

Thriving

WOMEN IN BUSINESS



AUGUST 2023 | ISSUE 04

BUSINESS | WOMEN

Cover:

FAYE
CASEMENT

Certified Coach |
Podcaster | Human
(p.7)

KALLISTHENI
PAPADOPOULOS

Book blogger
(p.5)

J. DEZARAYE
WERTMAN

Business Owner -
Rae of Light SEO
(p.9)



Welcome

Thriving
Women in Business

It was a fantastic idea to bring female business owners together and provide a platform for them to share their stories and promote their businesses!

It feels good!

Offering allocated intro pages and up to 2 pages of content, including clickable links and graphics, is a great way to showcase the businesses in a meaningful way- and I am so glad that you are a part of this project!

Either you are participating by submitting your story or you are here as a reader- I just want to say THANK YOU!

Together we grow!

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SPOTLIGHT ZONE

WELCOME!

You might be wondering
what is the purpose of this magazine...
Well, let me tell you briefly!

Running a promotional magazine
for women have several benefits,
including:

- **Building Brand Awareness:**

A promotional magazine for women
can help to build brand awareness
by featuring ads and sponsored content.
This can help to establish
a brand's reputation and make it more
recognizable among women.

- **Establishing Authority:**

A magazine can help to establish
a company's authority in a particular
niche or industry.
By featuring informative
and educational content,
a promotional magazine can position
a company as an expert in its field and
gain the trust of its target audience.



- **Generating Leads and Sales:**

A promotional magazine for women can effectively generate leads and increase sales. A magazine can encourage readers to take action and make purchases by featuring discounts, coupons, and other promotions.

- **Providing Valuable Information:**

A magazine can provide women with valuable information, such as health and wellness tips, fashion and beauty advice, and career and financial guidance. A promotional magazine can build a loyal readership and increase engagement by providing useful content.

Overall, running a promotional magazine for women can massively impact your business in a blink of an eye and I am grateful that I can provide such help for you!





UPDATE FROM THE PUBLISHER

Marta Suchomska

I am excited to announce that the book I coauthored is now available on Amazon! After months of work, dedication, and countless cups of coffee, I am overjoyed to share this incredible milestone with you.

I am sharing my story, how it is to be a sibling to a person who has mental health issue- mistakes that I made and you can avoid!

You can find Letters to My Teenage Self: Volume Two by visiting the following link for paper copy:

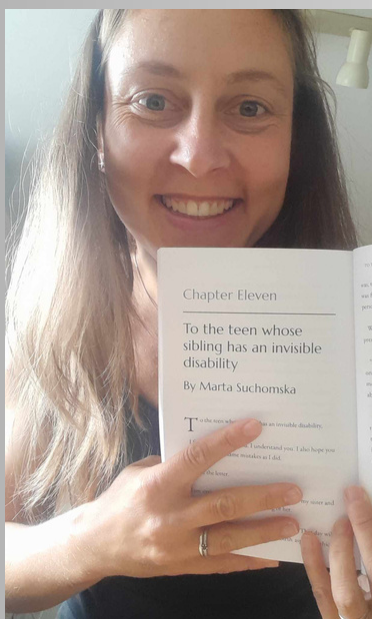
<https://amzn.to/3NOwgnA>

or ebook copy here:

<https://amzn.to/46KxGZa>

Second update for July is that my extremely affordable membership with new content to be added monthly is finally getting into shape and I have created extreme coupon (75% OFF) for Thriving Women in Business magazine readers!

head to smarta.newzenler.com and pop the code TWIB during checkout!



linktr.ee/such_marta



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Founder & CEO (Life and Executive Coach)

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KARINA SCHUIL

Intuitive & business coach, quantum healer, business community builder

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ANA KOKOLEK

Nutrition coach

KALLISTHENI PAPADOPOULOS

Meet Kallia, a lifelong book fan who believes in the magic of books to foster connections and create communities. As a passionate lover of literature, she's embraced the role of a book blogger, uniting bookworms through her platform.

With engaging content, reviews, and a warm heart, Kallia welcomes you into the world of literature to celebrate the joy of reading and build lasting connections.

I love to nurture a love
of reading through
connections

Kallia P



Being part of a book
membership is vital, as it
enables you to connect
with likeminded people

Kallia P



Creating a book community
gives me a sense of purpose,
knowing that I am connected to
people that speak the same
language as me.

Kallia P




Rachel and I, Kallia, set out on an exhilarating journey to create the R and K Book Club, fuelled by our love for books and enthusiasm.

With every step, we knew we were building a special haven for book lovers, where inclusivity and diversity would shine.

Carefully handpicking books to ignite meaningful discussions, we celebrated the magic of reading through meet-ups, fostering lasting friendships.

Our community bloomed, making the R and K Book Club a force in the literary world. Together, our unique strengths formed a strong bond, empowering us to make a real impact.

Excited for the future, we welcome all with open arms to join us in the enchanting magic of reading and writing new chapters in the world of books.



Introducing...
R & K
Book Club

- 😊 Personalized Book Choices
- 😊 Exclusive online community
- 😊 Opportunities to exchange books among members
- 😊 Easy no-stress book meetings to discuss what we read
- 😊 A group of wonderful non-judgemental ladies

Be a founding member for only £2.99!

