

SistaTalk

Inspiring and empowering women to network online



Message from Sonia Brown

Dear All

Believe it or not, the credit crunch is not dampening people's enthusiasm for opening businesses. It is not so much the problems we face, but how we react to the situation will determine a successful or unsatisfactory outcome. Make sure you are making use of the resources at hand because each one of us has the power to do great things.

But let's not take these things for granted because we are operating in a very difficult period of time. The increasing cost of living does not mean that we do less than our best because every single one of us has the power for greatness. I came across this quote, which totally encompasses how we need to think. *'Rise above little things. Be a big thinker. You are what*

you think. So just think big, believe big, act big, dream big, work big, give big, forgive big, laugh big, image big, love big, live big. Carry that list and you'll start feeling big. Be a believer and you'll be an achiever.'

This is why networks are so important at this time. These connections help to keep us motivated, inspired and focused on the things that need to be done in order to jump the next hurdle; because we must never give up our quest to live a fulfilled, joyful and creative life.

The www.sistatalk.co.uk site is growing from strength to strength and if you have not joined— what are you waiting for? We have an exciting array of



Sonia Brown,
Founder & Director

professionals and entrepreneurs showcasing, supporting and connecting online from across 27 countries. This is truly dynamic!

So in closing, don't let anyone or anything stop you from achieving your goals because 'you will recognise your own path when you come upon it, because you will suddenly have all the energy and imagination you will ever need.'

Sonia

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This month:

- Check out new sites www.sistatalk.co.uk & www.brothataalk.co.uk from the NBWN
- www.letstalkbusiness.biz goes live!
- Birmingham continues to soar to success!

Something for the Brothas.....

BrothaTalk is a dynamic online networking forum aimed at men who have something to say and something positive to contribute to the community. This forum aims to attract a cross section of men from different walks of life

who want to network and gain knowledge from other positive people. More importantly, *BrothaTalk* helps you maintain existing relationships, reconnect and discover new people through communities, as you share

your pictures, videos, music and passions in one place! At last a place where the true brotha's can meet, talk and keep it real online! www.brothataalk.co.uk

Dynamic Presentation Skills for Success!



ALM putting the glamour in your presentations

Are you scared when giving a presentation to large groups of people? Do you have an important speech to present? Or do you need to brush up on your verbal and non verbal communication skills? Well why not sign up for the ALM Dynamic 'Presentation Skills for Success Workshop.'

This dynamic, interactive 2 day workshop will open up a Pandora's box of

delights that will show you how you can become a highly gifted speaker. No matter what your starting point, you will learn the tricks, tips and techniques that will take you from a 'nerve-wracked' amateur to an 'accomplished, polished and confident' professional.

Learn how to structure your presentations, handle questions and reduce anxiety. Not only will you improve your presentation skills but also increase

your confidence.

Many professionals from the corporate world have benefited from attending this workshop including Merrill Lynch, Barclays Bank Plc to name a few.

For only £120 you can begin preparing for your next presentation with confidence! Early bird booking rate of £100 if booked before 30th September 2008. For further information and dates contact 020 8694 1720

BAME Women Urged to become Councillors

There will be an event taking place in Birmingham, Brent, Glasgow & Newcastle and BAME women are encouraged to attend.

The NBWN has become a strategic partner with the 'BAME Women Councillors Taskforce' which is a cross party representation of groups who will take practical action to increase the diversity of councillors within the UK.

Led by Baroness Uddin, this exciting team will kick

off a series of events starting on Friday 17th October 2008 at the Second City Suite, Birmingham City Council between 6:00pm & 8:30pm.

The Keynote presentation will feature Salma Yagoob (RESPECT) and will be supported by elected representatives and

guests. Speakers on the night will provide in-depth information of how Government is structured and how you can become more actively involved in local politics.

To book a place email womencouncillortaskforce@geo.gsi.gov.uk

Sista's Keep Soaring to Success!



Sonia Brown & Cllr Alan Rudge (Birmingham City Council)

After its hugely successful launch, the **Let's Talk Business: Soaring to Success** Roadshow takes place on Thursday 9th October 2008 in Birmingham.

This event promises to empower and inspire entrepreneurs from different backgrounds to build profitable businesses as a means of achieving their

dreams and discover their own personal power.

Let's Talk Business: Soaring to Success is aimed at new and existing business owners and promises an evening of innovative and creative thinking to bring out the "giant" in you. This power packed evening will provide opportunities to share the secrets of successful business owners

and specialists who will inspire individual success and encourage people to think in big, exciting terms about starting and building profitable businesses.

For further information and bookings visit www.letstalkbusiness.biz

Can Health Improve Your Bottom Line?

Does your health affect your wealth? Do you feel tired for no reason? Do you suffer from mood swings? Can't lose weight whatever you try?

