

Our Next CBWC event is on Wednesday May 15th in the Hotel Kilmore from 6.15pm
The Theme for the evening is
"Your Business - Time for a Catch-Up"
Reflect on where you are in business and where you want to be



Introducing Cora Barnes

Cora Barnes started her first recruitment business with two friends at the age of 21. After being refused by two banks they secured financing from First Step micro-finance & it went on to become one of their top 3 most successful companies.

She continues as the Operations Director of this firm with a staff of 14 plus 80-100 Temps & a turnover of €2.75million.

In the 19 years since Cora launched her first business she has been involved with four other businesses, a charity & two Skillnets.

Cora says that she believes in making things happen.

Cora Barnes is our guest speaker for the next CBWC event on Wednesday May 15th. From setting up her first business at 21 years old, Cora has lots of business experience learned over the last 20 years and **she will share the good, bad & the funny tales of being an entrepreneur.**

This 'Time for a Catch Up with your Business' evening is to create awareness of where you are in your business & to identify possibilities to explore where your businesses will go.

CBWC Member Podium Slot

We will also be hearing from three of our CBWC Members about their own business experience and learning's of setting up and growing a business

Networking

There will be an opportunity for you to network before the talks and after the supper – **so bring business cards and link with the CBWC members that you want to do business with.**

Itinerary for the CBWC meeting Wednesday May 15th 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 x 3
- Cora Barnes – guest speaker

8.15pm: Free Raffle

8.20pm Light Supper; Networking & Review of Expo

9.00pm ENDS

CBWC Member Podium Slot

- Do you want an 8 minute 'Podium' slot to present your business at the next CBWC meeting?
- We have 3 slots available – as announced at last meeting
- 2 slots have been filled already (by early birds) so we have 1 left
- So be quick as it is on a first come basis!! **Email cbwc@leo.cavancoco.ie to let us know if you are interested**
- We will let you know if you were first in!! or if you will be on the Podium at our next meeting in June

BOOKING: Are you attending the May 15th CBWC?

- **CBWC Members are FREE**
 - However, we need to know if you are attending for food numbers - so **Text Margaret at 087-2588918 or email CBWC@leo.cavancoco.ie to confirm attendance**
- **To join the CBWC for rest of year – it is just €70**
 - To join and pay online - **[CLICK HERE](#)**
- **Non-Members are €25**
 - To book online **[CLICK HERE](#)**

Cavan Business Women's Club –April 3rd 2019

Event Report & Pictures



Speakers pictured are: L-R Margaret McKeon-Boyle – CBWC Coordinator, Susan HayesCulleton (speaker) and Tara Smith, Local Enterprise Office Cavan



A great night of networking, learning and fun was had by all



Cavan women learn the value of Peer to Peer knowledge Sharing

On April 3rd over 50 business women attended the CBWC to hear from Susan HayesCulleton, known as the Positive Economist, who gave a very energetic and uplifting presentation.

Also on the evening BECKSearch, a high tech on-line sharing of skills workshop was facilitated by Susan in a 'Peer to Peer Knowledge Sharing' session.

This enabled the business women in the room to flag what skills they need to help them in their business as well as offering advice in the areas they are expert on.

The Report was put together for us by BeckSearch and is available to everyone [here](#).

8 target skills were discussed on the Night:

1. Managing people effectively
2. Developing marketing techniques that show real returns
3. Resilience - How to persevere when the going gets tough
4. Identifying the "unique selling point" of me and/or my business
5. Getting to grips with the finances
6. Learning how to find and access the most valuable supports
7. Networking strategically to find good customers/ suppliers and stakeholders
8. Understanding enough about tech to get things done

What came out of the BECKSearch online survey is that, as a group the CBWC members are a resilient bunch.

One skill that a large percentage of the members at the meeting wanted to learn more about is marketing.

We learned a number of points of interest on the night and these included:-

For **Resilience** or How to persevere when the going gets tough.

- Keep the wheel turning with another task
- Allow yourself have that bad day.
- Surround yourself with positive people

For **Developing Marketing Techniques** that show real returns

- Have a good website
- Actively use social media
- Above all else care for your customers

For **Networking Strategically** to find good customers/ suppliers and stakeholders

- Reputation is key and leads to referrals
- To be present on social media

For **Managing people effectively**

- Good simple CRM system is golden and time saving
- Respect your staff and give constructive feedback



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 €70**— 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

1. May 15th
2. June 26th
 - break for July & August
3. September 4th
4. October 17th (TBC National Women's Enterprise Day)
5. December 4th

We look forward to seeing you

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

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

'LIKE' us on Facebook [CLICK Here](#)

And "Follow us" on Twitter [CLICK here](#)

Thank you









Susan HayesCulleton full of energy and still positive despite the broken foot!



**CBWC Members who took the opportunity to Exhibit / showcase their products / services
At the April 3rd Meeting**

(This facility to exhibit/showcase at meetings is open & FREE to all members of the CBWC)



Jan Fay – Nami Naturale

www.naminaturale.com

Jan is a new member of the CBWC and was showing her products for the first time.

Nami Naturale is a collection of Skincare and Wellness Oils made of natural ingredients that provides simple and effective solution for your personal care and wellbeing needs



Yvonne Donohue - Kangen Water

<http://yvonnedonohue.com/my-story-and-how-i-discovered-kangen-water/>

This is the second time Yvonne has showcased at the CBWC as she develops and grows her business.

Yvonne demonstrated that not all water is created equal.

Drinking plenty of water on a daily basis is vital to our health. Our bodies are up to 75% water, and staying well-hydrated is critical to our optimum health and survival.

Kangen water provides the purest water you can drink.



Tara Smith - Local Enterprise Office Cavan

www.localenterprise.ie/Cavan/

Showcasing just some of what the Local Enterprise Office Cavan has to offer business owners, from Funding to Mentoring and so much more.

Your Local Enterprise Office, LEO Cavan, offers a wide range of services, experience and skills to help you get started, or to grow your business.

**Do you want to Exhibit / Showcase your business at the CBWC on May 15th
It is FREE for Members?**

Why Exhibit?: To promote your business to the CBWC members – many are new members

To Book your space

Please email cbwc@leo.cavancoco.ie or info@extensivepr.ie

Or call /text Margaret McKeon-Boyle at 0872588918



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

