

NEW YEAR / NEW YOU
2024 EDITION #001

ISSUE
NUMBER
#001

THE NEW YOU



DIRECTORY

THE LIFE CHANGING
TEAM YOU NEED

THE SIGN YOU'VE
BEEN WAITING FOR

THE TIME
IS NOW

MOTHERHOOD IS NOT THE
END OF YOUR LIFE!

LADY BOSS

CELEBRATE EVERY TINY VICTORY



GRAZIA DAILY.CO.UK You're In... With Technology... Event Wit...

AMAZING





PARENTHOOD

EDITOR-IN-CHIEF

JENNY SCOTT

CONTENT DIRECTOR

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MANAGING DIRECTOR

CLAIRE PARSONS

ART DIRECTION

JENNY SCOTT

WWW.MOTHERSMEEETINGS.COM

DIRECTORY

FROM THE EDITOR

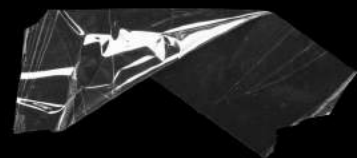


Cool!



What can I say? It's been 13 incredible years, connecting with thousands of amazing women and assisting them on their motherhood journey. Even after 13 years of parenting, I continue to be amazed by the multitude of fantastic women whose energy I have the pleasure of sharing. We all know that parenting can make you feel like you're in a constant state of flux. Amidst the chaos, ideas often vanish like the elusive odd socks.

Our aim is to create a directory of remarkable women, not just to showcase their talents but also to provide moms with access to coaches, therapists, and experts who can guide and support them on their journey. Let's be honest, scrolling through Instagram inundated with people claiming to be the best can be overwhelming. In the first edition of the Mother's Meeting directory, we hope you find inspiration, motivation, assistance, or perhaps just the encouragement you need to kickstart living the dream that has been on hold for too long.



BRANDING & DESIGN

JENNY SCOTT

00

ABOUT

Jenny, a Graphic Design graduate with First-Class Honors, has established herself as an Art Director and Designer in renowned London agencies like Interbrand, Fitch, Rosie Lee Creative, Protein, and WPP. Drawing inspiration from the late Tibor Kalman, Jenny embraces a bold, fun, and intuitive design ethos. Beyond her professional endeavors, she is the Founder and leader of MOTHERSMEETING, a global platform for women. Over the past decade, MOTHERSMEETING has grown into a vital space with 70,000 subscribers, 1,000 members, and collaborations with major brands. Jenny's influence extends to her 2014 book, "How to be a Hip Mama Without Losing Your Cool," and she continues to lead events with her distinctive energy.

In addition to her accomplishments, Jenny dedicates her time to helping others grow, evolve, and find the confidence to live their best lives. This mission is achieved through connections, branding expertise, mentoring, and membership groups. With a focus on practical strategies and a commitment to skipping jargon, Jenny empowers individuals to overcome the challenges of working independently. Her program not only provides access to her extensive network and brand expertise but also emphasizes the importance of passion, drive, and self-imposed structure when pursuing entrepreneurial endeavors.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@CHATWITHJENNY](https://www.instagram.com/CHATWITHJENNY)

