

Welcome to the September edition of 'We Mean Business'



Marcella Rudden
Head of Enterprise
Local Enterprise Office Cavan

**Cavan Business Women's Club
is here for you**

What a changed world since we launched the Cavan Business Women's Club for 2020 on February 19th

Although we were not able to meet in person, CBWC Network has been here to support you during the weeks and months during COVID; and we will continue that during the Autumn / Winter programme when we will bring you interesting speakers and support for in any way we can.

#StayApart to #StaySafe



Margaret McKeon-Boyle
Coordinator
CBWC on behalf of LEO Cavan

**Learn the "Power of the Coaching Conversation"
with Orlaith Carmody**

At the Cavan Business Women's Club
On Wednesday September 16th from 6.15pm
via ZOOM



Coaching is regarded by many as the best style of leadership; It can empower people, encourage them to take personal responsibility, and often is a key factor in creating a positive and productive workplace.

But how hard is it to learn? And, can anyone become a coaching leader, without investing in an expensive and time-consuming coaching diploma? Orlaith Carmody suggests that the answer is yes.

She said "Basic coaching conversation techniques are quick and easy to learn, and can be used in any business, small or large, to get the best out of teams. They can also be used in sales meetings, with surprisingly powerful results."

In our Cavan Business Women's Club Workshop on Wednesday September 16th Orlaith Carmody, Leadership Coach and Consultant, will show you how to use coaching conversations to great effect.

In this Issue of

- Details of our next event
- CBWC Topics - Survey
- Dates for your Diary
- A word from CBWC Coordinator
- Supporting the CBWC
- Review of 2020
- What membership of the CBWC offers
- Booking links for September 16th Meeting

**Topics for discussion / Workshops – as suggested by
CBWC members in a recent mini-survey**

- **Growing as a Person**
 - Stepping out of comfort zone
 - Confidence to start & grow a business – from stay at home mum to setting up and growing a business
- **Money Matters**
 - Money Blocks to starting / growing a business
 - How to make childcare a deductible tax expense
 - Supports available as a result of COVID business interruption
- **Marketing / Sales**
 - Tips on Marketing & Online Sales
- **Growing internationally**
 - Stories about unique businesses
- **Business Stories - Female Entrepreneurs:**
 - Success stories
 - Keeping going in business through challenging times
- **News / Media**
 - Sheila Reilly – Director of Regional Newspapers ICONIC
 - People who are in news media (The Irish Country Magazine)
- **Healthcare expert on COVID 19**

**DATES for the CBWC
Autumn / Winter 2020
Programme**

All network events (Online unless advised) will be held on Wednesday's from 6.15pm to 8.15pm approx.

1. September 16th
2. September 30th
3. October 14th - National Women's Enterprise Day (NWED)
4. November 18th
5. December 2nd – Xmas event – TBC



*Margaret McKeon-Boyle
Coordinator – CBWC
on behalf of LEO Cavan*

To quote one of our Cavan Business Women's Club Members,
"I don't want to return to the new norm, I want to return to Normal"

It has been an extremely difficult year for many businesses, some have had worse challenges than others. However, we have no alternative but to keep going, keep learning and if at all possible stay positive. I know that can be difficult and I am not suggesting that it is possible all of the time, but knowing the CBWC members I know you are all made of "strong stuff".

Although we have not been able to meet in person since February, our objective in the Cavan Business Women's Club was to stay in touch and support each other in whatever way we could during the Coronavirus Pandemic Restrictions. Although some restrictions are lifted, meeting in large groups is still not possible. So until further notice we propose to meet via Zoom.

I know that Zoom does not suit everybody – but we will send a newsletter out after the meetings with tips / suggestions from the speakers. We will also, where possible, record the meetings and send a link to all the members of the CBWC so you can view the presentation at your own leisure.

Supporting each other during COVID

Cavan Business Women's Club (CBWC) had a number of initiatives to help keep us in touch and supporting each other during the COVID19 crisis. These included:-

1. Set up a Facebook Group for CBWC Members so we could link and share ideas, offers, share problems and get solutions
2. Started a series of Zoom Meetings where we had meetings while making sure we #StayedApart to #Stay Safe
3. Profiled the CBWC member businesses on social media (when we were made aware of offers etc)
4. Emailed news / information from CBWC members to our database of 180 women in business

