

Welcome to the December 2019 / January 2020 edition of 'We Mean Business'

Learn *"The Art of Confidence"* at the Cavan Business Women's Club 2020 launch event on February 19th.

With Natasha Fennell



Natasha Fennell is a Director at Stillwater Communications and *is one of Ireland's leading communications experts and confidence mentors*. She believes that confidence is essential in all aspects of our lives: She delivers the "Art of Confidence" workshop to organisations both in Ireland and abroad.

People leave her speaking engagements with a new found perspective and confidence in themselves and the skills to achieve their optimum.

She shares her highly relevant content and her expertise of storytelling, confidence and communications with practicality, empathy, and a good dose of humour

Marcella Rudden, Head of Enterprise, Local Enterprise Office Cavan will also speak on the night outlining the supports LEO Cavan can offer businesses in County Cavan, whether setting up or growing.

Established in May 2013, the Cavan Business women's Club is an initiative of Marcella Rudden and LEO Cavan and their support is very much appreciated by the CBWC members.



Margaret McKeon-Boyle will be coordinating the Cavan Business Women's Club for 2020.

She will be there with the LEO team to welcome you to the 2020 Launch.

A great evening is planned with lots of networking, inspiration, learning and of course the lovely food provided by the Hotel Kilmore.

60 Second Member Pitch

There will be an opportunity for any of the business women in the room to introduce themselves and their business offering. This is important for the Networking that will take place after the talks, so that those in the room know what each other offers.

In this Issue of

- Details of our 2020 Launch event and booking links
- A report & photos from CBWC Christmas event – December 4th
- Itinerary for CBWC 2020 Launch Event on February 19th 2020

Join the Cavan business Women's Club for 2020

Membership Fees

Full Year Membership = €100

*This entitles you to entry to 6 Meetings to hear inspirational speakers, Network, Exhibit your business, enjoy food **PLUS** entry to National Women's Enterprise Day event. To register & Pay [CLICK HERE](#)*

Part Membership = €50

This entitles you to entry to 3 Meetings to enjoy the offering as outlined above. To register & Pay [CLICK HERE](#)

Non CBWC Member = €25

To attend per meeting. [CLICK HERE TO BOOK](#)

**Itinerary – CBWC Launch
Wednesday February 19th**

6.15pm Registration:
Enjoy Tea/Coffee, Sweet Treats,
Networking & Member EXPO

6.40pm

Margaret McKeon-Boyle
Coordinator, CBWC

Marcella Rudden Head of
Enterprise, LEO Cavan

CBWC Members 60' INTRO
Name & company name /
product/service

Natasha Fennell – The Art of
Confidence – Guest Speaker

8.15pm – 9.30pm
Supper & Networking & EXPO



Cavan Business Women's Club – Christmas Event - December 4th 2019

Report & Pictures



A packed house at the Cavan Business Women's Club final event of 2019

CBWC members learn about the Business of Baking & how to Plan a Stress Free Christmas

These were the themes for the final Cavan Business Women's Club (CBWC) networking event of 2019. Held on Wednesday December 5th in the Hotel Kilmore, a room full of 100 Cavan business women heard guest speaker Kelly Ging from Kelly Lou Cakes, an award winning County Laois bakery, speak about growing a food business. She shared her journey from setting up in the corner of a family hardware store in 2012 to having 22 staff and a number of food businesses today. Also on the CBWC event programme was Chef Shane Smith who gave tips on how to take the stress out of Christmas and demonstrated a number of simple Christmas recipes in the cookery demo that he said could be prepared in advance of Christmas day.

Margaret McKeon-Boyle, who coordinates the CBWC on behalf of LEO Cavan, was the Master of Ceremonies for the evening.

Marcella Rudden, Head of Enterprise, Local Enterprise Office Cavan also spoke at the event, she said. *"Any network or club is only as good as the members that it has, and I would like to take this opportunity to thank the members of Cavan Business Women's Club for their commitment, support and enthusiasm for this network, which we launched in May 2013. The membership is way beyond our expectations. It is our intention to continue to run the Cavan Business Women's Club in 2020 providing Cavan business women with the support and advice they need to grow their businesses further"*.

An EXPO of Cavan Business Women's Club member businesses was held on the evening that showcased the work and products of Elena Brennan Jewellery; Breda McHugh, CompliPlus; Carmel Smith, M&C Hybrid; Michele Boyle Artist and Miriam Fitzgerald Juskova – '3D' Artist.



Marcella Rudden speaking about the value of networks and thanking the CBWC members for their commitment to this professional business women's network. **Kelly Ging** telling her story about the success she has made of the 'Business of Baking'.