WEBSITE - WWW.MOTHERSMEETINGS.COM

CONFIDENCE COACH SHARDENE BLAKE

01

ABOUT

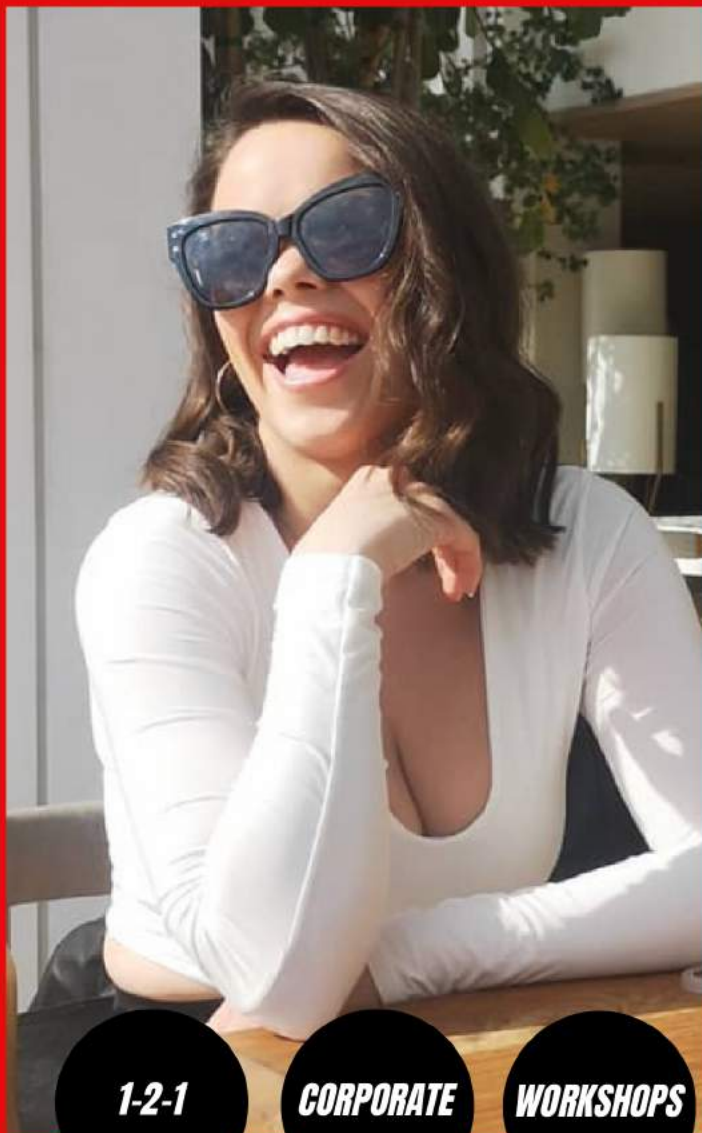
My spiritual home is the stage - I'm a seasoned speaker, no event is too big find me on instagram, youtube, check out my latest podcast, join my courses - or hop onto my next event. I'm here to speak my truth and to help you become the star of your own show (and when i say show, i mean life)!

I am a trained actor. I know the dos and don'ts of the industry - and i'm here to use all my knowledge to educate on how you can utilise these amazing skills to be the star of your own life.

I present every day of my life. from the daily juice, to the Shardene show. my next presenting job? magic mike live mc - it's happening - watch this space (fyi if you're the casting director of magic mike and you happen to be reading this - contact me via the info below *wink wink*)

Have you heard about my high vibe, inspirational vision board parties? well - you're invited! Join my next one where we focus on creating the vision for your life and the action steps you need to take to get there. if you're feeling overwhelmed on where to begin - check the details out via my website below.

If you are looking for answers - they start on the inside! Meditation is an integral part of my daily morning routine. 80% of your thoughts are negative and 95% of the thoughts are repetitive - daily. Is it groundhog day every day? Meditation allows me the space to call bullsh*t on my negative thought patterns that make me play small and shrink into the background. I am no wall flower.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @SHARDENEBLAKE

WEBSITE - WWW.SHARDENEBLAKE.COM

COACH & SPIRITUALITY

AISHA CARRINGTON

02

ABOUT

Aisha, your intuitive consultant, is a highly intuitive, new generation wellness expert who has helped countless people transform their lives worldwide.

Passionate about helping individuals, Aisha can help you avoid the negative effects of feeling overworked, undervalued, unloved, burnt-out, and stressed. By establishing firm boundaries in work, home, and social environments, she helps prevent such feelings from arising.

With her intuitive, heart-centered approach for transformational outcomes, fresh ideas and innovative strategies, she helps people lead happier, healthier lives. Her blend of practical and spiritual guidance empowers individuals to tap into their inner wisdom and create positive change. Aisha's compassionate and non-judgmental support makes her an invaluable resource for healing and growth.

Empowering a diverse range of individuals, including entrepreneurs, CEOs, multitasking mothers, creative artists, and global companies, she guides them to lead fulfilling lives by establishing healthy boundaries. She assists them in cultivating a loving and content mindset, gaining more time, and achieving unparalleled success in their chosen fields.

Aisha is committed to helping mothers and women working from home accomplish their aspirations and live a rewarding life. Whether it's seeking out new career opportunities, enhancing relationships, or building self-confidence, Aisha is there to support you. She assists people like you who are always on the move, tirelessly pursuing the next level of achievement in both their personal and professional lives through one-to-one sessions or retreats!



1-2-1

CORPORATE

WORKSHOPS

INSTA - @AISHACARRINGTON

WEBSITE - WWW.AISHACARRINGTON.COM

STYLIST & STATIONERY DESIGNER

JUNIE POONIE

03

ABOUT

A multi-award winning stylist, designer, planner, and stationery designer working with 'The Style Conscious' across the globe.