Meeting dates and topics January – September 2020

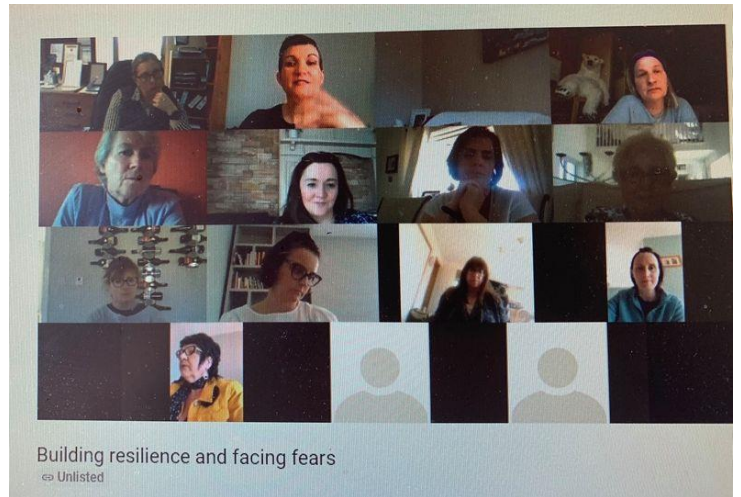
Meeting no.	How delivered	Date	Topic & Speaker
Meeting 1:	2020 Launch – Hotel Kilmore	February 12th	'Learning the Art of Self Confidence' with Natasha Fennell & CBWC members introduced themselves & offering
Meeting 2:	ZOOM	April 15th	"Get on the path for greater success in business and life" With Tracy Geraghty
Meeting 3:	ZOOM	April 29th	"Effective Customer Communications During COVID19 & Long-Term" with Margaret McKeon-Boyle, Extensive PR & Training
Meeting 4:	ZOOM	May 13th	"Thriving in Turbulence" with Fiona Flynn & CBWC Members introduced their business
Meeting 5:	ZOOM	May 27th	"Back to work protocol" with Paddy McHugh - Compliplus
Meeting 6:	ZOOM	June 24th	"Staying Positive & Productive" Ciara Conlon & CBWC members introduced their business & offering
July & August	Break – Summer months	(social media – email links)	
Meeting 7:	ZOOM	September 16th	"The Power of the Coaching Conversation" with Orlaith Carmody CBWC members will introduce themselves & business

Cavan Business Women's Club - 2020 - Year in Pictures & Zoom Screen Shots

Meeting 1: Held on February 12th in the Hotel Kilmore with a theme: 'Learning the Art of Self Confidence' with Natasha Fennell, was our 2020 launch event and last "normal" get together. Little did we know that things were going to change DRAMATICALLY!



Meeting 2: Held on Wednesday April 15th was our first meeting on Zoom and the theme was "Get on the path for greater success in business and life" With Tracy Geraghty. We had a great turnout for our first virtual meeting even if we were all learning how to use Zoom!!



Meeting 3: On April 29th the theme was "Effective Customer Communications Communications" and the interactive workshop was given by Margaret McKeon-Boyle, owner of Extensive PR & Training and Coordinator CBWC

The message was the importance of, and how to, keep your business name out there during COVID



**CBWC ZOOM -
Thriving in Turbulence
with Fiona
Flynn, Foresight
Coaching and
Development**

**May 13, 2020
11:00 AM Dublin**

CBWC
Cavan Business Women's Club
A professional business women's network



Meeting 4: Was on Wednesday May 13th. With a theme of "Thriving in Turbulence" with Fiona Flynn. Fiona is not new to the CBWC podium, she spoke to us before in March 2018 about the key areas that prevent small businesses from growing and reaching their full potential. This time around Fiona gave us some useful tips and strategies to help us adapt and thrive during these difficult times.

Meeting 5: Took place on Wednesday May 27th and the theme was “Back to work protocol”. This very informative and useful workshop was delivered by Paddy McHugh – Compliplus. His business partner and wife is our own CBWC member, Breda McHugh.

WHAT IS THE RETURN TO WORK PROTOCOL

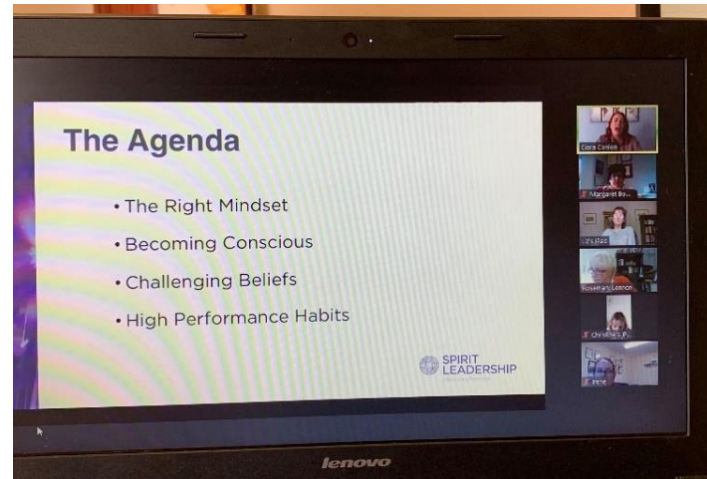
- Government Guidance
- In place to facilitate re-opening business following restrictions
- Outlines a number of specific requirements
- It's applicable to all organisations
- Authorities are actively enforcing it
- What it's Not
 - Guidelines on how to implement within business sectors
 - Retail, hairdressing, restaurants, bars, etc.



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Meeting 6: Our last meeting before the Summer Break was held on Wednesday June 24th. With a theme “Staying Positive & Productive”, speaker Ciara Conlon gave some great tips on how to become or stay positive that generated lots of discussion on what challenges we have when trying to be productive.



What membership of the CBWC offers

Membership of Cavan Business Women's Club, a professional business women's network, offers you the opportunity to:

- Network to do business
- Hear from inspirational speakers & Learn from the Workshops
- Have your business profiled on the CBWC Social Media - Facebook & Twitter

BOOKING for CBWC September 16th event

CBWC Members are FREE - just text 087-2588918 or email cbwc@leo.cavancoco.ie to book

OR Join the CBWC for just the remainder of the year for just €50 (Bi-Annual) - Click this link <http://bit.ly/CBWC-Sept>

OR Attend as a Non-Members for €15 - Click this link <http://bit.ly/CBWC-Sept.16>

Look forward to seeing you on ZOOM on September 16th