Kallia Papadopoulos & Rachel Coudron



If you love books as much as we do- join our membership and let's talk about books!

Kallia



[Website](#)



[Facebook](#)



[Instagram](#)



[Twitter](#)



[Linktree](#)

FAYE CASEMENT

Faye is Certified Coach and trainee Belief Coding® Facilitator. Specialising in 'Weight Loss' With Love for women.

She is on a mission to help women ditch diet drama and to help them heal their relationship with food one bite at a time.

THE Wellness 4 Women SHOW

Every Wednesday
AT 08.30 PM UK

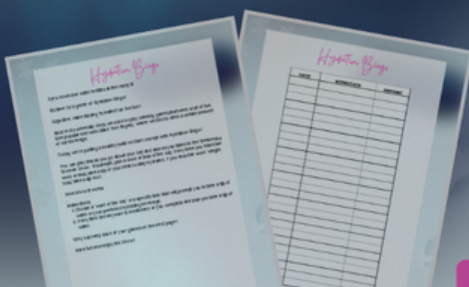
LIVE  **STREAM**

@wellness4women3a

A circular graphic featuring a woman with blonde hair and glasses, smiling and speaking into a vintage-style microphone. The background of the circle is white with a pink audio waveform. The text 'THE Wellness 4 Women SHOW' is written in a mix of pink and black fonts. Below the waveform, it says 'Every Wednesday AT 08.30 PM UK'. At the bottom, there is a 'LIVE' button with a red play icon and the word 'STREAM', followed by the Instagram handle '@wellness4women3a'.

Your Life, Your Weight Loss, Your Way!

Hydration Bingo



LIFE, WEIGHT LOSS & EVERYTHING BETWEEN

Awaken Awareness On Your Perimenopause



Being a Certified Life Coach specialising in sustainable 'weight loss' with love **I'm on a mission to inspire and empower women to find their inner power and embrace their journey, just as I did.**

My story is a testament to the transformative power of self-love and living life, including 'weight loss', on your own terms. For me 'weight loss' wasn't just a physical battle, but a mental and emotional one too. The constant struggle to fit into societal standards took a toll on my self-esteem, leading to a never-ending cycle of diets and self-doubt. I felt like I was at war with my body, trying to force it into submission. It seemed like I was destined to live on the 'weight loss' roller coaster forever.

But one day, everything changed. I realised that my weight loss journey was not about conforming to external expectations, but rather about self-development and finding my purpose. It was about **learning to love myself unconditionally, regardless of my size.** I embarked on a new path - one that focused on sustainable 'weight loss' with love, through the lens of self-care, mindfulness, and intuitive style eating.

Through my own experiences and that of others, I developed **my 'Triple-A-Way™ Food & Life Freedom Method**, because I want to help as many women as I can find out that 'weight loss' doesn't have to be synonymous with deprivation or punishment. With my new mindset, I became unstoppable. My journey taught me that we are all human, and it's okay to experience thoughts and feelings having tried to block them for years and my life is more vibrant as a result.

Through **my show, The Wellness 4 Women Show**, I share my story of transformation as well as providing many gems of information for women to use. I hope to inspire and motivate others. Following my own journey, I knew I had to go further. I became a **certified Life Coach** and I am training to be an **Accredited Belief Coding® facilitator** so that I can help clients at the subconscious and conscious level as I learn more and more about the mind & body connection that I teach.

Today, I stand proud, I have overcome various life adversities and low self-esteem and I show up completely differently in my life due to my 'weight loss' journey. I believe that self-love and living life on your own terms are the keys to unlocking lasting 'weight loss' success. **I want women to understand that 'weight loss' isn't about conforming to anyone else's standards - it's about connecting with your inner strength and finding joy in the journey.** As I continue on my 'weight loss' journey and grow my business. My journey of self-discovery and growth is far from over.

Every day, I learn more about psychology, mindfulness, and coaching, which ultimately enhances my ability to guide others on their transformative path. So, if you're tired of the 'weight loss' roller coaster and ready to embrace a new approach - one that celebrates self-love, self-acceptance, and individuality then know **there is another way and should you want to I'm here to walk this path with you.**



Kind regards,
Faye



[Website](#)



[Facebook](#)



[Instagram](#)



[Pinterest](#)



[Linktree](#)

J. DEZARAYE WERTMAN

After a fifteen year teaching career, Dezaraye entered the world of web design and search engine optimization. She created her own SEO and website design agency. With a mission to shine a light on small business,

Dezaraye helps business owners grow. She values the relationships she builds with her fellow business owners. She holds to the values passed down by her grandfather.

As a young girl, she worked beside him in his shoe repair shop learning valuable life lessons such as how to treat others kindly and with dignity, how to be fair in all business dealings, and how to work hard each and every day.

Rae of Light SEO was founded in kind and loving memory Dezaraye's grandfather who passed away June 7, 2021, her younger sister Tana who followed him 13 days later on June 15, 2021 and her father who was welcomed by Tana to his new life on December 18, 2021.