Junie Poonie is a proud 'Hopeless Romantic' with a sharp eye for detail. With her love of being unafraid to be extraordinary when planning, designing, and styling, along with being a creative and caring soul that puts her whole heart into each and every wedding, event, or stationery suite she creates, she focuses on the luxurious and stylish touches that bring a little 'Edge & Elevation' for 'The Style Conscious' across the globe.

Her attention to detail can often see her floating from one table to the next – ensuring there's not a wonky candle in sight! (Yes, it's a pet hate of hers) but it's also her understanding and experience of over 15 years in the wedding and events industry that she knows it's those little touches that do really matter. Along with having a genuine interest in the impact her work has on her clients; and in turn their guests, be it wedding guests, corporate clients, friends for celebratory parties, or small and intimate dinner parties & product launches.

Working from her heart & design-led studio, a contemporary & stylish space, she describes as 'The Calm in the Chaos,' it's 'Where the Magic Happens.' It also a place very close to her heart as her late mother originally had a super small and very sentimental studio built for her in her previous back garden as a place to create, play, and remember her by. So when she and her family moved to renovate an old barn in Warwickshire, unable to bring her original studio with them, having an incredible space to create from and as a nod to her momma was imperative, and so her Black Barn at the bottom of the Paddock was designed, built and is now a paramount space for Junie Poonie & her clients.

"My Mum used to say 'What's meant for you won't pass you by' & boy this is something I live by every day."

Working with corporate, commercial & private clients creating immersive events & set design, brand shoots, product launches, and corporate events & parties.



CORPORATE

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CORPORATE

WORKSHOPS

INSTA - @JUNIE POONIE

WEBSITE - WWW.JUNIEPOONIE.COM

FASHION STYLIST & EMBODIMENT COACH

KERRI WILDE

04

ABOUT

Mother | Soul Stylist | Brand Consultant | Soul Guide | Thought Leader | Mentor | Activator |

After working 25+ years in a fashion system 'gone mad' and professionally as a healer and embodiment instructor, my highest intention is that we begin to unite our inner values with what we wear.

I believe your embodied soul speaks as soon as you enter the room, and it's my job to help you align both your fashion and wellbeing.

I offer a sustainable footprint and support you to amplify your message and birth your creative magnetism in the world.

Through my private programs, workshops, and retreats, I've mentored hundreds of people like you on how to envision and create a deeper connection to self. I now specialize in inspiring you to embrace a style blueprint that you're proud of.

Offering one-to-one sessions, masterclasses, workshops, and events.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@THESOULSTYLIST](#)

WEBSITE - WWW.KERRYWILDE.COM

SLEEP CONSULTANT

LISA LAMB

05

ABOUT

Hi, I'm Lisa, AKA The Night Ninja.

I am a certified sleep consultant and have trained with various organizations: Sleep Sense by Dana Obleman, HATA Sleep Training Julie Heginbottom, Holistic Sleep Training Programme by Lyndsey Hookway, and Be Ready to Parent by Janet Harrison. I am a mum to 3 gorgeous girls. I'm on a covert mission to make your family life more zzzzen. Experienced at working closely with tired parents like you, if it's more sleep you're needing, you're in the right place!

Being a mother is a huge honor. There's much of parenthood that makes my heart want to burst! But I know the intensity of bringing up a family can be fierce too. Add lack of sleep to the mix, and it's no surprise many of the parents who come to me are at breaking point.

I hate seeing parents struggling on, thinking they've exhausted all other options but to put up with a life of stop-start evenings and broken sleep... That or get professional help from someone who won't 'get' your child's needs.

I'm here to reassure you: you can forget what you've heard about baby sleep training! You don't have to leave your baby to cry alone, and I will take into account exactly what your individual child needs.

Offering 1:1 support, online sleep courses, and sleep resources.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @THE NIGHT NINJA

WEBSITE - WWW.NIGHTNINJA.CO

HOLISTIC LIFE COACH HANNAH RZYSKO

06

ABOUT

I am an experienced trauma-informed Holistic Life Coach, Somatic Healing Therapist, HeartMath Coach, EFT Practitioner, Yoga Therapist, educator, and speaker - with over a decade of experience under my belt.

I am committed to holding important, empowering, and soulful spaces for women to explore who they are, learn how to support themselves masterfully, alchemize what held them back and resource themselves at every level. I specialize in chronic stress healing, burnout recovery, people-pleasing, self-doubt, and low self-worth.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@THIS IS HANNAH R/](#)

WEBSITE - WWW.HANNAHRZYSKO.COM

CONTEMPORARY BRAND

TIBA & MARL

07

ABOUT

At Tiba+Marl, we want to empower parents with stylish, sustainable, and practical products that help you keep your cool.

