

# WELCOME!

International Women's Day



Funded by  
UK Government

LEVELLING  
— UP —



- **10.00 - Arrival**
- 10.00- 10.25- Coffee and chat
- 10.25- 10.30- Welcome talk and housekeeping
  - 10.30 - 10.45- Kate Clarke
  - 10.45 - 11.00- Lucy Smith
  - 11.00 -11.15- Margaret Slucutt
- 11.00-11.10- Rest Break**
- 11.15 - 11.30 – Caroline Smith Mclean
  - 11.30 - 11.45- Emma Doney
  - 11.45 - 12.00 - Carmen Anderson
- 12.00- 12.15- Inspirational Interaction
- 12.15-12.50- Networking and light lunch
- **12.50 - Close**

# Agenda

- On your table you will also find some brown cards, please feel free to use these to write down your details and hand them out!

## Contact Cards

- Using the pink cards on your table, please spend some time talking and thinking about things or people who have inspired you in your life.
- Think of something or someone who you would like to inspire and how you might go about that.
- If you can't think of anything, please don't worry!

## Inspirational Interactions

# KATE CLARKE

Founder Artemis Clarke

# Kate Clarke

## Founder Artemis Clarke

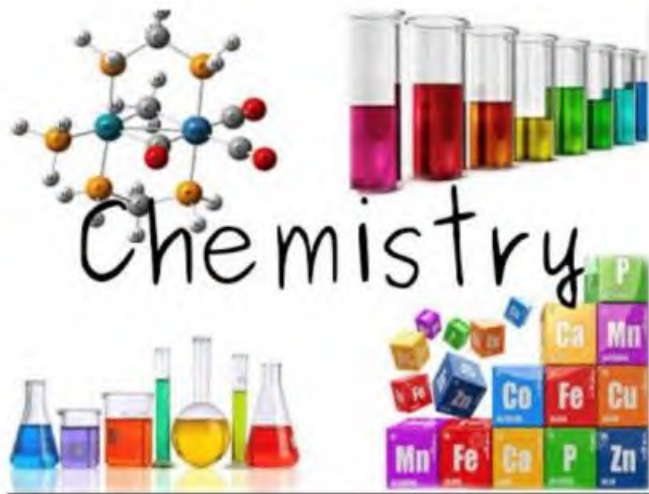
Recruiting Flexible Finance Experts for  
Forward Thinking Businesses

# My Story So Far...



[www.artemisclarke.co.uk](http://www.artemisclarke.co.uk)







**ICAEW**  
CHARTERED  
ACCOUNTANTS



**ANDERSEN**

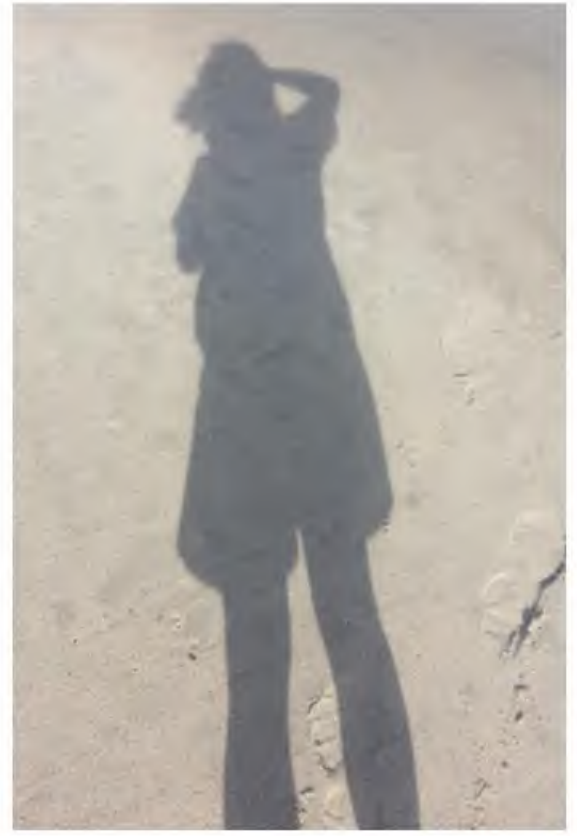


2005



2007







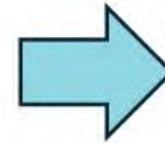
**mitie**  
foundation  
unlocking potential 