A little nudge to get you motivated will do more to help you lose weight, increase your physical activity, and eat healthier to reduce stress and the risk of associated diseases.

This event showcases the UK's top experts on the night, who will be on hand

to show you how to not only improve your health but also increase your wealth!

Errol Denton will explain how this revolutionary live blood analysis test can improve your health and prevent you attracting many of today's stress associated diseases.

Inspirational guru and former Editor Sherry Dixon will arm you with vital insights about how your health can affect not only relationships but

your bank balance! You owe it to yourself to attend this life changing event which promises powerful solutions to get your life back on track.

Tickets are only £10 and must be purchased in advance! *One lucky ticket holder will receive a free test worth £147 drawn on the night!*

Call 020 8498 9898 or www.seemycells.co.uk/store/health-events/health-and-wealth-seminar/prod_124.html



Sherry Dixon (former Editor, PRIDE and SHE Magazine)

Time to Tackle Street Weapon Culture....

The Centre for Parliamentary Studies is hosting 'The Young People and Knife Crime Summit: Tackling Street Weapon Culture through Partnership', which will take place on Thursday 30th October 2008 at 1 Birdcage Walk, Westminster.

This 1 day conference will provide an opportunity for local practitioners to assess the key objectives of the Youth Crime Action Plan 2008; in relation to tackling knife possession and reducing knife-related violence amongst young people. In addition, there is a renewed drive to

address some of the root causes of violence through early intervention .

www.publicpolicyexchange.co.uk

More than fifty teenagers have died as a result of violent incidents in London alone in the past two years – with many of the victims succumbing to horrific knife attacks by other young people.

Do You Know Where Your Daughter Is?

She's back and she is hotter than ever!

Yes, it's the electrifying new play by award winning writer, comedienne and presenter Angie Le Mar—in the sizzling hot release 'Forty'

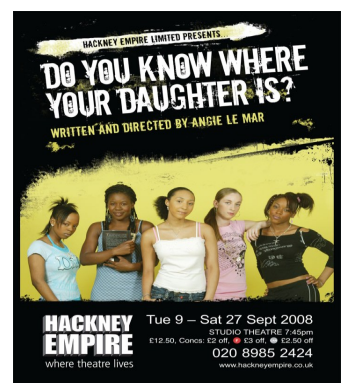
5 women, one night - never to be forgotten!

FORTY promises to provide

the usual sass, attitude and wisecracking laughs that Angie Le Mar's fans have come to expect from her plays. FORTY delivers a powerfully charged story about friendship and is no 'sex in the city' substitute. One thing's for sure; fans of Angie Le Mar's work will not be disappointed. Get ready

for a rollercoaster of a show where Angie heads this all star cast of Britain's finest actresses for her most explosive play to date.

'Forty' will be running at the Hackney Empire between 2nd – 17th August 2008. Prices start from £17.50. Call 020 8985 2424 to book tickets.



Don't miss this explosive new play aimed at young people!

National Black Women's Network



National Black Women's Network

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Inspiring & empowering women to live passionate lives!

The NBWN is a non-profit organisation dedicated to raising the status and position of black women in all walks of life.

We champion the advancement of black women across all professional disciplines by recognising excellence, promoting leadership and effectively positioning its members at the forefront of the rapidly changing corporate and business world.

The National Black Women's Network provides dynamic events to enable women from diverse backgrounds and occupations to develop strong professional and social contacts; high quality training and education programmes; leadership and national recognition.

We work to ensure that the contributions and influence of black women are recognised as vital forces within the public and private sector, business, corporate, arts, media and entertainment fields.

For further information visit www.nbwn.org

We're on the Web!

www.sistatalk.co.uk

Elaine's Putting the Sparkle in Events

Elaine Sutherland-Carter runs the hugely popular Crystal Collective, which is a Women's led event Management Company.

The business has organised a wide range of events including The Baishaki Mela, Black History Month celebrations, Summer Community Festivals, Events in Spitalfields, I Love Brick Lane Fashion Show, The London Peace Week.

Elaine and her team are currently organising Heart and Soul the successful Black History month event they have organised for the last 5

years, to be held at the Rich Mix Centre. This is a live Musical Showcase in tribute to the great Black Entertainers Past and Present such as Aretha Franklyn, Bob Marley, Al Green, Stevie Wonder, Natalie Cole, George Benson and more. The Band comprises of the musicians from the sell out theatre production "*The Harder They Come*" in London's west end.

Special guest on the night will be Moni Tivoney aka '*Lionel Ritchie*' from the hit BBC talent show *The*

One and Only' in which Moni came third behind Frank Sinatra and winner Dusty Springfield.

For more information contact Elaine on 07947 501760



Elaine Sutherland-Carter, the Woman Behind Crystal Collectives