

## SistaTalk

Inspiring and empowering women to network online



### Message from Sonia Brown, MBE

#### Dear Supporters

Can you believe that this is the final SistaTalk Newsletter for 2012—what a year we have had.

The NBWN successfully launched at Scottish Parliament, Edinburgh with the support of Lloyds TSB Bank Plc, the Royal Bank of Scotland, Freeagent, Women's Enterprise Scotland and Enterprising Women. It was a great night and thanks to Caroline Marsh (Secret Millionaire) for being a great keynote speaker and Annabel Goldie MSP for hosting.

Baroness Verma of Leicestershire continued to tirelessly support the NBWN during 2012 and she was a fabulous keynote speaker at the launch of the Inspirational Women's Super Summit (IWSS) at Thomson Reuters in the Summer. A fantastic turn out and great contributions from a stellar line up of speakers including Vanessa Valley (We Are The City); Bev Hurley (YKTO); Maggie Smith (Women in Technology) and Caroline Marsh (Secret Millionaire). This event was followed by a IWSS Thought Leaders Roundtable with Dr Marian Malone, Speciality Lead, Great Ormond Street Hospital. A big thank you to Julia Fuller (Lead for Diversity and Inclusion / VP, Environment, Health & Safety, Thomson Reuters) for her massive contribution and time to make the IWSS such a huge success.

The NBWN will be working more closely with the Women in Public

Policy team and it's a great privilege for me to be made Director of Communications and work alongside the formidable Liz St Clair (Executive Director). We are currently restructuring and repositioning the network and will be rolling out a dynamic programme of events in 2013. Thank you to Alan Mak at Clifford Chance for kindly hosting the *Women Building Britain* debate at their prestigious Head Office. We have a great line up of speakers including Laura King (Clifford Chance); Lynne Berry OBE (co Chair WiPP); Cindy Walters (RIBA); Sandi Rhys-Jones OBE and Heather Melville (RBS).

I'd like to thank Heather Melville for a great partnership delivering the first Black History Month Reception at RBS in October.

We had a fantastic line up of speakers including the Rt. Hon David Lammy MP; Dawn Butler (former Brent MP) and the NBWN Patron Brenda Emmanuel (BBC) to name a few. It was a great evening celebrating and showcasing the best of Black British talent as well as raising much needed funds for the Sickle Cell Society.

For the first time ever the NBWN launched the EVOLVE Business Growth Programme and we are getting great results from our Boot camp held last month. We have held a number of Discovery



Sonia Brown MBE with her award from the Global Punjabi Society, 2012

Evenings at the Near Desk offices and we will be rolling out these sessions throughout 2013.

I am so pleased that we will be continuing our partnership with LondonMet University to host the Women in Business Conferences. Although we say goodbye to Matthew Connelly we are pleased that the Accelerator team still wish to continue delivering these first rate events which has seen over 1000+ women signed up. A big thank you to Lloyds TSB Bank for their continued support to ensure that women are getting the best financial advice possible and we look forward to working with them in 2013.

Please continue to support SistaTalk and enjoy the Festive Season, no matter what you are doing and let's get ready for a prosperous and successful 2013.

Sonia

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**TURING POWERFUL IDEAS INTO PROFITABLE ACTIONS FOR GREATER SUCCESS!**

EVOLVE is a no gimmick six month accelerator business growth programme that promises to support your vision of success; achieve greater levels of financial freedom and skyrocket your business to greater success!

Book a Discovery Session at [info@evolvebusinessgrowth.com](mailto:info@evolvebusinessgrowth.com)

### Unlocking Your Millionaire Mindset in 2013

When opportunity comes knocking at your door are you going to ignore it, let it pass you by or embrace what's on offer for you in 2013.

If you are tired of working in your business rather than on it, then you need to attend the Women in Business: Unlocking Your Millionaire Mindset conference taking place on Monday 21 January 2013, between 9:30am –

4:30pm at LondonMet University, 84 Moorgate, London EC2M 6SQ

Attendees will discover how to stop wasting time and develop profitable strategies that will put you in the league of high earners. From mindset to behaviour; our stimulating presentations will help you break down the barriers that stop you

becoming financially independent and wealthy.

If you are serious about your business success then don't miss this exciting event.