Engineered for parenthood, the collection offers gender-neutral styling that merges form and function. From hospital bags, buggy organizers to baby-changing backpacks, we are unrivaled in our understanding of what parents need.

Thoughtful designs include wipeable changing mats, a wet clothes bag, and insulated bottle holders.

Seen on the arms of celebrities, stylists, and influencers and on the pages of Vogue, Elle, and Grazia - we are the essential accessory for parents who don't want to compromise on style.



**AWESOME
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INSTA - @TIBAANDMARL

WEBSITE - [HTTPS://TIBAANDMARL.COM](https://tibaandmarl.com)

COACH & SPIRITUALITY

KADY GUMMERSON

08

ABOUT

This world of holistic healing changed my life, but it can be so damn cliquy right!?

I spent so long feeling like I just didn't fit in, the only one with microbladed brows, fresh highlights & a strong South London accent.

I knew there must be so many women like me, who want to learn about their inner child & how to regulate their nervous system, but at the same time, actually give a shit about their outfits.

To all you hybrid women, allow me to be your bridge between the mainstream & the conscious crowd.

It is my mission to make sure no woman stays feeling powerless over her life, stuck in self doubt, shame & at war with herself as I once was.

I am here to empower women worldwide to unapologetically accept & express ALL parts of themselves & create a life of freedom - mentally, emotionally & in their external realities.

Shame slayer, straight talker, spiritual (without the woo), Holistic Empowerment Coach, Breathworker & Female Sexuality Practitioner.

Been missing that IRL connection? Join me for a sister circle, breathwork journey or overnight retreat. Join the list on my website to be the first to hear about my upcoming events I'll be running around the globe. Or look into my 1 - 1 Holistic Empowerment Coaching.

1-2-1



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CORPORATE

WORKSHOPS

INSTA - @THE EMPOWERMENT QUEEN

WEBSITE - [HTTPS://THE-EMPOWERMENT-QUEEN.COM](https://the-empowerment-queen.com)

CRISIS MANAGEMENT

LEAH BROWN

09

ABOUT

From my very first full sentence, I have always had a gift for expressing myself through speech.

I was born in the US and grew up in the Yorkshire Dales. As a child, team sports were my outlet, violin my self-expression, and food my escapism. I was smart. Too smart for some. Although I couldn't see that in myself. When we moved to the US, it was unsettling, uncomfortable, and – from the perspective of a disgruntled 12-year-old – unnecessary.

The aforementioned tenacity and perseverance that have been so critical to my evolution as a person helped me to navigate high school and university at just 13. I graduated from high school early and was sent back to boarding school in the UK where I experienced reverse culture shock and was told I was not smart enough to do the things I had wanted. Unlearning that took decades, and faith larger than a mustard seed. I completed an undergraduate Philosophy and Politics degree and after a year out working for a church, I started on the path to becoming a lawyer. By 2011, I had been called to the Bar. My journey has never been straightforward, and immigration restrictions meant I was unable to pursue a career at the Bar.

Another day, another curveball to hit out of the park.

With confidence at an all-time low, I switched gears and trained at a magic circle law firm. I left to work at the London office of a US law firm. From 2017 until now, life has felt like one big crisis. After a series of personal and professional challenges, I discovered an aptitude for helping people turn situations around.

Ever the overachiever, in the pandemic, I changed jobs, wrote a memoir, and delivered the sale of my FinTech employer to a US-listed unicorn. Completely burnt out, I was drawn out of the Big Smoke to the seaside. The Isle of Thanet (specifically Broadstairs, Kent) won my heart. So embracing my entrepreneurial risk appetite, I moved myself, my eccentric little pooch, Saphy, my legal advice, and my pen down to the beach. I haven't looked back.

And so here in this quintessential seaside town has begun my next chapter of Leah Talks. It has also birthed Broadstairs Consulting, a crisis management and mediation boutique I founded on the belief that with the right support and guidance, all organizations can thrive and flourish.

When not chained to a desk, I enjoy quartet rehearsals, playing netball, theatre, and (if Love Island's not on), a juicy crime drama. My tippie of choice is a glass of champagne, never prosecco. I'm as likely to be donning sports kit as in glad rags, although I'm very partial to black tie.