Speakers (L-R) Marcella Rudden, Kelly Ging, Shane Smith and Margaret McKeo-Boyle who coordinates the CBWC and was the MC on the night



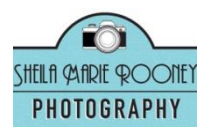
Marcella Rudden, Head of Enterprise, LEO Cavan getting some baking tips from Chef Shane Smith and Kelly Ging, Kelly Lou Cakes – both TV Chefs



Kelly Lou Ging telling her inspirational business story to the Cavan Business Women's Club members



Photos by Sheila Rooney, SMR Photography www.smrphotography.net





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





The fabulous cake made by **Kelly Ging**, Kelly Lou Cakes for the FREE Raffle on the night.

It was ironic that **Ann Pollock** of 'Izzy Bakes a lot' was the winner of the cake! She can compare recipes !!



The CBWC and LEO Cavan Paparazzi, Margaret McKeon-Boyle & Andrea Corrigan, LEO Cavan taking photos of Kelly and Shane to report on the evening on Social Media!

Networking at the Cavan Business Women's Club







Elena Brennan, Elena Brennan Jewellery, showcased her beautiful jewellery that is hand made in County Cavan, and carries the Dublin Castle assay mark of purity, Guaranteed made in Ireland. Elena has been a member of the Cavan Business Women's Club since it launched in May 2013. Visit Elena's website <https://elenabrennan.com/> to browse her fabulous collections.

She takes commission orders!



M&C Hybrid Energy is one of Ireland's leading green, renewable energy solution providers. Our CBWC Member **Carmel Smith** exhibited on the night with a little help from her business partner and husband Michael for the set up. Visit their website <https://mchybridenergy.ie/> for more information about renewable energy solutions



Another CBWc member to showcase was **Miriam Fitzgerald Juskova**, a visual artist who creates amazing 3-dimensional wall art entirely from paper. She does this by working with geometry, mathematical patterns & mandalas. Her large pieces take enormous hours to create as each piece is individually measured, cut, folded or bended and glued to create effect and synergy only true Creative Mathematician can imagine.

Visit Miriam's website <http://mimmafj.com/>



Also exhibiting on the night was **Breda McHugh** of CompliPlus who has been a member of the Cavan Business Women's Club since it launched in 2013.

Compliplus offer 4 core products:-

1. Safety consultancy
2. Traditional Training
3. Online Courses
4. ISO Standard Implementation

Check out their website <https://compliplus.com/> to learn more about how they can help you and your business being safety compliant

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SAFETY CONSULTING



Compliplus makes Health & Safety compliance easier by providing effective and sensible consultancy advice and support to organisations in relation to all health and safety.

SAFETY TRAINING



Compliplus provides an extensive range of effective Health & Safety training courses throughout Ireland and beyond.

ONLINE COURSES



Compliplus have an inhouse development team that develop both generic and bespoke online Health and Safety training courses.

ISO & OHSAS



Compliplus assists organisations with achieving and maintaining ISO 9001:2015, ISO 14001:2015, OHSAS: 18001, etc.

Michelle Boyle Artist Showcased her new Ancient Rain Silk Collection



Michelle Boyle's new products are stunning; hand painted and printed silk/ merino wool shrugs and shawls.

Michelle took the opportunity of the showcase at the Cavan Business Women's Club to get feedback first hand from the CBWC members to assist her in her feasibility study, which is supported by LEO Cavan.

Michelle recently received the 2019 President's Award at the Watercolour Society of Ireland's Annual Exhibition in Farmleigh Dublin.

Check out Michelle's website page:-

<http://www.michelleboyle-artist.com/>

Christmas food Demo With Chef Shane Smith

Master Pastry **Chef Shane Smith** has over 20 years' experience working in some of the world's most celebrated pastry kitchens across the globe. Master of Ceremonies, Margaret McKeon-Boyle introduced Shane to an enthralled audience who eagerly awaited his tips on 'How to Take the Stress out of Christmas' and who all enjoyed the demonstration on how to cook some very easy Christmas Treats.





Chef Shane puts the finishing touches to his dishes before the 'Tasting'



Stuffing & Cranberry Parcels



Goats Cheese Arancini with Tomatoe dipping sauce



Mini Christmas pudding Truffles



Gluten Free Citrus Polenta Cake –
made by Chef Shane on the night
and donated to the FREE Raffle

At last – it is time to TASTE Chef Shane's Food



Margaret McKeon-Boyle thanks Chef Shane Smith for a fabulous cookery demo.

Shane then invited the guests to sample the food he had just made – it did not last long!