**ICAEW**  
**CHARTERED**  
**ACCOUNTANTS**





**HOW HARD**

**CAN**

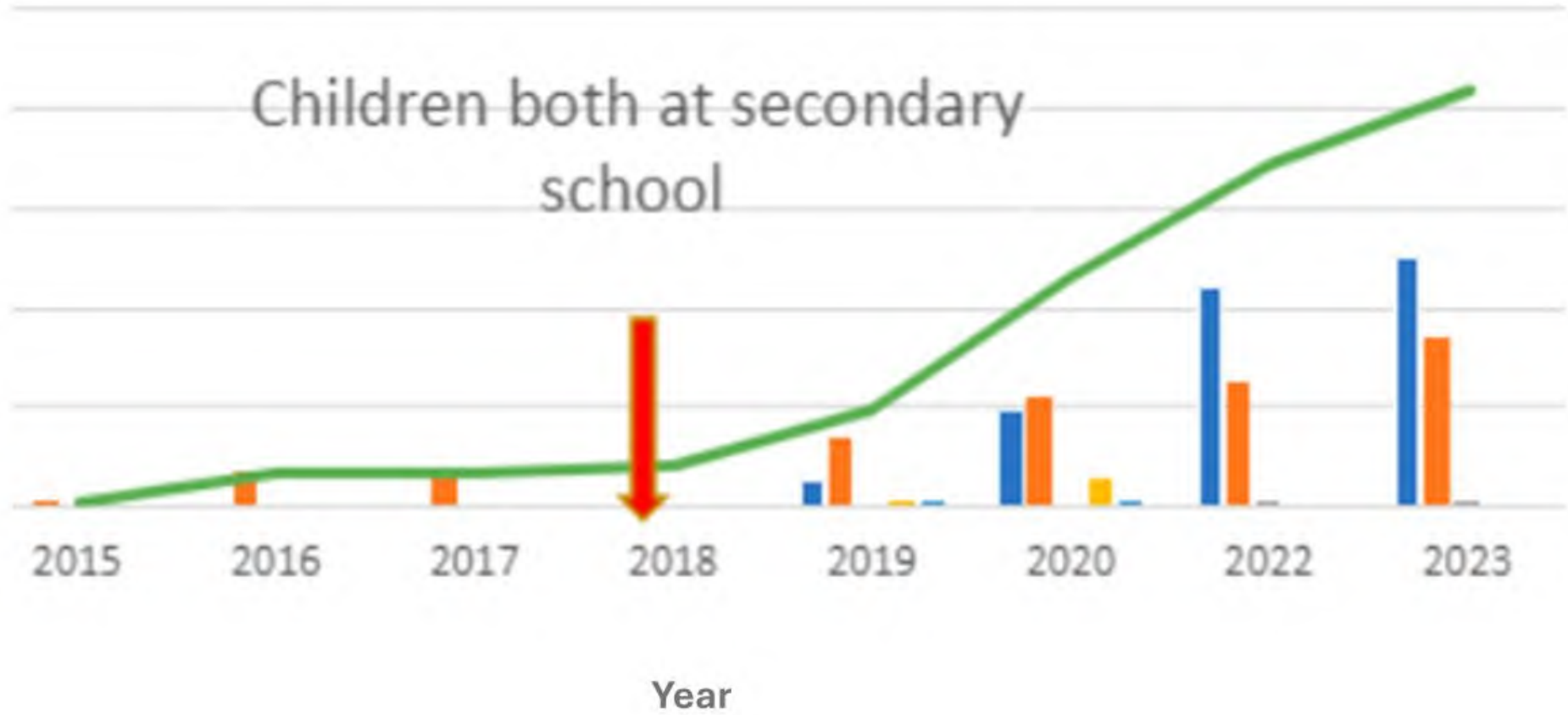
**IT BE?**





# Children both at secondary school

Turnover





We all work flexibly & remotely



Finance Director / CFO role



Full or Part-time



Senior level  
finance roles



Assessment  
Service

# My 5 Key Take-aways

1. Business Partner
2. Don't be too hard on yourself
3. Consider flexible, part-time hires or job shares
4. Look for transferable skills
5. Go for a role that scares you!