To claim your Free Ticket visit: <http://www.eventbrite.com/event/5054333648#>

## How to Really Catapult Your Career Goals in 2013



*Carol Stewart Puts the Confidence Back into Your Career Choices*

- Are you bored, unhappy, unchallenged or unfulfilled at work?
- Do you want to make a career change but are too scared to take that leap of faith?
- Are you facing redundancy or restructuring and constantly worrying about it?
- Is your lack of confidence preventing you from doing the things that you really want to do in your career?

If any of this describes you, then contact Carol Stewart at Abounding Solutions for help.

She is passionate about helping you to identify and overcome your fears and self limiting belief and behaviours.

Working together, Carol will help you to assess your values and be clear about what is important to you; as well as help you to identify the skills you have that are transferrable and skills you need to develop. With her support, you will create an action plan that will give you the confidence to find a career that you love.

At Abounding Solutions, they specialize in working with professional women who are unhappy, frustrated and looking to overcome the issues that stop them performing at their highest level.

So, if you need help to develop your confidence to make an important career move or to take a completely new direction in order to find a new role that you love then contact Carol at Abounding Solutions.

Book Now and let Carol help you to kick start 2013 with the right mindset to make those positive changes that are needed in your life, and that's not all.....

She is offering a one off 20% discount off your 1:1 confidence building and career change coaching packages if booked by 31 December 2012.

Book now at:  
carol@aboundingsolutions.com



*Marie Bernard delivers the ideal gift for someone who has everything with her Interior Design Services*

Marie-Bernard, is an Interior Designer who is passionate about turning houses into dream homes with the added touch of sophistication you thought you could never have.

Why not spoil someone special with an Interior Design Consultation gift voucher for the room of their choice and you will receive a free treat which is a beautiful serving set of Horn Spoons, perfect for adding elegance to any table setting.

The Design Consultation includes:-

- A personal meeting at your loved one's home to explore the vision of their dream room.
- Advice on colour, fabric, floor layout, plus one 3D drawing to visualise the final result.
- An off-site follow up meeting.

So for that special gift, the Interior Design gift voucher makes an ideal choice over the Festive Season and is redeemable throughout 2013.

For Sistatalk members, partners and friends Marie is making a special offer price of £150 for a 2hrs consultation normally priced at £300.

This exciting offer is valid until the 5th January 2013 – so claim your Interior Design Gift Voucher now and take the drama out of designing your ideal home environment.

To claim your gift vouchers call Marie on 07961 547429 or e-mail info@mariebernarddesigns.com

## Own Your Own Unique Piece of MG Quain Art



*MG Quain Art brings a distinctive edge to art*

Four years ago Michael Quain decided he was going to be an artist, not just a painter, but an artist of the 21<sup>st</sup> century.

What does that mean?

Artists have always tried out new ideas and methods for producing their work and he was no different.

Along with the traditional methods of drawing and painting,

he embraced modern computer technology to create digital art.

There are many examples of digital art on the internet most of it is created by Adobe Photoshop and because of this, it all has a familiar digital look to it.

Michael has managed to forge his own style that still allows his work to look like a painting and he is happy with what he has achieved.

he works from photographs and produces beautiful portraits of loved ones that are different from the normal photos; as well as breathtaking landscapes; desirable cars or anything that captures the imagination.

Commissions are undertaken by contacting MG Quain Art by email: michaelquain@gmail.com

## Reviving 5000 Years of Civilisation

Tang Arts is a not-for-profit organization with the mission of promoting Chinese traditional culture and arts.

This is done by promoting the world's premier Classical Chinese dance & music performance, here in the UK in 2013.

SHEN YUN.

For Chinese, the words evoke a sense of wonder, magic, and the divine.

To audiences who have seen it, they remember the experience of a lifetime – a moment so powerfully beautiful it touches the soul.

Based in New York, Shen Yun Performing Arts seeks to revive this once majestic tradition.

It creates performances that reflect a beautiful heritage and

enrich the lives of audiences in powerful, lasting ways.

**'An extraordinary experience... exquisitely beautiful!'**

*Cate Blanchett, Academy Award-winning actress*

**'I am completely enchanted. This was a marvelous evening.'**

*Her Royal Highness Princess Michael of Kent*

**'A mesmerizing performance...'** *Donna Karan, Creator of DKNY*

Discover the glory of a fantastically rich culture, that of classical China, brought to life through brilliantly choreographed dance and mesmerising, all-original orchestral compositions. Magnificently costumed dancers – the world's elite – move in

poetic arrangements that evoke pastoral beauty, imperial drama and the splendour of an ancient civilisation.

Next March, discover what art was meant to be. Discover Shen Yun.