Building a business that reaches into the community and helps others to succeed is a beautiful way to ensure that their memory and legacy stays alive and well and that the lessons instilled in Dezaraye of hard work, kindness, and service for others remains.

A horizontal advertisement graphic with a sunset background, birds, and a woman. It includes a list of services and contact information.

Rae of Light

Why Should You Work With Us?

- Optimized Website Design
- Local Map Listing
- Customized Search Engine Optimization (SEO)
- Sales Generating Leads
- Social Media Ads

Dominate your Competition!

Competitive Pricing Data Driven Results

Free Estimates

602-935-8519
www.raeoflightseochandler.com

Rae of Light
SEO

I help local small businesses [attract more clients with measured predictability](#) so that they have more freedom, income, and never have to worry about business coming in the door.

Basically ...

I allow you to [focus on selling](#) your services and scaling your business INSTEAD of failing at marketing
and

I [eliminate the stress](#) of where your next client is coming from. What I do is very different from what others in the digital marketing space offer.

We help you generate more clients into your business using the [power of Facebook and Google](#). The system we use gains excellent results. We laser focus on sales and lead generation for clients in our area.

I am all about helping you build a business that gives you [FREEDOM, VALUE, and FULFILLMENT](#). I would love to help you gain more control of your business, growth, and ultimately your TIME.

If you want to acquire more clients without stress, struggle, or sacrifice, and you are outstanding at what you do we should talk!

Schedule a free breakthrough session with me! www.raeoflightseochandler.com/contact



Speak to you soon!
J. Dezaraye



[Website](#)



[Facebook](#)



[Instagram](#)



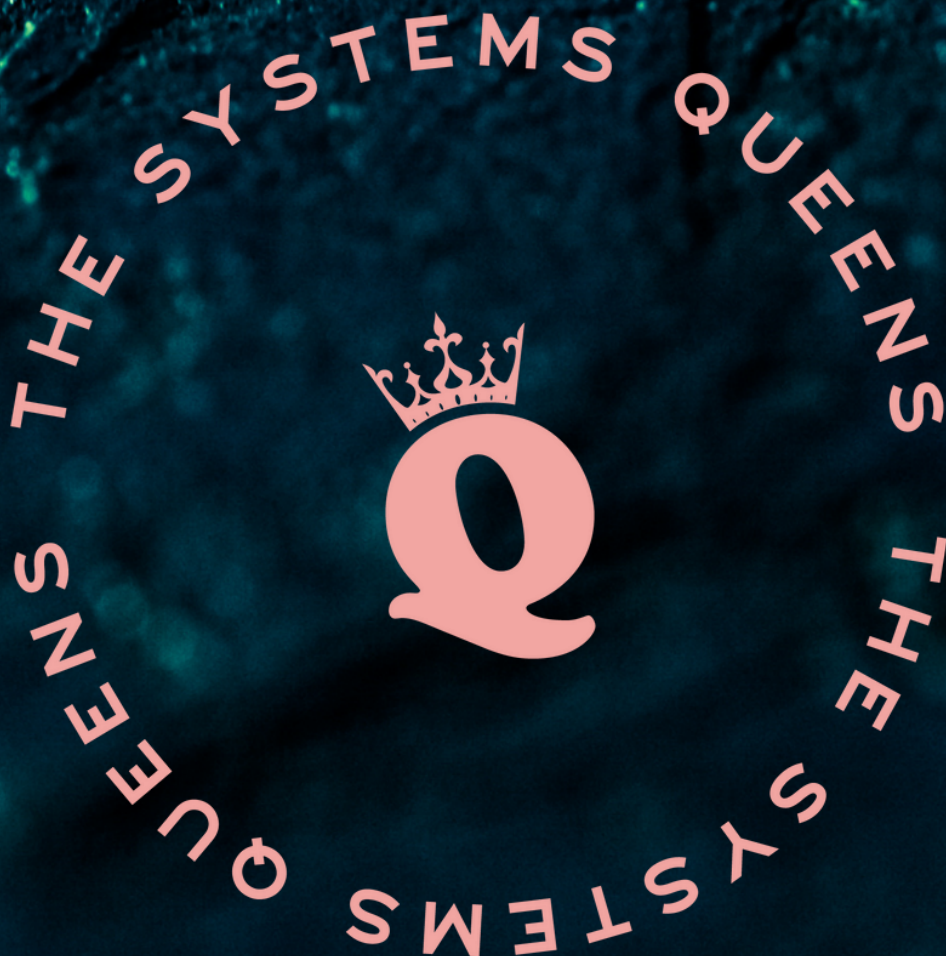
[LinkedIn](#)

MARYANNE RENZETTI

Founder of Systems Queens and fellow CEO. Communication is the cornerstone of my life and work, and I consider myself a boss in the best way possible.

Between my years of experience and client testimonials, I'm told I have a gift for first listening and comprehending my client's needs, then mapping out the critical path for an even more successful business.

From my home office in Maple Ridge, where I live with my 6 year old daughter and Bruno the rescue pup, I enjoy taking disorganized, high-level information and breaking it down into manageable steps—making sure a business's systems are working FOR them, not against them.



Did you know that email marketing is one of the most effective ways to nurture leads and increase conversion rates?