# LUCY SMITH



**INSPIRE  
INCLUSION**

**INSPIRE HOPE**



# DIGITAL WELLBEING FOR YOUNG PEOPLE



**Inclusive  
Change at Work**  
Community Interest Company



**digitalsafety**

DIGITAL SAFETY FOR ALL

**25  
APRIL**

LEIGH COURT, BRISTOL

9:00am - 4:30pm



Join us for a day of networking, learning and discussion about the challenges affecting young people online

**Academic Research - Safety Online - Tackling  
Threats - Supporting Young People  
Neurodiversity & Wellbeing**

For more information email: [events@icaw-cic.com](mailto:events@icaw-cic.com)  
**[icaw-cic.com/events](http://icaw-cic.com/events)**





[inclusivechange.co.uk](https://inclusivechange.co.uk)

**[INCLUSIVECHANGE.CO.UK](https://inclusivechange.co.uk)**

# MARGARET SLUCUTT



# 10 MINUTE BREAK

# CAROLINE SMITH MCLEAN

Hypnotherapist & Mindset Coach



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

Caroline  
Smith Mclean

HYPNOTHERAPY & MINDSET COACHING



# Mental Breakdown to Mental Breakthrough

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

Caroline  
Smith Mclean

HYPNOTHERAPY & MINDSET COACHING



**My gorgeous  
boys....yet I wasn't  
happy!**

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

*Caroline  
Smith Mclean*  
HYPNOTHERAPY & MINDSET COACHING

**And One Day in 2016 I woke up and said...**

**“I’m going to retrain as a  
Hypnotherapist!”**



# What I learned has got me through the Toughest Time of my life



**Live Life Like Bill!**

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

*Caroline  
Smith Mclean*

HYPNOTHERAPY & MINDSET COACHING



**Looking back that  
mental breakdown  
was the best thing  
that ever happened  
to me!**

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

*Caroline  
Smith Mclean*

HYPNOTHERAPY & MINDSET COACHING



**Who are you  
identifying as?**

**What you believe  
about yourself will  
always be reflected  
back to you!**

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

*Caroline  
Smith Mclean*

HYPNOTHERAPY & MINDSET COACHING



**If for example you believe you are not important...you will continue to see and find evidence of it!**

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

*Caroline  
Smith Mclean*  
HYPNOTHERAPY & MINDSET COACHING



**No one else can  
“make you”  
feel important, loved,  
enough if you don’t  
believe it.**

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

*Caroline  
Smith Mclean*

HYPNOTHERAPY & MINDSET COACHING

"SELF-WORTH IS NOT  
ABOUT PROVING YOUR  
VALUE;

IT'S ABOUT RECOGNISING  
IT WITHIN YOURSELF"

CAROLINE

Caroline Smith Mclean Hypnotherapist  
& Mindset Coach

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

*Caroline  
Smith Mclean*

HYPNOTHERAPY & MINDSET COACHING

Want to know more



**Caroline Smith Mclean Hypnotherapy**



**@csmhypnotherapy**

*Caroline  
Smith Mclean*

HYPNOTHERAPY & MINDSET COACHING

# EMMA DONEY

Managing Director of Adorno Companions





# ADORNO COMPANIONS

Living the best life in later life

**Emma Doney**

[emma@adornocompanions.co.uk](mailto:emma@adornocompanions.co.uk)

[www.adornocompanions.co.uk](http://www.adornocompanions.co.uk)



# WHO I AM

My background and my story!

## **GROWING UP**

Relationships

## **EDUCATION**

School & University of  
Life

## **EARLY CAREER**

Finding my strengths

## **FAMILY**

My Motivations

# WHY DID I GO INTO BUSINESS?

My Why

Objectives and Goals

Our Clients

Competition

Referral Partners



# WHY DO WE DO WHAT WE DO?

## The Evidence Base:

- Villagrande, Sardinia - Susan Pinker
- Face-to-face contact - Elizabeth Redcar
- Harvard's 85 year old happiness study

## Our Client Feedback:

- 100% of clients' carers wellbeing improved after being matched with a Companion.
- 100% of our clients would recommend our services
- Check out our Trustpilot reviews

Community	Physical Health
Mental Health	Relationships
Enablement	Choice
Dignity	Hobbies & Passions

# WHY DO WE DO WHAT WE DO?

We love what we do! We want people with Dementia,  
and their carers, to live their best life.





