



# 2017

## NEW YEAR, NEW YOU, NEW SKILLS

A New Year is always a new start. We all make resolutions to make changes in our life and start afresh in January. Join our experts from Isle of Wight Ladies Business Network for 7 one hour webinars. These webinars run either on a Friday morning 12-1pm or Tuesday evening 8-9pm throughout January 2017.

You can enrol for free if you complete an Isle of Wight Council Enrolment Form and you are an adult 19+ Isle of Wight resident. Alternatively, you can sign up and pay on Eventbrite for £5 per webinar.

<https://www.eventbrite.com/e/women-mean-business-webinars-tuesdays-tickets-29829004355>

<https://www.eventbrite.com/e/women-mean-business-webinars-fridays-tickets-29798021685>



# IOWLBN

Isle of Wight  
Ladies Business  
Network &  
Coralesce Ltd  
present:

NEW YEAR, NEW  
SKILLS, NEW YOU

7 x 1 hour  
Webinars run in  
January 2017

Free Enrolment for  
Adults 19+  
Resident on the  
Isle of Wight

£5 per webinar for  
non-eligible  
participants

HOW TO ENROL FOR  
FREE

Go to  
<http://www.coralesce.com/women-mean-business-webinars/> and download  
an enrolment form and  
return to  
[info@coralesce.com](mailto:info@coralesce.com) by 4<sup>th</sup>  
January 2017

# WEBINAR PROSPECTUS

Friday 6th January 2017	12-1pm	Detox for the New Year	Charlotte Smith
<p>➤ This webinar will look at ways to detox your body and mind. The focus will be to explore ways to get more balance in your life. You will gain insight into why it is beneficial to detox the body (working on the physical level), clear mind and calm the emotions leading to more focus and mental clarity and how to balance your energy field to improve your overall well-being.</p>			
Tuesday 10th January 2017	8-9pm	Mindset and Motivation	Georgina Carter
<p>➤ This webinar is about bullet-proofing your mindset so that you can sustain motivation and achieve success. At the end of this webinar you will understand why mindset is crucial to success; have learnt a range of techniques and principles which will improve your mindset and feel more motivated to achieve your goals</p>			
Friday 13th January 2017	12-1pm	Redesigning your space: Using a free online design tool (sketch-up)	Jan Webb
<p>➤ This webinar will introduce you to a free basic 3D design programme that you can use to help visualise spatial ideas including room layouts, garden planning or any modelling. You will learn how to download the program, set up a basic template and use the tool box and understand how to develop your own conceptual space and add basic detail.</p>			
Tuesday 17th January 2017	8-9pm	The importance of movement to Health & Wellbeing	Melanie Griffiths
<p>➤ This webinar explains why should we move and how movement benefits mind, body and emotional well-being. It will explore the importance of different kinds of movement and the impact on the whole system and will help you choose the most appropriate movement for oneself.</p>			
Friday 20th January 2017	12-1pm	Developing a Business Idea	Christina Conroy
<p>➤ This webinar is about using creativity to develop a business idea. It will explore methods that utilise your own expertise and interest to generate an idea that would be sustainable for you. At the end of this webinar you will be able to understand techniques for generating business ideas and can apply them to your own situation</p>			
Tuesday 24th January 2017	8-9pm	Legal Considerations in a new Business	Alison Colley
<p>➤ This webinar is about the legal requirements and considerations when starting a business. It will explore what you must have in place to ensure you maintain general compliance and some best practice legal tips. At the end of this webinar you will be able to:</p> <ul style="list-style-type: none"> <li>• Understand what steps you need to take from a legal perspective when starting a business</li> <li>• Decide what legal entity your business will take</li> <li>• Understand what you need to do to protect your business</li> </ul>			
Friday 27th January 2017	12-1pm	Making a Will	Hannah Lisseter
<p>➤ This webinar will cover why you should make a Will, what will happen if you don't, how to protect and preserve your assets and if you already have a Will, why you should review it.</p>			

For more information and to enrol go to <http://www.coralesce.com/women-mean-business-webinars/>

## Charlotte Smith

Partner in Charlotte's Nutritional Therapy and Wellbeing Studio. which offers amazing Stress Busting Quantum Feedback treatments, Biofeedback Pain Relief and Aura Imaging. The Studio sells a range of gluten free foods, natural health products, nutritional supplements and clinical grade therapy oils to help you detox, de-stress, relax and rejuvenate. [www.charlottes-studio.co.uk](http://www.charlottes-studio.co.uk)

## Georgina Carter

Supported by a highly successful global company Georgina help's people start their own home based businesses around their current commitments. She can demonstrate how to earn anything from an extra couple of hundred pounds a month to a replacement full time salary by just working part time.

## Jan Webb

Jan runs JMW Interiors which is a personalized interior design service covering all aspects including house dressing (for sale). Jan also runs CraftSquirrels which provides craft sessions to introduce skills and for relaxation to adults and it is hoped can expand to include children's sessions and the sale of quality craft items. Facebook & [www. janettewebbdesign@houzz.co.uk](mailto:janettewebbdesign@houzz.co.uk)

## Melanie Griffiths

Melanie runs Movement Junkie which offers classes, workshops, retreats + entertainment in Dance & Fitness; Meditation & Healing + one-to-one sessions. From Bollywood to Bee Gees BOOTCAMP Dance! is a fun dance fitness class. Dance for Wellbeing blends fluid dance & stretch to upbeat, world music energizing yet relaxing. Brazilian Samba is sizzling hot - come, perform in Carnival. FLASHMOB Dance! teaches routines from Musicals to Missy Elliot for optional performance [www.movementjunkie.co.uk](http://www.movementjunkie.co.uk)

## Christina Conroy

Christina is a Director of Coralesce Ltd which is a technology enabled education and training company based on the Isle of Wight. Coralesce provides a range of face-to-face and online learning courses specializing in digital technologies and enterprise skills. The aim is to empower people to use technology and enterprise skills to start new businesses, change their professional practice and grow their capability to tackle change.

[www.coralesce.com](http://www.coralesce.com)

## Alison Colley

Alison runs Real Employment Advice which is a solicitor's practice which provides legal advice and HR support to Employers and Employees who are experiencing problems at work or with staff. The company aims to take away the stress and worry of dealing with an ever-growing list of legislation and procedures that business owners have to deal with. [www.realemploymentlawadvice.co.uk](http://www.realemploymentlawadvice.co.uk)

## Hannah Lisseter

Hannah is a solicitor at Glanvilles Ltd specialising in all aspects of preparing Wills, Powers of Attorney, Probate, and Care Fee Planning. She also provides deputyship and Court of Protection work helping people lacking mental capacity and their families to manage their affairs. She offers a free initial consultation and fixed fees for most services. [www.glanvilles.co.uk](http://www.glanvilles.co.uk)