With email marketing, you can reach your audience right in their inbox and provide them with valuable information and offers. Plus, you can use automation to streamline your campaigns and save time.

If you're not already using email marketing, now is the time to get started!

Don't miss out on the power of email marketing - start leveraging your lead nurturing process by signing up for our Email Marketing Platform Automation service can help you create and implement effective email campaigns that drive results.

Contact us today to learn more!

“Thank you, Maryanne, for all of your help setting up our CRM, talking us through the things we didn’t understand, making our work so much easier, teaching us to map out our client journey so that we can offer the best possible service, and for referring us to others we have needed along the way. We love our new logo and we will gladly recommend you to others in the future.”



Kind regards,
Maryanne



[Website](#)



[Facebook](#)



[Instagram](#)



[LinkedIn](#)



[TikTok](#)

TIFFANY NGU

Introducing Tiffany Ngu, the founder of The Marketing Shortcuts. She's on a mission to simplify online marketing for coaches and consultants, providing them with ready-made templates that boost revenue and cut down on the headache of building from scratch.

With decade of experience, you'll quickly learn from Tiffany that funnels aren't just about numbers, they're about building trust and long-lasting relationships with clients.

Her passion for helping entrepreneurs grow their businesses sustainably will leave you feeling empowered and inspired. When she's not busy conquering the digital world,

Tiffany loves to travel, cook up new dishes, and stay fit with a good workout.

Join Tiffany on her mission to streamline your marketing strategy and achieve success like never before!

TIFFANY NGU

Founder



Helping Coaches & Consultants Simplify Their
Online Process With
AI, Ready-Made Funnel Templates & Automation
To Increase Their Revenue While Working Less

[CLICK HERE TO LEARN MORE](#)



Prior to doing online business, I was actually a financial planner.

What motivated me to start my online journey was that I saw the trend of doing business is going towards the digital way. As much as I love doing business, I realised I lacked of something very important, that is, the skill sets of doing business online.

After much thinking, I decided to step out in [faith to venture](#) into the online world.

All these happened in 2013.

Just like any newbies, I felt so overwhelmed with all the information found in the online world. It took me 3 years to figure out and grasp the foundation of building a business online. Not long after, I got involved in promoting business educational products.

This was where I learnt a lot about [funnels and automation](#) in the coaching and consulting industry. I was very fascinated with the power of funnels, especially how entrepreneurs can gain their freedom not just in the area of monetary, but also impact their community while working less.

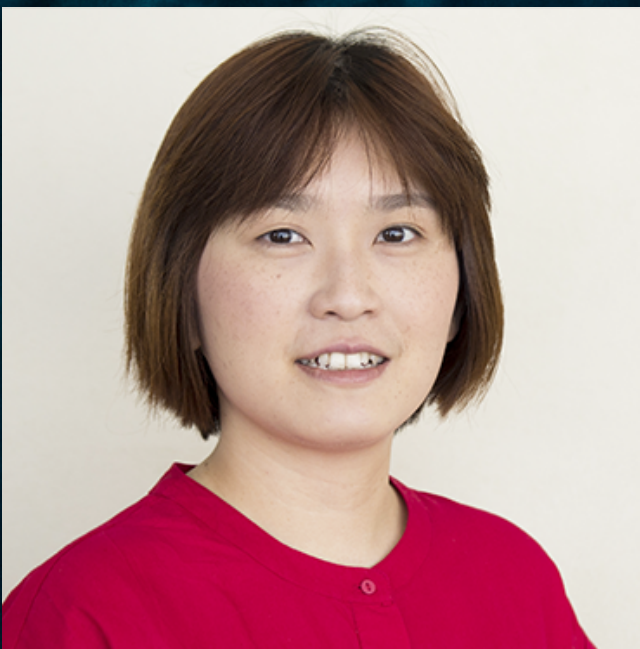


Helping Experts Attract Clients On Autopilot & Scale Their Business While Working Less

With all the experience and knowledge I have gained over the years, I decided to start The Marketing Shortcuts in 2018. The mission of my business is to simplify the online journey for entrepreneurs. To achieve that, I have created a funnel business whereby I provide ready made funnel [templates](#) packages for service based entrepreneurs, to save them time, stress and frustration from building everything from scratch.

That way, serviced based entrepreneurs can launch and grow their business online fast without feeling overwhelmed with tech.

My passion is in helping entrepreneurs to grow their businesses in ways that are profitable and sustainable while working less.



Speak to you soon,
Tiffany



[Website](#)



[Facebook](#)



[Facebook Group](#)



[Instagram](#)



[LinkedIn](#)

VEENA RAMASWAMY

Veena is a Life & Executive Coach and is the Founder & CEO of Beyoutifully Empower which is her coaching & consulting business where she aims to inspire women to become the best possible version of themselves through personal, career, and leadership development.

She helps ambitious young people to overcome self-doubt, unleash their inner power, and turn their dreams into reality.

She recently won Business Elite 'Under 30' 2023 and Bronze Globee Award for Women-led Startup of the Year (Business Services) 2022. She is also recognized as the "Woman Entrepreneur to Watch for" in 2022.

