

## Celebrate “National Women’s Enterprise Day” 2019 with the Cavan Women’s Business Club



This event is organised in partnership  
With Enterprise Europe Network

**National Women’s Enterprise Day (NWED)** is on **Thursday, October 17th** when women all over Ireland will celebrate together. The Cavan celebration will be hosted by LEO Cavan and Cavan Business Women’s Club in the Hotel Kilmore from 6.15pm when you will have the opportunity to network and sample some lovely pre-event finger food. Then it is on to the speakers slot and we will finish with a Free Raffle, CBWC Member EXPO and buffet dinner at 8.15pm.

The Theme for this year’s National Women’s Enterprise Day is **‘Making it Happen’** and we will hear from inspirational women who made it happen for them.



**Vicki O'Toole** is Managing Director of JJ O'Toole Ltd who are based in Limerick.

Vicki will share her experience of joining & growing Ireland’s oldest packaging company JJ O'Toole Ltd

She will explain how she made it happen for the company by securing contracts to be the preferred partner to thousands of clientele which include the blue chip retailers Dunnes Stores, Brown Thomas and Diageo.

Vicki has won many awards and was a 2018 Ernest & Young EOY Finalist in the Industry Category.

### Why not bring a colleague or female friend with you to Celebrate NWED

We want to put Cavan on the Map this National Women’s Enterprise Day by having the largest celebration in Ireland

Bring a friend or colleague for just €15. This covers pre event refreshments, the talks and dinner, it is fabulous value.

To book [CLICK HERE](#)

**Patricia Reilly** is Deputy Head of Cabinet at European Commission

Patricia Reilly has kindly agreed to travel from Europe to speak at the National Women’s Enterprise Day Cavan event.

Patricia will talk through her journey from qualifying as a veterinary surgeon from University College Dublin; Working in clinical practice in Cavan Until 2001 when she joined the Irish Department of Agriculture, Fisheries and Food; to her current role at the European Commission.



**Marcella Rudden**  
Head of Enterprise  
Local Enterprise Office, Cavan.

Will also speak about Making it Happen for Cavan businesses who have access to the many supports from LEO Cavan

**Margaret McKeon-Boyle** is the  
Coordinator of the  
Cavan Business  
Women’s Club.

She will be the  
Master of  
Ceremonies for  
the event on October  
17<sup>th</sup> in the Hotel Kilmore.



## Cavan Business Women's Club –September 4<sup>th</sup> 2019

### Event Report & Pictures

#### Importance of 5 Star Customer Service

Looking after your customers and building life-long customer relationships to grow a business was the theme of the Cavan Business Women's Club on Wednesday September 4<sup>th</sup>. Retail Excellence Award Winner 2018, Sandra Devenney, Business and Sales Manager with McElhinney's Department Store, Ballybofey was the guest speaker. Her advice to the 50 business women in the room was to provide 5 star customer service by always putting the customer first, building life-long customer relationships and to act with honesty and respect. She also outlined the importance of training staff regularly so that they are skilled in sales and customer service.

Also speaking on the evening was Marcella Rudden, Head of Enterprise, Local Enterprise Office (LEO) Cavan, who reiterated the importance of providing excellent customer service. She encouraged the female entrepreneurs present to avail of the many supports and services available from LEO Cavan to assist in the development and growth of their businesses.

Two Cavan Business Women's Club members Regina Kelly, Virginia Holistic & Wellbeing Therapy and Martina Tighe, Guiding Light Therapy gave a talk on the importance for busy business women of looking after your own mental and physical health.

The CBWC Expo included two CBWC members: Breda McHugh of CompliPlus, a Health and Safety Consultancy based in Virginia, Co. Cavan that offer a complete range of safety services like Safety Statements, Risk Assessments and tailored advice on health and safety compliance for business. In addition to their consultancy services CompliPlus offer a wide range of Health & Safety Training including first aid and manual handling courses as well as online training.

Also exhibiting was Kasia O'Reilly, of Sana Naturals who offers a range of skincare products that have 100% natural formulas that help tackle multiple skin issues at once, such as dry and/or oily skin, sensitive, easily irritated or prone to breakouts, lines or broken capillaries. They help restore the natural balance of the skin.

Kasia was recently a guest on Virgin Media's Ireland AM programme speaking about her skincare range.

#### Itinerary for the National Women's Enterprise Day meeting

Thursday Oct 17<sup>th</sup> 2019

**Venue:** Hotel Kilmore, Brackley Suite & Country Suite

**6.15pm** Registration / Coffee & Finger food

Networking Opportunity

- Margaret McKeon-Boyle
- Marcella Rudden – LEO Cavan
- Patricia Reilly, Deputy Head of Cabinet at European Commission
- NWED Ambassador Vicki O'Toole – JJ O'Toole Ltd

**8.00pm:** Free Raffle & Wrap Up

**8.15pm** Buffet Supper;  
Networking & Review of Expo

**9.00pm** ENDS

#### BOOKING National Women's Enterprise Day – Thursday October 17<sup>th</sup> 2019

##### CBWC Members are FREE:

- Members Book: Text Margaret at 087-2588918 or email [cbwc@leo.cavancoco.ie](mailto:cbwc@leo.cavancoco.ie)  
Please RSVP to let us know if you can attend:

##### Non-Members are €15

- (please encourage business associates to attend)
- Non-members MUST book on LEO Cavan Booking page - [CLICK HERE](#)

#### CBWC meeting dates for your diary

##### Venue: Hotel Kilmore

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

- October 17<sup>th</sup> **Thursday**  
(National Women's Enterprise Day)
- December 4<sup>th</sup> Wednesday – Christmas Event

## CBWC Meeting on September 4<sup>th</sup> in Pictures



Speakers at the CBWC September event were L-R: **Margaret McKeon-Boyle**, Extensive PR who is the Coordinator of the Cavan Business Women's Club, **Martina Tighe**, Guiding Light Therapy, **Regina Kelly**, Virginia Holistic & Wellbeing Therapy, **Sandra Devenney**, McElhinneys Ballybofey, Guest Speaker and **Marcella Rudden**, Head of Enterprise, Local Enterprise Office Cavan







**If you have not done so already could you ....**

1. 'LIKE' us on Facebook [CLICK Here](#)
2. And "Follow us" on Twitter [CLICK here](#)













**Do you want to showcase your business at National Women's Enterprise Day 2019?**

**At the Cavan Business Women's Club Event**

**FREE for CBWC Members**

Why Exhibit? To promote your business to the CBWC members – many are new members – and to the other business women who will attend the event as it is National Women's Enterprise Day

**Book your space today**

Please email [cbwc@leo.cavancoco.ie](mailto:cbwc@leo.cavancoco.ie)

Or call /text Margaret McKeon-Boyle at 0872588918



***Not Asleep!***

Just closing those eyes  
and following Regina  
Kelly, Virginia Holistic &  
Wellbeing Therapy,  
instructions to breathe &  
relax











#### Membership of CBWC offers you the Opportunity to:

- Network to do business
- Hear from inspirational speakers & Learn from the Workshops
- Showcase your business at the EXPO
- Have your events / offers promoted on the CBWC Facebook page or by email to members
- Enjoy the Sweet treats , tea & coffee at Networking & Finger Buffet Supper at the end whilst Networking
  - **CBWC Membership will open again in 2020:** Annual membership is €100

**Non-members** are also very welcome to attend per meeting – Fee for Non-Member is €25 per meeting – A special Non-Member fee for National Women's Enterprise Day event is just €15.



**European Union**  
European Regional  
Development Fund

