

Our Next CBWC event is on Wednesday June 26th in the Hotel Kilmore from 6.15pm
The Theme for the evening is
"Marketing Solutions & Brand Awareness"
Transform your Marketing in just 10 Minutes Per Day



Evelyn McGlynn of Evelyn MC Marketing is our guest speaker at the next Cavan Business Women's Club meeting on June 26th.

Evelyn will speak on the value of celebrating human leadership in a digital world and how you can **transform your marketing in just ten minutes** per day for FREE with some creative non digital tasks!

Evelyn will also talk about her journey from being a stay at home mum for 20 years to setting up her own business, a

marketing & communications company called evelynmcmarketing.com; and how her experience in the voluntary not for profit sector during those 'stay at home mum' years led her to use her transferable skills to set up the company.

Evelyn implements a mixture of traditional business skills, creativity, innovation, community building and storytelling to deliver results in all the projects she manages.

An educator, author and communicator she is the PRO for Donegal Women in Business Network and the creator and blogger with donegalmammy.com. Evelyn also launched a 'Donegal Mammy' merchandise range this year.

**Do you want to Exhibit / Showcase your business at the CBWC
It is FREE for Members?
To Book your space**

Please email cbwc@leo.cavancoco.ie or info@extensivepr.ie
Or call /text Margaret McKeon-Boyle at 0872588918

Itinerary for the CBWC meeting Wednesday June 26th 2019

Venue: Hotel Kilmore, Brackley Suite

Time:

6.15pm Registration / Coffee & Sweet Treats

Networking & Review of CBWC member Expo

6.30pm:

- Margaret McKeon-Boyle
- Marcella Rudden – LEO Cavan
- Cavan Business Women's Club Members – 1 minute pitch
- Evelyn McGlynn – guest speaker

8.00pm: Free Raffle & Wrap Up

8.10pm Light Supper; Networking & Review of Expo

BOOKING

Are you attending the June 26th CBWC Event?

• CBWC Members are FREE

- Please let us know if you are attending – we need this for food numbers - so **Text Margaret at 087-2588918 or email**

CBWC@leo.cavancoco.ie to confirm attendance

- **Join the CBWC** for rest of year – it is just €50: To join & pay online - [CLICK HERE](#)
- **Attend as a Non-Members** for €25
To book online [CLICK HERE](#)

Cavan Business Women's Club –May 15th 2019

Event Report & Pictures



Speakers at the CBWC on May 15th: L-R: **Martina Keogan**, Featherbright; **Anna Costello**, Utopia Healthcare & Skincare Specialists & Newgenskin Ltd; **Marcella Rudden**, Head of Enterprise, LEO Cavan; **Cora Barnes** (Guest speaker); **Margaret McKeon-Boyle**, Extensive PR & Coordinator CBWC; **Kasia O'Reilly**, Sana Naturals and **Patricia McAlernon** of RESTec who offers Renewable Energy and Sustainable Technology products and 3D printing

Over 50 business women attended the May Cavan Business Women's Club (CBWC) networking event in the Hotel Kilmore on Wednesday May 15th.

The theme was *'Your Business Catch-Up'*; a review of where your business is and where you want it to be. The guest speaker was **Cora Barnes**, an entrepreneur with over 20 years business experience who talked about the value and importance of having 'a business catch-up'. She said that as a business founder, owner and manager the direction of your business is up to you and spoke about the importance of having a plan, reviewing it regularly to make sure you are on target to move in the right direction.

Also speaking on the evening was **Marcella Rudden**, Head of Enterprise, Local Enterprise Office Cavan, who encouraged the business owners to avail of the many supports and services available from LEO Cavan to assist businesses to develop and grow.

Four Cavan Business Women's Club members also presented on their business, giving advice on what they learned as they developed and grew their companies; they were **Anna Costello** who set up Utopia Health & Beauty Skincare Specialists sixteen years ago; **Patricia McAlernon** of RESTec who offers Renewable Energy and Sustainable Technology products and 3D printing; **Kasia O'Reilly**, Sana Naturals skincare products who launched her business in the last two years; **Martina Keogan**, FeatherBright outlined details of a new business she is launching.

Two business women from CBWC showcased their new products; **Jan Fay of Nami Naturale**, offers a collection of Skincare and Wellness Oils made of natural ingredients and **Kasia O'Reilly**, Sana Naturals Skincare. **Tara Smith**, Business Adviser, Local Enterprise Office Cavan was also there to advise on how they can assist small businesses to develop and grow through the many supports available.

CBWC Meeting on May 15th in Pictures



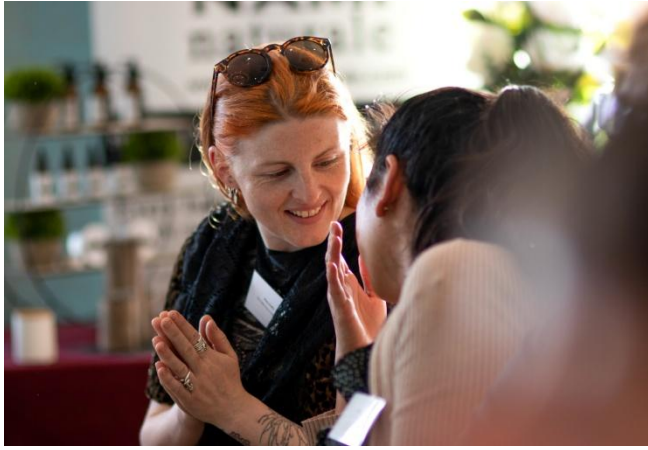
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CBWC 2019 meeting dates for your diary

Venue: Hotel Kilmore

Joining the Cavan Business Women's Club (CBWC) is a great opportunity to network with other business women

- Meetings start at 6.15pm with registration, Coffee & Networking
- Presentations/Workshops/Talks start at 6.30pm
- Finishing with a light supper at 8.15pm
- **Membership for the rest of 2019 is €50** – covers meetings, talks/workshops and supper
- **Non-Members pay €25 per meeting**
- National Women's Enterprise Day (October) is an extra meeting in the CBWC calendar

The 2019 Dates left are as follows

- June 26th
 - break for July & August
- September 4th
- October 17th (National Women's Enterprise Day)
- December 4th

We look forward to seeing you

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

The Cavan Business Women's Club is an initiative of Local Enterprise Office Cavan