Aside from work, she's been focusing on leadership development and her mission is to pave the right path for the next generation of girls to break that glass ceiling and to create change in tech sector.

She is also an award-winning thought leader and got the opportunity to network with industry leaders from top tech companies such as Google and Microsoft as well as senior executives from around the world.

She spoke about women leadership at various tech conferences and got featured in many magazines and platforms such as Thrive Global, Gal Talks Tech, etc. She also got accepted in the Forbes Women Forum and was nominated for Forbes 30under30. She is also an author, speaker, and fashion model.



I've always been a very goal-oriented and ambitious woman ever since I was young. I'm an avid learner and always had the insatiable curiosity to unravel the many things that life has to offer.

However, I always experienced self-doubt and imposter syndrome in various aspects of my life.

I would always work so hard to realize that my effort never paid off no matter what I did which really reduced my confidence and self-esteem. I was also living a dual identity where it was an ongoing battle – being confined to Western norms, while simultaneously adopting ethnic traditions.

I struggled to live up to the crazy expectations of being “Americanized” and to conform to societal standards of the ideal strong Desi woman. I was raised in an environment that embraced gender stereotypes and was taught that women should be submissive and gentle. Because of this, I always hesitated to voice my opinions and people would underestimate my potential.

As I was trying to raise my A-game in every aspect of my life, I did face a lot of setbacks along the way and I kept coming back to imposter syndrome that was hindering me from achieving success. My career was full of ups and downs as I went through 3 career transitions.

HOW TO UNLEASH YOUR *Authentic Self*

- ☐ - Embrace your true passions
- ☐ - Open yourself up to new possibilities
- ☐ - Step out of your comfort zone
- ☐ - Adapt to new circumstances
- ☐ - Embrace change

As I was fully focused on myself and my journey, I was often misunderstood because I wasn't following societal norms and I was a woman who would always challenge the status quo. I realized that I was hiding parts of who I really was and started to self-reflect on what my true purpose was which led me to start my self-discovery journey.

I didn't want everyone's judgments to get in the way of my dreams. I realized that I'm not going to settle for mediocrity and I have an abundance of potential, which will help me achieve greatness someday. I always had a can-do attitude and my motto was “I can. I will. I did.”

As I was raging with fire inside of me to manifest my dreams, my motivation soared immensely. I was on a mission to slay those goals and become the woman I was destined to be.



The quest for self-discovery and acceptance taught me how to love myself and appreciate my self-worth. It was a self-taught journey in which *I figured everything out on my own*. I didn't have a mentor to guide me through each phase of the growth process. I gained an abundance of wisdom from the challenges I faced, which sparked my curiosity to understand the true meaning of life.

It required sheer dedication, competence, grit, and resilience, but it was worth it because my hard work paid off. By cultivating self-love, I also became proud of my upbringing as I embraced a culture that embodied an amalgamation of Desi traditions and Western modern perspectives.

It shaped me into a driven, passionate, and dynamic woman. I'm grateful to become a *woman who is assertive yet compassionate, strong yet vulnerable, and unapologetically ambitious*.



Sending you love,
Veena



[Website](#)



[Instagram](#)



[LinkedIn](#)

KARINA SCHUIL

Karina is from Amsterdam and a consciousness mentor, quantum frequency healer, soul-led business community builder and mother of 3. Everything we need is already inside of us, all we need is to remember that.

That is why Karina is here to remind us of our unlimited potential. She inspires us to let go of anything that is not serving us any longer, so we can be our authentic selves, live and work according to our own unique blueprint and step into our greatest joy, health fulfilment, and our soul mission.

We are living in exceptional times and now it is not the time to stay small. Now is the time for all women to step up, rise into our soul purpose, and become a beacon for others to do the same.

Karina brings together those that feel this call in an international online community, that supports conscious entrepreneurs to create impact by being their authentic selves, women supporting women, celebrating each other instead of competing, leadership from the heart, evolving and thriving together via the vessel for growth that is business.



I love sisterhood. I am in an amazing international sisterhood, where we gather weekly.

I love business.

And I love sisterhood in business the most. As a matter of fact, I have found one of the most heartwarming business sisterhoods that lites my heart every time we meet.

Because frankly, most of us carry a sister wound.

Too many times we have been betrayed.

Too many times we have been compared.

Too many times we were not seen, not accepted, not heard and not loved for who we are.

Mostly by other women.

True sisterhood (and not the fluffy fake one, "I'm calling all women sister, but I will still betray you behind your back") has the potential to restore and heal.

And it does. Every time. It makes us belong.

And that is why I bring sisterhood to the table in my RISE community.

It's not about one being the leader of the other.

It's about all being leaders and working together, celebrating, rising together.

It's about seeing others thrive, so you can thrive too.

It allows us to be fully seen and received.

And I've seen so many women find back themselves, finally daring to step up and show themselves to the world, retrieving their wings. Being held and cheered on by others that lead by example. Holding a safe space for one another.

This is what I call evolving through business. It is my vision for my work with RISE. And it's my vision that all women out there to learn how to lean into this kind of community too.