You can book me as a speaker, a writer, an adviser, or chat about other opportunities to work together.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@SEENHEARDSPOKEN](https://www.instagram.com/seenheardspoken)

WEBSITE - [HTTPS://LEAHTALKS.COM](https://leahtalks.com)

VIRTUAL ASSISTANT ZELICA JONES

10

ABOUT

VASS was started in 2014 to help small businesses by providing them with individual support, in a way that was flexible and cost-effective. Zelica Jones started VASS after working as a Bookkeeper and Operations Manager for over 15 years. Since starting VASS, Zelica has qualified as a certified business coach and mentor, as well as studying to be a chartered management accountant.

By specializing in work for small businesses, Zelica has worked with companies such as architects, event planners, insolvency practitioners, web designers, and environmental charities too.

VASS was created with growing businesses in mind; we fill the gap between where you are and where you want to be. You can trust that your tasks are in the safe hands of our brilliant and experienced team. We work with start-ups and established businesses to provide varied levels of support.

Over the years we have developed a small team of bright, brilliant, and enthusiastic individuals who are available to help you with one-off support for a specific project or help provide ongoing and consistent support with recurring tasks too. From admin, executive assistance, bookkeeping, event coordination, and more! With the additional time on your hands, you can focus on the areas in your business that need you the most.

We provide a confidential, consistent, and flexible service completely tailored to your business needs. Want to find out more about how we can help you? Get in touch today!



1-2-1

CORPORATE

WORKSHOPS

INSTA - @ZELICAJONES

WEBSITE - [HTTPS://WEAREVASS.COM](https://wearevass.com)

PR / MARKETING

AMY BILLINGTON - LI

11

ABOUT

Amy Billington-Li, founder of Lucky 8 PR, has worked in fashion and lifestyle PR and styling for the last 14 years. Starting her career working on game-changing campaigns for household names such as John Lewis fashion, Avon Cosmetics, and Honda Racing, Amy went on to work in fashion styling and TV in Sydney before returning to London in 2014.

Heading up a small team of highly experienced PR managers, Amy launched Lucky 8 PR, a personalized boutique PR and creative services agency with a passion for growing emerging brands. Using the best industry talent, creative ideas, and targeted press and influencer strategies, Amy and her team have projected many independent brands from kitchen table businesses to the pages of some of the biggest media outlets in the world.

Creative, relentlessly hardworking, and always friendly, Amy brings these qualities to every agency project. Always focused on much more than simple product placement, Amy takes great pride in building brands' identity and visibility on and offline in a competitive, ever-changing consumer landscape.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@LUCKY8PR](https://www.instagram.com/LUCKY8PR)

WEBSITE - WWW.LUCKY8PR.COM

ADVERTISING CONSULTANT

SOPHIE ROBERTSON

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ABOUT

Sophie Robertson is a highly skilled advertising and user-generated content consultant with a focus on the wellness industry. With her expertise, Sophie lends her talents to curating compelling content for renowned wellness brands like Vitamix and Wild Nutrition. If you are looking to establish direct contact with wellness brands or seeking guidance on the most effective route to reach these brands, Sophie is your go-to professional. Her extensive experience in the field enables her to offer valuable insights and strategies that can elevate your brand's visibility and engagement. Connect with Sophie on Instagram **@Sophierobertsonstudio**, where she shares her expertise, industry trends, and inspiring content.

Stay updated on her latest projects, collaborations, and success stories in the wellness space. For direct enquiries or to discuss how Sophie can assist you in achieving your brand goals, feel free to reach out to her via phone at **07476016226**. Sophie is passionate about helping brands thrive and is dedicated to providing personalised solutions tailored to your unique needs. Get in touch with her today to unlock your brand's potential in the wellness industry.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @SOPHIEROBERTSONSTUDIO

PHONE - +44 (0) 7476 016 226

FAMILY LAWYER

LAURA NASER

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ABOUT

Laura is a seasoned family law expert based in Guildford, specializing in both domestic and international cases. Her proficiency spans financial disputes and child arrangement matters for married and unmarried couples. With a focus on cross-jurisdictional and high net worth cases, she has recently handled matters in the USA, Singapore, Dubai, Australia, and Europe. Aura is adept at handling emergency situations, making urgent court applications related to children, finances, and domestic abuse.

Noteworthy accolades include winning Family Lawyer of the Year - Senior/Managing Associate 2019 (Gold) and Innovative Individual of the Year 2019 (Silver) at the Citywealth Future Leaders Awards. She was featured in the 2019 Future Leaders Top 100: Super Advisors Citywealth Leaders List, recognized in The Legal 500 2020 directory, and awarded Family Law Commentator of the Year at the 2019 LexisNexis Family Law Awards. Aura has authored numerous articles for Lexology, Jordan's Family Law, and LexisNexis New Law Journal.