Dates: 5-9 March 2013

Venue: Barbican Centre, Silk Street, London EC2Y 8DS

For tickets or more information please call 08444 828 660 or visit [www.shenyun.com/london](http://www.shenyun.com/london)

Members of SisterTalk receive a free Souvenir Programme Book; please quote 'sistertalk' when buying tickets.



*'A mesmerizing performance...'* *Donna Karan, Creator of DKNY*

## Buy a Gift of Health for the Ones You Love

- Are you struggling to lose that extra weight;
- Suffering from reoccurring health problems;
- Worried about getting fit for 2013?

Or.....

- Do you ever sit drinking a tasteless glass of 7.0 pH water that has been rendered lifeless many times?
- Worry about your health, your weight or your fitness?

Well, your health is a priceless asset that is easily taken for granted until it starts failing.

We can all be forgiven for losing track of the values and actions we need to neutralize an acidic body to maintain optimum health and wellbeing,

Poor health can result from excessive smoking, food and water choices, alcohol, lack of exercise, poor quality sleep, infections, disease, stress, poor oral hygiene, chronic or acute injuries and

dehydration.

Are you someone who has struggled to follow through and see the benefits of personal health goals, such as losing weight, keeping fit or dealing with health problems before they deal with you?

Well its time for a rain check...

Weight gain, premature aging and sickness are never too busy to seek you out.

Great news, 2013 can be an exceptional year of abundance; by drinking the amazing Kangen Alkaline Water, the Gold Standard of Water Ionizers.

There are various types of water in the world; however we proudly assure you that Kangen Water™ is unique, proven and truly beneficial for your body.

You can get your life back on track and experience the four amazing benefits of Kangen Alkaline Water ...

1. Increased Hydration
2. Balanced Body pH
3. Increased Blood

Oxygenation

4. Neutralize Free Radicals
5. Anti -aging and the prevention of chronic degenerative diseases
6. Effortless Weight loss of excessive weight or obesity
7. Instant detoxification

*Book an appointment NOW*

Contact Fitz Douglas on 07810 121 169 to arrange a demo of Kangen Alkaline Water and taste the water the way nature intended water to taste.

Special offer: £300 discount on purchases throughout December and January.

For further information visit: [www.kangenwaterlondon.co.uk](http://www.kangenwaterlondon.co.uk)



*Fitz Douglas MBA CP  
Change Your Water; Change Your Life!*



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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](http://www.nbwn.org)

**We're on the Web!**

**[www.sistatalk.co.uk](http://www.sistatalk.co.uk)**

## *Looking To Take Your Career to the Next Level – Then Let's LOC'S Your Career Into 2013*



*Angela Small, Founder and  
CEO of Conscious Vibes*

For the first time ever, Conscious Vibes – the UK's leading online natural hair and lifestyle magazine that showcases pioneering dreadlock hair designs and cultural businesses will be presenting the findings from its groundbreaking research 'Loc's Your Career Into 2013'

Taking place on Saturday 19 January 2013 at Cottons Restaurant (70 Exmouth Market, Islington, London EC 1 between 1pm – 5pm; attendees will hear the thought provoking and informative findings from the Conscious Vibes survey which examined whether having Loc's or Dreadlocks can deter career progression; or block those in self-employment from gaining lucrative contracts.

A recent parliamentary enquiry on 'Ethnic Minority Female Unemployment,' found that unemployment for Black women has remained consistently higher than those of white women since 1980. With unemployment rates for black women currently at 17.5% and white women's unemployment as low as 6.8%; will women embracing locs and natural hairstyles experience greater barriers to employment and promotion?

As well as presentations on the survey from Angela Small (Founder and CEO, Conscious Vibes UK) there will be a dynamic panel which will include Valerie Bryan (Senior Human Resources Business Partner); Itricia Byer (Spiritual Activist/ Creative Life Coach) and Sandra McLean (Senior Social Worker).

"The findings of our research has shown that, there are many men and women, who have thought of growing locs, but made a conscious decision not to do this for a variety of reasons" says Angela Small.

"We received a phenomenal response to the survey within a relatively short period of time. Based on this I believe that it is vital, that we share and debate the findings of this survey, to those who participated in the research and those who have an interest in this topic."

The event is open to all, including people without Locs or natural hair. Early Bird tickets are priced at £7.50. before 12<sup>th</sup> January 2013 and £10 thereafter. Tickets can be purchased by registering at <http://www.conscious-vibes.eventbrite.co.uk/>

This promises to be an interactive and informative debate.