Kind regards,

Karina



[Website](#)



[Facebook](#)



[Facebook Group](#)



[Instagram](#)



[LinkedIn](#)



[Koji](#)

ANA KOKOLEK

Meet Ana, a passionate and empathetic nutrition coach on a mission to empower women to embrace a healthier lifestyle and transform their relationship with food. Having once struggled with weight issues and a tumultuous connection with food herself, Ana understands firsthand the physical and emotional challenges that many women face.

Ana's transformative journey led her to pursue a career in nutrition coaching, where she acquired an in-depth understanding of the science behind weight loss and the psychological aspects of eating habits. With a genuine desire to help others overcome their struggles, she developed a personalized and sustainable approach to guide her clients towards achieving their wellness goals.

As a dedicated advocate for body positivity and self-love, Ana goes beyond calorie counting and fad diets. She emphasizes the importance of nurturing a positive mindset and cultivating a healthy relationship with food. Through one-on-one consultations, workshops, and educational resources, Ana empowers her clients to make mindful choices, build lasting habits, and unlock their full potential for a balanced and fulfilling life.

With Ana's unwavering support and relatable journey, women find not just a nutrition coach, but a compassionate mentor who inspires them to reclaim control of their health and wellbeing, ultimately embracing their best selves with confidence and grace.



Everyone is an expert.

Normally I don't comment on other people's posts, but today I came across a post by a person who referred to some kind of article filled with nonsense. In the spirit of helping, I commented that the statements in the article are not scientifically proven and that anyone who knows anything about nutritional science would not write it. This is where the attack and fights begin, where a person who admits that she is not educated in the field of nutrition tells me that my knowledge is shallow, etc.


The comedy continues with people asking her for advice on nutrition. I told her, and I will repeat it now: my intention behind the comment was that when a person sees an article where it is stated that certain foods are forbidden, or that ancient tribes in Africa knew the [importance of biochemical reactions](#) in the body and the intake of certain micronutrients, to stop and think about it, and don't accept it as an absolute truth and spread it further.


Nutritional science is a young science (approx. 200 years old) and something new is discovered every day, but the most important part is that you first must look at who is spreading the "knowledge". A lot of people benefit from fearmongering today and consider themselves experts even though they have no education on the subject and are just looking to find new ways to make money off of you.



Kind regards,

Ana

 [Facebook](#)

 [Instagram](#)

SPOTLIGHT ZONE

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Talent Monetization Coach

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and Young adults

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LISA SIMCOX
Marketing

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HELENA CLARE
Reiki Practitioner,
Coach & Hypnotherapist

Each
month
we
feature
a
different
coach
in
this
zone.
Many
active
social
support

A massive open online course is an . A massive open online course is an
online course where an unlimited number of people can enroll at any time.



MRADULA SHET

Hey everyone! My name is Mradula Shet, and I used to write stuff for a living. But now, I'm all about helping people like you make money from your talents.

I've been working online for a long time, so I know all the ins and outs of working remotely. As a Talent Monetization Coach, I'm here to help you become an online entrepreneur.

I'll help you figure out what you're really good at and make it work for you online. As long as you follow my strategies, and are patient and persistent, you'll be able to work from anywhere and make some serious income.

I'll show you how to start your own dream business and make money without being tied down to a regular job. Plus, I'll teach you some cool tricks to let people know about whatever product or skill you have to offer using your social media profile.

And if you need help with writing stuff, me and my team can take care of that too. We can write emails, create content for your social media, and even help you write your blog, website or landing pages.

MONETIZE
YOUR TALENT

ERIN WOOD



EMPOWER ME!

Hi, I'm Erin, the founder of Empower ME Coaching, dedicated to supporting individuals on their transformative journey. As a person living with chronic health conditions, I spent most of my life seeing myself as disabled and unworthy of pursuing my goals and dreams.

Fueled by limiting beliefs, I stayed within my comfort zone, feeling confined and barely surviving. However, a profound shift occurred when I embarked on my personal transformation, embracing self-love and prioritizing my well-being. I broke free from the notion of being disabled and fully engaged in life. This journey led me to release 89 pounds, become physically active, achieve life coach certification, and establish my own coaching business.

As a certified Ontological life coach, I offer personalized one-on-one sessions. Partnering with me means discovering how to overcome self-imposed barriers, develop self-love, and understand that self-care is not selfish—it's a vital act that enhances your ability to care for others. I see you as whole and complete, recognizing that you are the expert of your own life.

My role is to reflect the greatness within you, holding up a mirror that allows you to recognize your true potential. Together, we'll embark on a transformative journey, where I'll champion your growth and walk alongside you towards the life you desire. With Empower ME Coaching, you'll uncover limitless possibilities, break free from limiting beliefs, and cultivate a fulfilling, purpose-driven life. It's time to embrace self-love, step out of your comfort zone, and create the life you deserve. Let's embark on this transformative journey together.

A massive open online course is on... A massive open online course is on...
online course is on... A massive open online course is on...
online course is on... A massive open online course is on...

NATALIE DOLAN



GINGER FOX
MEDIA

Natalie Dolan is an Holistic Business Coach, Mindset Coach and Human Design Reader for visionary ambitious coaches, consultants, creatives and global brands. Natalie lives in England, UK with her husband, teenage son, retired parents and 8 year old rescue dog Arnie.