Her latest publication, "The Family Lawyer's Guide to Separation and Divorce - How to Get What You Both Want," offers a modern approach to amicable separation. You can stay updated on family law matters by following her on Instagram, @TheFamilyLawyer. Aura is a proud member of Resolution, the premier membership organization for specialized family lawyers in England and Wales.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @THEFAMILYLAWYER

WEBSITE - WWW.HOMEMILK.CO.UK

COLOUR CONSULTANT

EMMA MERRY

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ABOUT

Introducing Emma: Color Consultant and Interior Designer

Meet Emma, a color consultant and interior designer with a passion for helping others confidently bring more color into their homes. Her latest masterpiece, "The New Colorful Home," offers readers a glimpse into 30 incredibly inspiring colorful homes, with expert advice on color selection from Emma herself.

Featured in THE TIMES, ELLE DECOR MAGAZINE, COLLAGERIE AND MORE, Emma's book is a must-read for anyone looking to add a touch of color to their living space.

Color Your Home with Confidence Online Course

Are you feeling overwhelmed with the vast number of color choices out there? Emma invites you to take her online course, where you'll gain the knowledge and confidence to create a space where color speaks louder than words. Emma understands that starting a color scheme can be daunting, but with her guidance, you'll be able to bring your vision to life with colors that resonate perfectly in your living space. Let's embark on this journey together!



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@HOMEMILK](https://www.instagram.com/hOMEMILK)

WEBSITE - [WWW.HOMEMILK.CO.UK](http://www.HOMEMILK.CO.UK)

CHILDREN'S BRAND

BINIBAMBA

15

ABOUT

Like all big kids, BINIBAMBA has grown from little beginnings.

It started with my favourite sheepskin coat. A Portland thrift store. One sweltering summer day. It was love at first sight - I'd make that coat mine. It joined me for the journey home and it's been my cosiest (most complimented on) companion ever since.

And that's what BINIBAMBA's all about. Finding 'the one'. It's a love letter to individuality. To having fun with fashion - no matter your age. To parenthood. To starting off, standing out. Big and little kids unite - we're celebrating and sharing style, together.

With founder Emma Grant spending 10 years working as a fashion buyer, BINIBAMBA has fashion at its heart. We've scoured the planet for the finest super-soft merino sheepskin. Waved goodbye to those bland yellowish sheepskin liners, developed our very own trend-led colours & handmade each & every BINIBAMBA - with love.

Welcome to our snuggly world. Join us and find 'the one' at BINIBAMBA.

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INSTA - @BINIBAMBA

WEBSITE - WWW.BINIBAMBA.COM

BODY. BREATH. HEART. SOUL.

16

TAMMY MITTELL

ABOUT

LIKE DR DRE,
I'm Still Here

Despite the over saturated yoga market, yoga no longer really being on trend, plus the fact that it's hard to make a living wage, I'm still here.

Many yoga teachers have chosen to rebrand themselves as somatic and movement specialists, life coaches, womb witches, breath-work facilitators or shamans.

As much as it's great to innovate and niche in this crowded wellbeing market, the truth is, it's ALL still contained within the teachings of yoga. It really is.

+18 Years Teaching

I have taught Yoga full-time for 18 years. I did my first Teacher Training when I was 23 years old and I first started yoga practice at the age of 14 years old.

+18,000-Hrs Teaching

Recognised as a Yoga Alliance UK Senior Accredited Yoga Teacher, I have taught over 18,000 hours of Yoga & Pilates

Featured Expert

My online classes are available on several platforms & apps incl. Youtube (over 2 million views), Tonic, Grokker, M.Body Health, Baby2Body & YogaWakeup

Multi-disciplinary

I am also a qualified Pilates Instructor, Hypnobirthing instructor, Thai Yoga Massage Therapist, Womb Massage Therapist, Postnatal Massage Therapist, Reiki Practitioner and Cranial Sacral Therapist.

6 years at West Ham Utd

I taught Yoga regularly to the 1st team & also Academy players. My clientbase has been broad ranging from stressed out executives to pregnant ladies, cage fighters, professional snowboarders and the over 70's!



1-2-1

CORPORATE

WORKSHOPS

INSTA - @TAMMYSYOGA

WEBSITE - WWW.TAMMYSYOGA.CO.UK

EVENT DECOR

REBECCA THOMAS

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ABOUT

Bonbon Balloons is a creative luxury balloon company based in The Cotswolds. Created by Rebecca Thomas nearly ten years ago, Rebecca wanted to lead the way in the movement for design-led balloon creations. She is now behind some of the world's most iconic bespoke balloon installations.

