesy of
Ruth Davey
<http://look-again.org/>*

In addition to the 'Shout about your business' option, we also offer SBN members the chance to **display your products or services** at our SBN meetings.

This will now be offered on a First Come - First Served basis for SBN members.

Whoever turns up first (from 8:30am) ready to prepare their display, gets one of the spaces available.

Member's News & Offers.....

Discount for SBN members on February workshops - Article submitted by Claire O'Sullivan

Nonviolent Communication Workshops with Clare O'Sullivan NVC is a peace making process founded by Marshall Rosenberg PhD. The purpose is to create the conditions where everyone's needs can be supported; for ourselves, within our relationships and communities. To make natural giving possible.

I'm Clare O'Sullivan, I am a Certified Nonviolent Communication Trainer and Facilitator. I work with individuals and groups. The key questions within my work are; 'What's alive in you?', 'What are you longing for?' and 'What would make your life wonderful?' Contrary to what we may see in the world around us, making life wonderful for each other is intrinsically human.

Join me on my upcoming February workshops 'Choose Love' and 'Natural Giving' to uncover what you are longing for and also discover the ways of being and communicating that get in the way of bringing that about.

Special Offer For all SBN members. Each of my workshops have a sliding payment scale of £55 to £75. I would like to invite all SBN members to join me for these two workshops at £30 each. Here is the link to my website where you can find out more and book your place [Sense Of Life](#).

New Year, New You, START HERE!! Article submitted by Gina Mann

Come along to my next Weight Management event and learn how I successfully, safely and healthily lost 21lbs and 23 inches in 6 months last year. Went from a chunky 16 to a slinky 12 (never been a size 12 in my entire adult life before) and more importantly, I feel better than I have done for about 15 years and I have maintained that weight and size for 6 months

When: Thursday 21 February 2019

Where: Kings Head Pub, Kings Stanley, GL10 3JD

Time: 7pm - 9pm

Call: Gina Mann on 07976612410 to reserve your seat (bring a friend) Gina Mann
Member of Team Inspiration
07976612410

FREE SOFT FURNISHING ADVICE FOR FEBRUARY - Article submitted by Jane Fleming

Need Inspiration? Don't know where to start?

Jane from JD Soft Furnishings is offering free advice to help you get motivated and inspired in your home for Spring.

Perhaps you're struggling to decide what curtain or blind style is right for your window, or perhaps you have a furniture item that could possibly be re-covered or it may just be that you need some help with choosing some fabric.

Give Jane a call on 07932 509947 or email jane@jd-interiordesign.co.uk

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Member's News & Offers

Hypnotherapy/Coaching - Article submitted by new member Liane Ulbricht-Kazan

The only reason we experience difficulties in business or private life, is when there's an imbalance in certain important areas. People need to feel wanted, needed, loved, appreciated, valued, cared for & cherished. That's what I believe.

A lack of any of these will affect self-confidence, self-image, self-esteem or self-control, and lead to feelings of reduced self-worth or self-respect. In fact, any attempt to change unwanted habitual behaviours (e.g. drinking or dealing with stress) will be made difficult by this deficit.

Things that are entirely un-related to the problem can therefore be a huge positive contributing factor to how easily you can make the changes you want. Sessions with a good Coach or Therapist can help fill this gap with self-love, self-compassion, appreciation & respect for oneself.

When you do you'll realise you already possess enough within to fill the gap yourself. Positive change becomes an inevitable side-effect. It simple makes sense both intellectually & emotionally. Clients become positively more selfish & look after themselves better while engaging with life.

Get in touch if you'd like to explore more.

Liane Ulbricht-Kazan, Hypnotherapist & Transformative Coach.

I am excited to be part of this community. <http://www.changeswelcome.com> & 07825286550

Spoon Making and soup! Article submitted by Jane Gray-Wallis

Do you fancy having a go at spoon making?

The exciting news is that Kathryn Minchew, The Pyromaniac Chef, has invited me to run a course at her Gloucester Studio. She will serve a delicious soup lunch before you get started on your afternoon's carving. At the end of the day you take your spoon home with you. Do be in touch if you would like more details.

Perhaps you would prefer to invite your friends to your own home for an afternoon's spoon carving? I can teach up to six. The host makes a spoon for free. The half day sessions do not include axe work.

If you would like to make a spoon from scratch, then think about doing a whole day course at Westonbirt Arboretum. Axe work in the morning, then carving in the afternoon. A great day in a woodland setting and a spoon to take home.

Give me a ring Jane 07855 53571

Business Advertising on screen

Have you watched an advertising screen in the GP surgery, train station or other public place and thought - that must be really expensive to do? Well amazingly a new very affordable option is available to you. Digital Screen Media are putting screens in high footfall locations around the county. From just £45 +VAT a month it is possible to have an ad played 1600 times a month in areas you wouldn't normally be able to reach. More than that there are special deals for SBN members. To see more go to www.digitalscreenmedia.co.uk or email Debbie on debbie@ablegrowth.co.uk

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Courses & Events

Early Notice for our MARCH meeting.

