

# INTERNATIONAL WOMEN'S DAY 2019

*Supporting & Empowering*  
the Women of Frome

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A day of talks and workshops with  
*special guest speakers*

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Saturday 9<sup>th</sup> March

*The Cheese & Grain, Frome*

10am - 3pm • £8 Admission/Concessions £4 • Workshops £2

# Programme

## Women Mean Business



Our MC for the day

Rosie Eliot is a co-founder of Engaging Women. She is a Director for a charity working with people with multiple sclerosis and is currently in the process of raising over one million pounds to build a new therapy centre in South Somerset. She is also a co-founder of Nevertheless Pub Theatre.



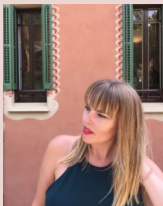
10.00 am Rosie Bennett - Director of the University of Bath Innovation Centre

The centre offers support and training to budding entrepreneurs and helps to incubate new businesses. Rosie will talk about what drives and motivates women to launch businesses and why supporting entrepreneurship at an early stage is so important.



10.30 am Dr Jean Boulton - Visiting Fellow at Bath University

As a Frome Town Councillor Jean has been a keen champion for business in Frome and will chair a panel aimed at inspiring start-ups and established businesses alike. It will discuss what help is available, what is needed and look at how it is possible to grow small businesses in the current climate. The panel discussion will feature local business owners Amy Welch Director of Busy Bees, Ellen Porteous Owner/Manager of both River House Cafe and The Fat Radish, and Jo Rollaston of Action Coach.



11.15 am Jess Hellens from Wild Co-working

Wild Co-working features a unique space for women at the Town Hall. Jess will discuss her venture focussing on what support women might need in a lone work situation – as well as talking about different aspects of starting out.



11.45 am Lynne Franks OBE

Author, businesswoman, entrepreneur and PR legend, Lynne Franks has been a trailblazer her entire life. She is recognised as an iconic changemaker and visionary who has identified and promoted many major diverse changes and life style trends in contemporary society for more than four decades.

# Lifestyle



1.00 pm Kit Stapely - Life of your dreams

Kit Stapely has had three separate cancer diagnoses and each time she created seemingly miraculous outcomes that helped her to build the life of her dreams. In her humorous and inspiring talk she invites you to create in reality the life of your dreams.



1.30 pm Chris Mosler - Thinly Spread

Chris is a freelance writer, blogger and long time Frome resident. She writes about vegan food and family life on her blog, Thinly Spread. She is also Company Director for a wooden flooring company where she uses her skills to help build a successful business.



2.00 pm Clare Empson - HIM

Clare Empson, journalist and author of the novel HIM, talks about carving out space for a creative life in the thick of motherhood: The highs and lows of the writing process and the shock of coming up against your inner most thoughts.



2.30 pm Karen Eberhardt-Shelton - A Women's Guide To Saving The World

Karen Eberhardt-Shelton will read snippets from her anthology which asks the simple question: What would you do to make the world a better place? Karen spent 4 years contacting women from across the globe, before collating their responses into her book.



3.00 pm Cara Dillon - Singer-Songwriter

Internationally acclaimed, award winning Irish Folk singer and Frome resident Cara Dillon will finish the day of talks with her talk about juggling motherhood and her hugely successful singing-songwriting career.

# Workshops



Public Speaking with Confidence 10.30 am - midday

Rosie Eliot will lead this workshop on how to make public speaking achievable. Transform your relationship with fear and get to know about audience expectations. Discover how to relax, how to be present and how to be the centre of attention. Learn to be comfortable with public speaking, to enjoy getting your message across and deliver with confidence.



Iyengar Yoga Taster Workshop 10.30 am - 11.15 am

An introduction to supported poses that promote women's physical and emotional wellbeing. Suitable for complete beginners as well as those with more experience. Please bring a blanket and wear comfortable clothes.



Lynne Franks Power of 7 Taster Workshop 2 pm - 3 pm

Join transformational guru Lynne Franks for a one hour taster workshop on her Power of Seven Women's Leadership Programme where you can identify your core leadership archetype and learn how to live and work in your full power. Lynne will be demonstrating how you can create a group or pod of seven women in your community who together can create either a community business, a social change initiative or a co-support system or all three, to inspire and benefit others.

Join us after the conference for live music in the bar from 4.00 pm - 5.30 pm

**Engaging  
Women**

**CHEESE  
& GRAIN**



**FrOme**  
TOWN COUNCIL

For tickets: [www.cheeseandgrain.com/event/international-womens-day/](http://www.cheeseandgrain.com/event/international-womens-day/)