Some of the world's most prestigious brands and venues have commissioned us to create balloons to bring their visions to life including Baby Dior, Soho House, Net-a-Porter, Kate Spade, Bobbi Brown, and Anthropologie.

We have also adorned the walls of some of the most renowned venues in the capital including 5-star luxury hotels Claridges, Shangri-La, as well as fashion destinations Selfridges and Liberty.

At Bonbon Balloons, we love to create concepts, colour palettes, and designs that make a statement. You can also send a Bonbon Balloon as a gift for any occasion. On arrival, it will float up out of the box and the strings will carry your own specially personalized message.

Our aim is to create something special that will make you and others smile.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @BONBONBALLOONS

WEBSITE - WWW.BONBONBALLOONS.COM

CLOTHING BRAND

SIX STUDIO

18

ABOUT

Six is a modern and desirable underwear collection that redefines maternity underwear. Answering the needs of a modern woman who doesn't want to compromise her style or self-identity during or after pregnancy, it balances function and practicality with a considered contemporary aesthetic. Using the highest quality French leavers lace and Italian jerseys, it is designed in Scotland and manufactured in Portugal. The range has a strong, clean, minimal yet feminine aesthetic that is designed to flatter and support the female form as a woman evolves through pregnancy and enters into motherhood. Maternity lingerie is an essential addition to a pregnant woman's wardrobe and an important part of the process of adapting your wardrobe for your incredible changing body.

As your body changes during pregnancy, so should your lingerie. Not only does maternity underwear provide the necessary support and comfort, but it can also help you feel confident and beautiful during this special time. The Six collection offers a range of styles that cater to different needs, from seamless briefs to elegant bralettes. The delicate lace and soft fabrics feel luxurious against the skin, while the thoughtful design ensures that the pieces grow with you throughout your pregnancy and beyond. Whether you're looking for a practical everyday option or a special set for a special occasion, Six has got you covered. Say goodbye to boring, uncomfortable maternity underwear and embrace the beauty and functionality of the Six collection.



**AWESOME
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INSTA - @SIX STUDIO

WEBSITE - WWW.SIX-STUDIO.COM

**FITNESS
YOGA
BREATHWORK**

MENTAL HEALTH & WELLBEING

HAPPY HEADS

19

ABOUT

Happy Heads teaches simple mindful tools and techniques that empower everyone to live a happier, calmer, and stress-free life - helping parents and children to nurture their mental health and well-being.

Kim is a Meditation Teacher and Emotional Freedom Technique (Tapping) Practitioner - two incredibly powerful techniques that help transform your mind and calm your nervous system. Meditation helps improve both mental and physical well-being, bringing you back into balance when you need it most. Tapping is a powerful way to help release tension held in both body and mind, overcome your negative thoughts, and rewire your neurological pathways, enabling you to be the best version of yourself.

Kim is a mother of two and combines a wealth of personal and professional experience to create tailored workshops and private sessions that support everyone's unique brain - helping the whole family unit to reduce anxiety, increase confidence, improve focus, overcome limiting beliefs, improve sleep, reduce stress, and so much more.

Life doesn't need to be overwhelming - it's time to make your head happy again.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @HAPPYHEADS.ME

WEBSITE - WWW.HAPPYHEADS.ME

SPIRITUALITY JENNIFER WALLIS

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ABOUT

As a mum, I know firsthand how hard it can be finding your feet in your new role and everything that comes with it - the ensuing identity crisis, the balancing act of returning to work and adapting to the uncharted world of motherhood.

My work focuses on helping other mums manage the daily ups and downs of being a parent, by providing simple wellbeing tips and techniques, workshops and 1:1 sessions that draw upon my expertise in Reiki, meditation, journaling and poetry - both in-person and online.

I hold 1:1 Reiki sessions, Reiki training classes, meditation workshops and healing circles - some of these healing circles have been for women who have experienced baby loss, something I have been through myself.

Alongside this, I am a trained freelance journalist - writing regularly about mental health and wellbeing, as well as hosting my own podcast Practically Spiritual.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@JENNIFERCLAIREWALLIS](https://www.instagram.com/jenniferclairewallis)

WEBSITE - [WWW.JENNIFERWALLIS.CO.UK](http://www.jenniferwallis.co.uk)

YOGA & MEDITATION

KIRANJOT

21

ABOUT

If you feel like you're going mad, your hormones are all up and down and you would like to be mentally healthier and happier please try Kundalini Yoga with me Kiranjot, it works.

