

**Welcome to the February - April 2020 edition of 'We Mean Business'**



**The Cavan Business Women's Club  
is here for you**

What a changed world since we launched the Cavan Business Women's Club for 2020 on February 19<sup>th</sup>.

Words seem inadequate, but we want you to know that the CBWC Network is here to support you. We want to ensure that you can continue to connect and communicate with each other over the coming weeks, so the measures outlined below we hope, will help you do that.

#StayApart to #StaySafe

**Marcella Rudden**, Head of Enterprise, LEO Cavan &  
**Margaret McKeon-Boyle**, Coordinator, CBWC



**Staying in touch & supporting each other during COVID19**

Cavan Business Women's Club (CBWC) have a number of initiatives that we hope will help in some way as we work together to get us all through this COVID19 crisis. We have

1. Set up a Facebook Group for CBWC Members so we can link and share ideas, offers, problems and solutions
2. Started a series of Zoom Meetings where we can have a meeting while we #StayApart & #Stay Safe
3. Continue to offer you opportunities to promote your business via Social Media profiling - Facebook & Twitter
4. Continue to provide email communications opportunities for you to profile and sell to our database of over 180 women in business

**In this Issue of**

- Staying in touch & supporting each other during Covid19
- Report from our first Zoom meeting on April 15th
- Details of our next planned Zoom Meeting on April 29<sup>th</sup>
- A report & photos from CBWC Launch Event held on February 19<sup>th</sup>

**Habits for Building Resilience  
& Managing Fears**

*At the Cavan Business Women's Club April 15<sup>th</sup> Event via ZOOM  
With Tracy Geraghty*



We had our first ever Zoom meeting at 2pm on April 15th when 17 members of the CBWC joined in to hear Tracy Geraghty give some tips and advice on 'Habits for Building Resilience & Managing Fears'.

Tracy gave a 30-minute presentation with slides and at the end we had 15 minutes of Q&A.

For our first CBWC Zoom meeting it was great to see so many members join in the conversation.

**Watch the CBWC Zoom Meeting with Tracy Geraghty**

If you would like to view the CBWC Zoom meeting on 'Habits for Building Resilience & Managing Fears' by Tracy Geraghty [CLICK HERE](#)

**Our next ZOOM meeting**

**Date:** Wednesday April 29<sup>th</sup>  
**Time:** 11.00am – 11.45am with coffee  
**Topic:** Importance of "Keeping the business name out there; Good Communications & Staying in Touch with your Customers during COVID19"  
**Host:** Margaret McKeon-Boyle – Extensive PR  
**RSVP:** email [cbwc@leo.cavancoco.ie](mailto:cbwc@leo.cavancoco.ie)

## Cavan Business Women's Club – *Launch Event* - February 19<sup>th</sup> 2020 Report & Pictures



CBWC members listening to Natasha Fennell speaking on "The Art Of Confidence"

Cavan Business Women's Club (CBWC) held their 2020 launch on Wednesday February 19<sup>th</sup> in the Hotel Kilmore. Launched in 2013 this Network continues to grow year on year and this year over 10 new members joined this professional business women's network. Some 60 business women from a diverse range of businesses attended the launch to network; build business relationships and learn from each other's experience in business. An inspirational talk was given by Dublin based **Natasha Fennell** of Stillwater Communications who gave tips on the Art of Confidence and advice on how to tell your own business story.

CBWC is an initiative of Local Enterprise Office Cavan (LEO) and their Head of Enterprise, Marcella Rudden, welcomed local business women to the 2020 launch and thanked them for their continued commitment to Cavan Business Women's Club with members attending events since the Cavan Business Women's Club launched in 2013.

### CBWC EXPO – February 19<sup>th</sup>

Our EXPO for the Evening was from "Orla Barden - One Simple Change"

Orla set up her business 4 years ago in May and has a franchise with Juice Plus, where she supplies whole food fruit and veg supplements, her objective is to inspire healthier lifestyle choices.

Visit Orla's Facebook Page for more information.

<https://www.facebook.com/orlabardenjp/>



(L-R) Amber Harrop & Margaret McKeon-Boyle (Extensive PR), Soeajer Natasha Fennell, Marcella Rudden, Ruth Murdy and Siobhan Morgan (LEO Cavan)



CBWC Members with a message for us all  
L-R – Gloria Good, Good Hire: Fiona Reidy of Wordsmith Candles Caroline Thompson, Riverside Spa & Jean Farrelly, Jean Farrelly Book-keeping

On the evening Marcella Rudden spoke about the value of networks and this has never been more important as we face the challenges that COVID19 poses.





Speakers (L-R) Margaret McKeon-Boyle who coordinates the CBWC and was the MC on the night, Natasha Fennel – Stillwater communication and Marcella Rudden – Head of Enterprise, Local Enterprise Office Cavan



Natasha Fennel speaking on “The Art of Confidence “



In advance of Enterprise Week some of our Cavan Business Women’s Club Members holding the Hashtag for LEO Cavan #MakingItHappen

This is from Natasha Fennell’s slides on the night of our Launch – Worth Considering in this current climate

My Story...so far Where I've come from	My Current Story Where I am now	My Future Story Where I want to be
Choices I made to get me there	My values	My ambition
The obstacles I faced	What motivates me	Designing a path to success
The skills / decisions that helped get me to where I am	Challenges in my role	Gaps I need to close
Beliefs & insights	Opportunities to excel	



Photos by Sheila Rooney, SMR Photography [www.smrphotography.net](http://www.smrphotography.net)



**Margaret McKeon-Boyle**, Extensive PR who was Master of Ceremonies for the event, and is the Coordinator of the Cavan Business Women's Club behalf of LEO Cavan



**Marcella Rudden**, Head of Enterprise Local Enterprise Office Cavan, speaking at the CBWC 2020 Launch

## Some of our Cavan Business Women's Club Members introducing their businesses









## Networking at the Cavan Business Women's Club







## The Art of Confidence with Nastasha Fennel



**Natasha Fennel – Stillwater Communication** speaking on the Art of confidence and how to exude confidence even if at times you don't feel it.







## CBWC Expo – Orla Barden



Orla Barden from Orla Barden - One Simple Change was exhibiting her Juice Plus supplements which have made a change to her family.

*Orla and Margaret – caught on camera by Sheila!*

You can find Orla on Facebook – at [One Simple Change](https://www.facebook.com/OneSimpleChange)