# **WHAT SUPPORT HAVE WE RECEIVED FROM COOL VENTURES**

Free Business Coaching


Peer-to-Peer Support

Free Facilitated Group Coaching  
Programme

Signposting to Business Services

Reassurance

Access To Networking Groups



# WHAT ADVICE WOULD I GIVE MY YOUNGER SELF?

**#1**

Play to your strengths

**#2**

Breathe

**#3**

Embrace discouragers

**#4**

Remember advice is a form of nostalgia

# CARMEN ANDERSON

South Gloucestershire Race Equality Network





**SOUTH GLOUCESTERSHIRE RACE EQUALITY NETWORK'S**

**CARMEN ANDERSON  
ON**

**"GROWING"**

**#INSPIREINCLUSION**



**GROWING**

**adjective**

**becoming greater over a period of time**

Oxford University Press



## WHERE I AM NOW



# SGREN - WHAT WE DO

We improve connectivity of diverse communities across South Glos.

- CELEBRATORY EVENTS
- COMMUNITY PROJECTS
- PROVIDE VOICE & INFLUENCE
- TRAINING & CONSULTANCY
- HOLD LSP'S TO ACCOUNT
- ADVOCACY & SIGNPOSTING





# WHERE I STARTED

MIXED RACE IN THE 80'S

SEPARATED PARENTS

FELL OUT OF EDUCATION

FELL IN WITH THE WRONG CROWD

MADE POOR CHOICES

BEING FEMALE IN MALE SPACES

NOT USING MY VOICE



# THE GARDEN

- TAKING CARE & NURTURING
- PULLING OUT WEEDS OF NEGATIVITY
- PLANTING SEEDS OF HOPE
- VISITING OTHER GARDENS/GAIN OTHERS INPUT
- COMPETING FOR LIGHT
- WON'T BLOOM OVERNIGHT
- NEEDS PATIENCE & TIME
- STICK WITH IT/GIVE IT WHAT IT NEEDS
- WATCH IT GROW AND FLOURISH
- BECOMING GREATER OVER A PERIOD OF TIME

# WHY SEEING YOURSELF MATTERS

**It's so important to SEE yourself in others to BE your greater self**



**IDENTITY – INSPIRATION – SELF-BELIEF – BELONGING – PRIDE – POWER – POSSIBILITY**



**BE INSPIRED**





# BE AN ALLY

**ADVOCATE**

**LISTEN**

**SUPPORT**

**CHALLENGE**

**GET ACTIVE**

**KEEP LEARNING**

**CHAMPION OTHER UNDERREPRESENTED GROUPS**





# SEE-TO-BE GROWTH

**BECOMING GREATER OVER A PERIOD OF TIME**

## **ACCEPT**

- The past
- Your current situation
- How they can be utilised for success
- The journey may not be easy but it's worth it

## **SEE YOURSELF**

- Always take every opportunity
- Surround yourself with positive people, in positive places
- Understand how your experiences overlap

## **GROW**

- Cultivate a positive mindset
- Build self-confidence
- Follow your passion
- Challenge yourself
- PD

## **BE YOURSELF**

- Become your greater self
- BE supportive: pay it forward. Give women compliments, share your story, inspire, celebrate success.
- BE bold!



**“SEE YOURSELF  
TO BE YOURSELF”**

**CARMEN ANDERSON**

**South Gloucestershire Race Equality Network (SGREN)**

# GET IN TOUCH!



MEET US AT: CONISTON COMMUNITY CENTRE

EMAIL: [SGREN-COMMITTEE@OUTLOOK.COM](mailto:SGREN-COMMITTEE@OUTLOOK.COM)

WEBSITE: [SOUTHGLOSBRACENETWORK.CO.UK](http://SOUTHGLOSBRACENETWORK.CO.UK)

SOCIALISE ON FACEBOOK & INSTAGRAM

- Using the pink cards on your table, please spend some time talking and thinking about things or people who have inspired you in your life.
- Think of something or someone who you would like to inspire and how you might go about that.
- If you can't think of anything, please don't worry!

## Inspirational Interactions



# THANK YOU!

If you would like to stay up to date with South Glos events please sign up to our free monthly newsletter at [www.southglos.gov.uk/invest](http://www.southglos.gov.uk/invest) or visit [www.southglos.gov.uk](http://www.southglos.gov.uk)



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— UP —

