

Angels **BRING** Business



As we approach the season of winter hibernation, it can be a time of reflection over the past year.

Did we achieve the plans we made for this year with delight and optimism? Can we actually keep to the kindred idea of what we want to make happen for ourselves in the new year? How disappointed do we feel when we haven't reached the goals we have set ourselves? We should not be too hard on ourselves. Life is a juggling act and sometimes we have no idea just how many balls are in the sky all waiting to drop on top of us. Don't worry, you do not have to eat the elephant whole! One bite at a time is sufficient for all of us. Success is about our well being not just about how many hours you put in at the office.

Perhaps the new year is a time to be thinking about making time for you. This is your chance for you to nominate yourself or a business woman you admire for '**Angels Business Women Awards 2015**' you will find all the entry details on our website at: www.angelsbringbusiness.com

...go on make it your year!

“Accomplished business women bringing connections and support”



So far, women for women international have raised enough money to fund 42 women through a one year long programme.

This funding is important to help women like Zarghuna in Afghanistan: who after finding herself in a group of 25 women learned that she was not alone in her suffering.

Zarghuna learned how to do embroidery, earn a living and save money. This charity helps women find friendship, support as well as learning about their rights, health, well being and business skills. Angels Bring Business are proud to be connected with WfWI and will endeavour to continue to support this charity.

If you would like to read more follow@womenforwomenUK on Twitter, Facebook to receive daily blog updates.

Our Forthcoming Speakers:

11th December 2014	Sandra Bird , An Shen Acupuncture “Acupressure at work-your first aid kit at your fingertips”
8th January 2015	Gwen Booth , Eventum “Personality Type - using it to improve your communication, relationships, manage stress, change a whole lot more”
12th February 2015	Sue Ritchie , You Time Coaching “Workshop on Assertiveness”
Venue	BG Futures, Bishop Grosseteste, Longsdale Rd., Lincoln LN1 3DT
Time	6.30pm - 8.30pm
Book online at www.angelsbringbusiness.com to secure your place	



Please email info@angelsbringbusiness.com if you would like to receive your copy of Angels' Post direct

Don't forget about our forthcoming Angels Business Women Awards 2015 event...

Lady
No. 13
Luck



In association with Sills & Betteridge LLP

Sills & Betteridge
Solicitors

VENUE: The Doubletree by Hilton, Lincoln.
DATE: Friday 13th March 2015

Sponsored by the University of Lincoln and Running Imp



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Members Forthcoming Courses:

24th January 2015

Jan Russell Dexter,
Your Business in Mind Ltd
NLP Practitioners Course
Phone: 01522 521577
www.yourbusinessinmind.co.uk



Spotlight on Member...



Allison Lawrence - Head of Careers, Employability and Enterprise

I have had the privilege of working within Careers Guidance for over 20 years and came to Bishop Grosseteste University in April 2012.

I was attracted to the careers profession as I had a fascination in the way that individuals chose their careers and wanted the opportunity to help people make good decisions. Being on the right career path, can have a massive impact on an individual's sense of well-being. Career paths tend to be far more convoluted and complex than they ever were and good support can help individuals find their way. High quality Information, Advice and Guidance can also have huge benefits in raising aspirations and motivating individuals. Where individuals develop clear goals, we often see that their motivation to study or volunteer, for example, can be enhanced enormously.

My passion has always been for our work to be outward facing. It is critical to have close partnership working with employers. They have much to offer in relation to making sure our information, advice and guidance is appropriate and well as supporting with their expertise. For many businesses this is a win-win as they look to develop they need the expertise that graduates and other entrants to the labour market can offer. To support this BGU offers the following to students in partnership with business:

- Vacancy services
- Internships
- Student placements
- Mock interviews and guest lectures
- Conventions and events
- Employability and Volunteering Awards
- A student Networking Club
- And a new Mentoring scheme for students just launched in November 2014.

During my career I have had the opportunity to work in several schools as their careers adviser, managed a Careers and Guidance Centre, and, as Labour Market Manager I had responsibility around NEET strategy, engaging with employers and management of a Vacancy Unit. I had 3 years working for Teenage Services leading on Teenage Pregnancy amongst other areas of responsibility- fascinating!!

The role at BGU was great for me as it also involved supporting the merger of Careers and Employability and Enterprise departments. The whole department was renamed as BG Futures in 2012.

I work with a fantastic team and we are all passionate about promoting careers, employability and enterprise and working closely with business. We have a community of business on site in BG Futures Business and Enterprise Centre. The centre opened in December 2011 and we are proud to have 16 businesses based with us as well as several 'virtual' tenants. The centre provides support for businesses in their first two years of trading. The support is both through access to fantastic 'state of the art' premises as well as from our staff to help through the challenges of running a new venture.

As for my spare time- well I am Mum to two lovely and very lively girls aged 11 and 12 and enjoy running whenever I can.

If you are interested in talking through how we could work together I would be delighted to hear from you.

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Movie Moments

There is nothing like curling up on a Friday winter's night to watch a film, which would only appeal to women, and which is entertaining without challenging your IQ. After it has been a long week!

Look no further than *The Women* produced in 2008 and starring Meg Ryan, Annette Bening, Eva Mendes, and Candice Bergen to name but a few. I remember as a little girl watching the black and white version of the original George Cukor directed 1939 film of the same name and being intrigued by a film which does not show a single male actor. It's surprising how you get the impression that there are men in the film just by the references which are made to the characters' partners and family. The women talk about their careers, books, joys, heartaches and uniquely special triumphs of being a woman.

The plot starts with clothing designer Meg Ryan finding out via a chatty manicurist that her wealthy husband is having an affair. All hell breaks loose. Her friends join forces to protect her but then their loyalty is tested. If I tell you any more I'll spoil the story line, but I think it is fair to say that the film has a feel good factor. After all, who wants to be reminded on a Friday night of the harshness of the real world.

The only thing which may slightly upset you is to see the start of plastic surgery on Meg Ryan – I like to remember her as the kooky girl next door in films such as *When Harry met Sally* – now that's a film worth dusting down...

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