Guest Speaker: Branch Manager of John Lewis

We are very pleased that Martin Bundy - Branch Manager of John Lewis and Partners in Cheltenham will be joining us. Among other things he will share:

- What the term 'partners' means in practice
- How the high street can become a real draw again

Do join us on the 28th March for this event!

Make It Your Business (MIYB); Encouraging women into business - 21st February 2019

EVENT

Do you dream of starting your own business but need a helping hand, perhaps you already have a business but feel stuck and not sure how to move forward, or maybe you are a successful entrepreneur willing to help other women achieve their goal. Whatever end of the business spectrum you're at Make It Your Business is for you! Join other like-minded women who understand how important it is to feel supported at this Make It Your Business event on February 21st in Stroud.

Panelists:

Kate Happle- business and life coach who has recently taken the plunge to change careers

Sarah Phaedre Watson - local journalist who has reported about entrepreneurs in the area and will be talking about how businesses can advertise & use local papers to communicate their work

Suzanne Hall-Gibbins - Director and founder of the massive business networking group : circle2success.com

Mystery Angel Investor - name TBC - a South West business finance person who can answer questions about financing

The panel will be chaired by Siobhan Baillie.

Your £10 ticket guarantees you lifetime membership to MIYB and access to our monthly newsletter full of business tips and advice, mentoring opportunities and networking socials held regularly across the UK. You can change your mind at any time by clicking the relevant links in any email you receive from us or by contacting us at hello@makeityourbusiness.co.uk.

Arrive 4.30 for 5pm on Thursday 21st February 2018 at the Sub Rooms, finishing at 6.30pm. The website is <http://www.makeityourbusiness.co.uk> and the tickets <https://www.eventbrite.com/e/make-it-your-business-stroud-for-women-starting-and-running-a-business-tickets-52095111882>

Free Course for small businesses at the Growth Hub in Gloucester Five Steps to Enterprise -

February 26 & March 5 & March 12 @ 1:00 pm - 5:00 pm
More details and location click [here](#)

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More Courses & Events

Gloucestershire Business Show

With 2019 well under way and the festive season a fading memory, we would like to take this opportunity to invite you to The Gloucestershire Business Show 2019.

We're busy putting finishing touches to the festival line-up with loads of great content and with a new town centre venue in Cheltenham Town Hall, it promises to be a great couple of days on 21st & 22nd May.

We have a new prospectus document available, if you'd like to know more of what we're about, then visit: <https://www.gloucestershire-business-show.co.uk/wp-content/uploads/2019/01/The-Gloucestershire-Business-Show-2019.pdf>

Do register for the event as soon as possible and we'll look forward to welcoming you to Cheltenham Town Hall in May.

Kind regards The #GBS19 Team

University of Gloucestershire - Support for start-ups and new entrepreneurs in Gloucestershire

Nothing beats the satisfaction of running your own business - following your passion to be your own boss, managing your own time, and making your own decisions.

Perhaps you dream of working for yourself: you have a great idea for a new business but you worry about the risks involved in going it alone, or you lack the confidence and skills you need to take the first step. Or maybe you run a successful start-up but feel isolated from time to time, or you need help taking things to the next level. You're not alone. All business owners face the same challenges. And now there's FREE help and support at hand for businesses up to 3 years old.

Gloucestershire start-ups and new businesses can benefit from FREE training, events, networking and resources from Start and Grow Enterprise. Become part of our thriving business community and share advice, tips and techniques with people just like you. For more information go to <http://www.startandgrowenterprise.co.uk> to book your free course.

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Information, Resources, Funding and Support.....

Vacancy - Part time admin work (via Lynda McGill)

Part Time Office Administrator is required for the Bristol and Gloucestershire Gliding Club, Nympsfield, GL10 3TX.

Duration - April to September 2019, initially.

Hours - 7 hours a day, 4 days per week, with flexibility regarding work days and daily hours.

Principal duties:

You will need an excellent telephone manner, and communications and organisation skills.

Be able to use a computer for word processing, emails, and invoicing.

You will be supporting the Office Manager, dealing personally with club members and visitors; monitoring and recording flying; and also working with the Honorary Treasurer.

You will have had at least two years' experience of office administration.

If you are interested, please call or text Sheila on 07739 417149 for more details.

GAINS

Gloucestershire's Accelerated Impact Network Support, GAINS, is a subsidised premium service to help Gloucestershire's brightest SMEs achieve their ambitions.

The GAINS network of quality-assured business coaches will provide you with the know-how and ability to achieve rapid, sustainable growth.

You will discover the real issues that could be holding your business back, define your growth plan and develop the tools you need to do the job.

GAINS is a University of Gloucestershire project, part-funded by the European Regional Development Fund (ERDF).

To speak to a member of the GAINS team to learn how your business can benefit from this support please call 01242 715475 or email gains@glos.ac.uk

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