

WOMEN MEAN BUSINESS

2021

An afternoon of online talks, conversation & lite bite workshops empowering women in everyday life, business and everything in between.

With a focus on personal resilience and goal setting, we take stock and look to the future.

All welcome.

Fri 12th March 12:30 - 5:30PM

Free + on Zoom

**Engaging
Women**

FrOme
TOWN COUNCIL

Programme



Our MC for the day - **Rosie Eliot**

Rosie 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.

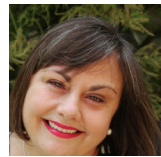


12:45 - Jen Gale - Self resilience

Jen is ordinary, knackered mum of two whose life changed when she cajoled her family into a year buying nothing new. That year changed not only what she buys, but also how she sees her place in the world. Jen recognised the power that we all have as individuals to make a difference to the things we care about, simply through getting informed about the impact of our daily choices, and figuring out easy swaps and changes. The family are still (just about) talking to her and they live in Wiltshire where Jen writes and podcasts about all things Sustainable(ish).

Running Order

12.30 - 12.35	Introduction
12.35 - 12.45	Mojo Moves
12.45 - 1.30	Self resilience with Jen Gale
1.30 - 1.40	Reflexology hand sequence with Susie Ray
1.40 - 1.45	5 minute screen break
1.45 - 2.00	Bring your own coffee break (with doughnuts!)
2.00 - 2.45	Women Mean Business Panel
2.45 - 2.55	Macrame key ring making with Aliss Vaas
2.55 - 3.00	5 minute screen break
3.00 - 3.30	Goal setting with Dawn Denton
3.30 - 3.50	Breathing workshop with Jotipal Kaur
3.50 - 4.00	10 minute screen break
4.00 - 4.30	Gender bias bingo with Lizzie Boyle
4.30 - 4.50	Cocktail Making - play along at home
4.50 - 5.20	Networking
5.20 - 5.30	Closing



Women Mean Business Panel

Our very own business version of Loose Women! The panel will talk through the burning questions we want to know:

- How has your business adapted/evolved/survived during the pandemic?
- As we're not out of the woods just yet, what's been your top survival tip for this past year in terms of self resilience and self care?
- What are you most looking forward to personally/business wise in the next year/once this is over?

Sam Evans is the owner of the Walled Garden Nursery in Mells, a new initiative aimed at improving the well-being of those experiencing loneliness and isolation. **Helen Rochfort** currently runs POP! on Cheap Street but began her journey by running her own international fashion brand. **Rhiannon Swannell** is the founder of Maverick Mums and is inspiring women to step away from their ordinary lives & **Deborah Hyde** specialises in employee relations, employee engagement, workplace mediation and people management training,



3.00 - Goal Setting with Dawn Denton

Writer and business owner Dawn Denton will lead us forward into the brave new world by sharing her expertise on goal setting. Dawn runs her own businesses, has much experience as a serial entrepreneur and teaches small businesses how to create content.



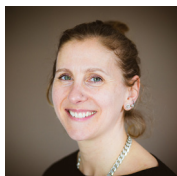
4:00 - Gender Bias Bingo with Lizzie Boyle

Lizzie Boyle is a Director of SE² Ltd, Frome Town Councillor and a published writer and editor of comics and fiction. Her interactive Gender Bias Bingo will identify bias and ask how we can #choosetochallenge.

Lite bite work shops



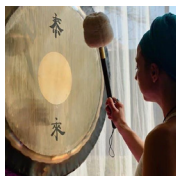
12:35 We will start the afternoon with **Mojo Moves** warming us up. Cheryl has been getting Frome fit since 2017 with her special brand of comedy fitness and as we are tired of sitting behind our desks and starting the afternoon with some fun!



1.30 Susie Ray will teach us a **Reflexology hand sequence**. Susie is a reflexologist based in Frome whose passion is supporting women through all stages of life. Susie will be demonstrating a 10 minute hand sequence for attendees, to relax the mind and the body, which can be used in every day life when you need a little mindfulness.



2.45 Aliss Vaas has a light and spacious studio at The Welsh Mill, teaching relaxed and fun sewing and craft classes. She also co-leads Frome's annual lantern workshops and parade. Today she will teach us how to do a **10 minute macrame key ring**.



3.30 Jotipal Kaur is an experienced BodyTalk Practitioner and qualified as a Kundalini Yoga teacher. Today she will do some **gentle movement and breath work** with us allowing people to open up to receive the gong bath, a simple but powerful relaxation.

In our final session of the day please join us for our **Make your own cocktail/mocktail** session where Melody Hunter Evans will teach us how to professionally make our own delicious drinks. So why not bring your own ingredients and play along at home. We will then go into short break out sessions, the equivalent of working the room, for informal chat whilst we sup our drinks. No need to be terrified, gentle ice breakers will be provided.

**Engaging
Women**

FrOme
TOWN COUNCIL

For tickets: bit.ly/WMB-2021