Natalie has certifications in digital marketing, mindset coaching and neurogenetics coaching. Natalie is the founder of Ginger Fox Media and loves Technology, Animals, Travel, Culture, Spirituality, Art and Nature.

Natalie's human design type is a Generator with Spilt Definition and 2/4 profile and emotional solar plexus authority. Natalie is multi-passionate and ADHD, and has Home educated and unschooled her teenage son for most of his life.

Natalie is the upcoming contributing author of two book collaborations in 2023, called Meant For More and Bully. Natalie is ambitious and believes living Life to the full, her human design type Generator, means, I need to wait to respond and never go chasing and also live in alignment with Satisfaction and not Frustration.

I believe life is short and that I want myself, my loved ones and those who enter my world to share their stories and to grow both personally and professionally and injecting amazing experiences into their lives, living unapologetically according to their Live Values.



THE NEVER ALONE PROJECT

ILZE LEE

I am Ilze Lee. I am an Advanced Grief Recovery Specialist, an author, and the very proud founder of a small but impactful charity.

The Never Alone Project is based in Northamptonshire, and we support bereaved children, their families and teachers.

How we can support you:

- ♥ If you are grieving - We offer a Grief Recovery Program to help you effectively process your loss. This is a safe, nurturing and transformative program delivered over 8 weeks.
- ♥ If you are a parent/ carer or teacher of a bereaved child - We offer a 4 week online program to help you connect and communicate with confidence. We know that talking about grief can be difficult, and we will provide you with the right tools to make it easier.

How you can help us: Please connect with us on Social Media, via phone on 01933 588009, visit our website www.tnap.co.uk or email us at Hello@tnap.co.uk.

If you would like to donate money, time or a raffle price, please get in touch. We appreciate any support you can offer.

MELANIE WHITTAKER

I call myself a Marketing and PR Whirlwind for good reason. When clients come to me they either want to widen the net and want my PR service.

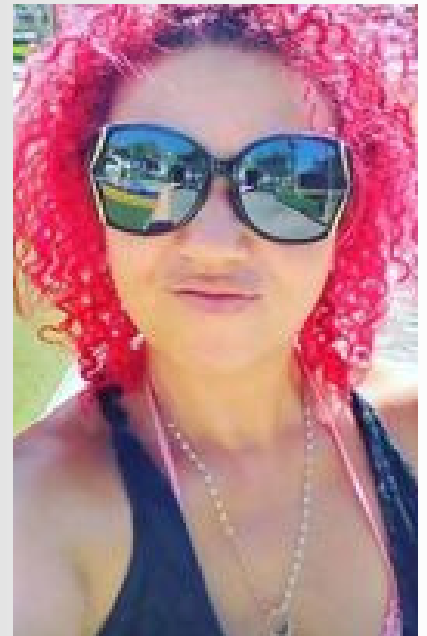
This involves me getting them interviews on podcasts, magazines, online summits, radio and TV.

Or they need help getting an idea of the ground. It's one thing as an entrepreneur being in your zone of genius. It's a whole different ball game marketing your idea.

I can help with content creation, creating a marketing plan and getting people to see what you do and to buy from you.

Marketing is so powerful when you use it correctly. Even though emails and social media are good there are MANY ways to promote your business. Once you know the route you want to take I create a killer pitch.

By using different forms of media to promote your business and services you help grow your community.



GET IN TOUCH



LESLEY PENNIE

I have launched a Marketing and Networking Membership on Tuesday 2nd May.

What is included?

8 Networking Events

1 Live Event Training Workshop On Setting Up Your Email For Success

1 Live Event Training Workshop On How To Launch A Podcast

Full Access To Module One On Developing Your Business Authentically

Bonus Editable Canva Templates Including:

Client Welcome Pack

Your Ultimate 6 Figure Course Creation Planner

Your Ultimate 6 Figure Course Launch Guide

51 Self Care Canva Posts Templates

[JOIN THE
COMMUNITY](#)

Any questions please feel free to reach out

JANA GREEN

180 Your Life from Stuck to Powerful in Money, Business, Love & Health

Jana Green is an award-winning international Success & Manifesting Coach. She specializes in showing people how to succeed in the way they always imagined however could not make it happen no matter how hard they tried. Whether they dream of financial independence, functioning business and love of their life or ideal health.

Jana developed a science-based success system which guarantees 100% success and takes stress and disappointment out of the equation. Your results won't be just getting exactly what you desire but also gaining happiness, being stress-free and enjoying life the way you were always supposed to.

Jana has been featured in CNN, international magazines and she is a published book author. Her speeches are watched in over 100 countries around the world. She has extensive experience successfully coaching and mentoring thousands of clients around the world and transforming their relationships, businesses, finance and health.



[GET IN TOUCH](#)



AGNIESZKA STILES

Hi there! I'm Aggy, and I'm a crazy girl from Poland.

I've always been told that I wasn't good enough, but it turns out that they were wrong. I am good enough, especially when it comes to business.

People have underestimated me my entire life because they judged me on being a woman, being young, being a mum, or just being too happy and jolly. But it didn't stop me from pursuing my dreams of becoming an entrepreneur.

