

Welcome to the March / April edition of 'We Mean Business'

Learn Sean Gallagher's "Secrets to Success" at our next CBWC meeting on April 25th from 6.15pm



Sean Gallagher to address the CBWC

In advance of the official launch of his new book "Secrets of Success", Sean will give an exclusive insight into the inspiring stories from some of the leading Irish entrepreneurs and leaders featured in the book.

Recognised as a champion for small business and job creation, Sean Gallagher is currently co founder and CEO of Clyde Real Estate, a leading Irish commercial property firm:

A previous finalist in the prestigious EY Entrepreneur of the Year Awards, Sean is also a popular business writer with the Sunday Independent newspaper.

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- April event - speaker details & booking
- Diary Dates for 2018
- A report & photos from CBWC March Meeting
- EXPO picture from last meeting
- Reminder of what membership of the CBWC offers you
- Itinerary for CBWC April 25th
- Invitation to exhibit on April 25th

Our next Cavan Business Women's Club networking and learning meeting takes place on Wednesday April 25th in the Hotel Kilmore.

We are delighted to have Sean Gallagher as guest speaker; He has the honour of being the first man to address the Cavan Business Women's Club since the CBWC was formed in 2013.

Sean Gallagher is a Cavan Man who is recognised nationally as a champion for small business and job creation. An inspirational speaker, he gives down to earth business advice that will help you in your business.

Meeting details

This Meeting will be held in the larger Country Suite at the Hotel Kilmore, and as a consequence, **Members can invite colleagues & friends i.e. Non-Members - for just €15.**

Note: We have opened the event to men for the night (more rule bending)

Booking:

- Please let us know if you can attend: (you can respond to this email or text Margaret at 087-2588918)
- When booking please make sure you give us names for your guests and how many will be attending - we will need numbers for the hotel as a light supper will be provided.

Itinerary for a more detailed Itinerary check last page

6.15pm	Registration with Tea/Coffee Reception, Networking and review of the CBWC Expo
6.45pm	Speakers Followed by Light Supper Buffet and Networking
9.30pm:	Ends

CBWC meeting dates for your diary

Venue: Hotel Kilmore

Start Time: 6.15pm

(See full itinerary last page of this communique)

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

1. April 25th
2. June 20th
(we break for July & August)
3. September 5th
4. October 11th TBC - (National Women's Enterprise Day)
5. December 5th

To book for April 25th

Email cbwc@leo.cavancoco.ie Or

Text: 087-2588918

Provide the following

- Your Name:
- Name of guest (if applicable)

Fee:

- CBWC members are FREE
- Non-Members / CBWC guests pay €15 (*payable at the door – but must be booked in advance as list will be at door*)



Speakers pictured are L-R Margaret McKeon-Boyle CBWC coordinator. Speaker- Ciara Conlon and Andrea Corrigan – Acting head of Local Enterprise Office Cavan



A great night of networking and learning was had by all at the CBWC



Cavan Business Women learn how to 'Plan for Hyper Efficiency'

The second meeting of the Cavan Business Women's Club (CBWC), a professional business women's network, was held as part of Local Enterprise Week 2018 on the evening of Wednesday March 7th. Over 55 business women attended the Hotel Kilmore to network and learn how to be productive in business. The guest speaker was **Ciara Conlon**, Productivity & Leadership Coach and Author, who outlined some of the key areas that prevent small businesses from growing and reaching their full potential. She said these included lack of vision or focus and poor daily habits that can obstruct the flow of an effective work environment. Ciara's message was to plan and schedule your day for hyper efficiency.

CBWC is an initiative of Local Enterprise Office Cavan (LEO) and their Acting Head of Enterprise, **Andrea Corrigan**, also spoke to outline the many supports and services available from LEO Cavan to assist businesses to develop and grow. Details are on the LEO Cavan website

www.localenterprise.ie/Cavan



Ciara Conlon speaking at the CBWC



Also Speaking – Andrea Corrigan – Acting Head of Enterprise - LEO Cavan - outlined details of supports and services available from LEO



The CBWC member's busy taking notes at the workshop on March 7th



CBWC members busy concentrating at the workshop on March 7th

Listening intently to Ciara Conlon about
“Scheduling Your Day for hyper efficiency”







Cavan Business Women's Club (CBWC) members March 7th EXPO

Eileen Burke Smyth, Forever Living Business Owner exhibited her fabulous products on the night
She also gave great advice on skin-care and looking after your body – both inside and out !

Check out Eileen's Facebook and online shop [here](#)



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 events / offers promoted on the CBWC FB page
- Enjoy the Sweet treats and tea and coffee at registration
- Enjoy the Finger Buffet Supper at the end of meeting whilst Networking
- **Membership Fees**
 - Annual membership is €100
 - Membership from April 25th to December is reduced to €70
 - New members can join on the night of April 25th – but must book the name in advance so it is on the list

Non-members are also very welcome to attend per meeting – Fee for Non-Member is €25 per meeting

NOTE: Special price for the April 25th meeting of €15 for non members / guests of CBWC members

**We need your help to grow
The Cavan Business Women's Club
A professional business women's network
Invite a business contact to join**

We would like to grow the number of members in the Cavan Business Women's Club in 2018 and **we need your help.**

As you know, the CBWC has lots to offer women in business in the county.

Membership comprises of business owners, those working for companies, or thinking of starting a business: All make up our proactive and energetic women's network.

Please invite female business colleagues, acquaintances and customers to consider joining our professional business women's network.

Tell them that they can join on April 25th at our third event of the year or at any time during the year.

Fees:

- Full year membership is just €100
- From April to December – membership is reduced to €70 to year end

There is great value as it includes the Speakers / Workshops, Venue Hire, Food – Tea/coffee and sweet treats at the start of the evening, and supper at the end of meeting.

The Local Enterprise Cavan supports the CBWC by providing the venue, food and speaker fees where applicable

Overall, can we ask you to share the news that the CBWC can help Cavan Women in business grow personally and grow their business?

Thank you so much

The Cavan Business Women's Club is an initiative of

Local Enterprise Office (LEO) Cavan

**Look forward to seeing you on April
25th at our CBWC event**

**Marcella Rudden
& Margaret McKeon-Boyle**

Itinerary – March 7th

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

6.45pm **Margaret McKeon-Boyle**
Coordinator, CBWC

Marcella Rudden
Head of Enterprise, LEO Cavan

Sean Gallagher
Guest Speaker

Guest female entrepreneur

8.30pm **Light Supper, Networking &
Reviewing the EXPO**

**Do you want to showcase your business at the
CBWC on April 25th in the CBWC EXPO?**

Why Exhibit?

- We expect 70+ women and some men to attend the next CBWC meeting
- We are using the Country Suite in the Hotel Kilmore so we have plenty of space to accommodate your business in the Expo
- You can introduce Sean Gallagher, who writes a business page for the Sunday Independent, to your company / product / service

Book your space today

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

Or call /text Margaret McKeon-Boyle
at **087-2588918**