Now I want to show other women that you can do whatever you want and no one should tell you that you're not capable of achieving great things in life or business. I knew I was made for more, and social media helped me grow my business.

Since Media Galore was born, I've grown as a person—I learned so much about strategies, tactics and business in general.

Fast forward to today: I've created my own course; worked with small and medium-sized businesses; contributed memberships by providing training; and that's only the beginning.

[FIND OUT MORE](#)

MONIKA GOSTIC

Fueling Your Success: Boosting Brain Health for Female Entrepreneurs Through Nutrition!

Being a female entrepreneur comes with its own set of challenges, and maintaining optimal brain health is essential for success. Your brain is the command center of your business, responsible for creativity, problem-solving, and decision-making. By prioritizing nutrition and making smart dietary choices, you can enhance your cognitive function, increase focus, and improve overall well-being.

Take these 7 steps to boost your brain power:

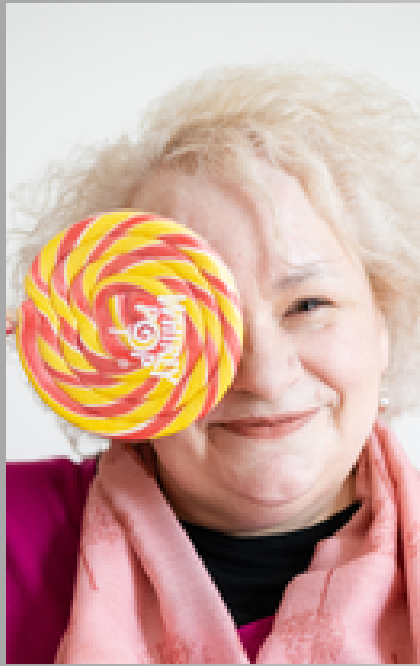
1. Embrace a Balanced Diet (Follow my [B.A.D. Formula](#) for success)
2. Nourish Your Brain with Omega-3 Fatty Acids
3. Stay Hydrated (click [here](#) to calculate your daily water formula)
4. Include [Brain-Boosting Nutrients](#)
5. Prioritize Meal Timing (if you are fasting, change the window to evening rather than starving your body in the morning)
6. Minimize Processed Foods and Added Sugars
7. Consider [Supplements](#)

Remember, small dietary changes can lead to significant improvements in your brain health and pave the way for your entrepreneurial journey to thrive.

Love,
Dr Monika



[B.A.D FORMULA](#)



LISA SIMCOX

How many times have you wanted to shout 'please buy from me'?
How many times have you changed your marketing strategy?
How many times have you purchased a course and not completed it?

Not any more as you are this is your invitation to join the Be In Demand Community.

But this is not for everyone. It is for those who are ready to become visible and be fiercely in demand.

So if you are based in the West Midlands or North Worcestershire, please join our group of fellow female entrepreneurs who will inspire, support and cheerlead you.

Plus lots of free marketing training and resources.



JOIN THE
COMMUNITY

A massive open online course is an online course aimed at unlimited participation and open access via the Web. In addition to traditional course materials (such as recorded lectures

HELENA CLARE

Do you listen??

You know... really listen to someone without thinking about what you are going to say next or thinking about what you are having for your tea?

Really listening to someone and not just hearing their words, but truly understanding their story... their concerns.... their worries.... their hopes... their dreams....
..getting right into their world and seeing it from their perspective??

I give my time and my full attention to hear people's story, truly listen to their concerns, worries, hopes and dreams and formulate a plan of action to support them...

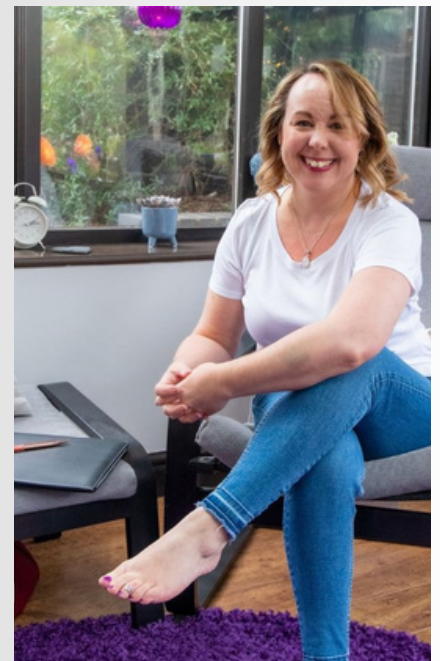
And I will do that with EVERY SINGLE client..

But then I will also provide you with tools and techniques to be able to conquer those fears, worries and concerns..

And I will then walk alongside you, holding your hand as you achieve your hopes and dreams...

I AM HERE.. to truly listen and hold space for YOU!

So why not book a free Well Being Check In here at The Old Farmhouse, where I will focus all of my attention on you and your wants & needs, in a safe space.



WELL BEING
CHECK IN

WOULD YOU LIKE TO JOIN THRIVING WOMEN IN BUSINESS?

BOOK YOUR

complimentary

PUBLICATION NOW!

BOOK YOUR SPOT
NOW