Fast effective and fabulous, Kundalini incorporates all aspects of yoga, sometimes all at once, so alongside simple movements that anyone can do, you might be using mantra, mudra, music and breathwork together to invoke a deeply meditative and healing state. It's a profound and transformative practice.

No matter how shitty you feel, it doesn't take a lot of Kundalini Yoga to make you feel a whole lot better. The beauty of this practice is all the moves are really simple so any-body can do Kundalini. I've practiced yoga for over half my life and been teaching Kundalini for the past 15 years. People say over and over how real and accessible I make the practice. Grounded practical spirituality that's me to a T.

There's loads of different ways to practice Kundalini with me, 1-1 in my private studio in Peckham, online via zoom, in a group class in person, online or on retreat. Please check my website for more details, get in touch and put an end to your suffering. Total beginners to yoga especially welcome.

1-2-1



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CORPORATE

WORKSHOPS

INSTA - [@KIRANJOT108](https://www.instagram.com/kiranjot108)

WEBSITE - [WWW.KIRANJOT.COM](http://www.kiranjot.com)

POSTPARTUM POSTPARTUM PLAN

22

ABOUT

We are postpartum for life; why don't we plan for that? Postpartum Plan is your virtual village of experts, online resources, weekly lives and support to provide emotional and physical recovery to all parents to ensure you thrive, not just survive, in parenthood and beyond. From mindset to movement, recovery to recipes; we have you covered.

Access to Postpartum Plan provides your own personalized dashboard of videos, podcasts, recipes and workshops plus weekly live sessions and a toolbox full of goodies sent to your door. We also provide Postpartum Plan as an employee benefit so corporations can gift our services to employees going on baby bonding leave.

Birth is not the end goal. Let's revolutionize postpartum care together.



INSTA - @POSTPARTUMPLAN

WEBSITE - WWW.POSTPARTUMPLAN.CO.UK

WOMEN'S HEALTH PROGRAMMES

23

DR MAYONI

ABOUT

Dr. Mayoni Gooneratne, founder and medical director of Human Health and SkinFit, is a former NHS colorectal and pelvic floor surgeon. Recognizing a lack of awareness about women's health and a need for health-oriented care, she established The Clinic by Dr. Mayoni. With a world-class team, she delivers upstream care, addressing health before illness. Dr. Mayoni, a speaker at international conferences, curated the Medical Longevity Summit in 2023 and was honored as the most influential speaker.

Published in journals and featured in Tatler, Cosmopolitan, and Women's Health, her award-winning clinic focuses on aesthetics and hormone health.

As VP of the British College of Functional Medicine, she advocates for accessible functional medicine. A wife and mom of three, Dr. Mayoni shares her perimenopausal journey through programs and workshops, optimizing hormonal wellness for patients to thrive during hormonal transitions. Awards include f:entrepreneur 100 (2019) and Best Business Woman in Health and Wellness finalist (2022).



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CORPORATE

WORKSHOPS

INSTA - [@HUMANHEALTH.THECLINIC](https://www.instagram.com/HUMANHEALTH.THECLINIC)

WEBSITE - WWW.DRMHUMANHEALTH.CO.UK

PERI & POST MENOPAUSE APP

KATE ROWE - HAM

24

ABOUT

Kate Rowe-Ham is the founder of Owning Your Menopause and author of *Owning Your Menopause: Fitter, Calmer, Stronger in 30 Days*. This app is the first of its kind, offering live and on-demand workouts for women going through menopause. While battling with her own experiences and symptoms of menopause, Kate recognized that there is a lack of support and education for women in this demographic, and this led her to spearhead the creation of OYM. This offering is designed to provide women with the tools and support they need to thrive through menopause and midlife.

This platform is currently reshaping what fitness means to thousands of women going through menopause and is helping them train efficiently and effectively with the time constraints midlife women often face. Through in-depth research, self-testing, coaching, and refinement, OYM is providing women with the much-needed information and support they need so that they can be strong in mind and body regardless of their starting point.

The Owning Your Menopause app offers a wide range of workouts, including yoga, strength training, and cardio, that are tailored to the specific needs of women going through menopause. The app also includes meal plans and nutritional advice, helping women make positive changes to their diets to support their overall health and wellbeing.life.



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CORPORATE

WORKSHOPS

INSTA - [@OWNINGYOURMENOPAUSE](#)

WEBSITE - WWW.OWNINGYOURMENOPAUSE.COM

SEX & RELATIONSHIPS

THERAPIST THE PARENTING CLINIC

25

ABOUT

So much is asked of parents and so little is given"
Virginia Satir.

BACP Gestalt Therapist, Annabelle Hird of @Behirdtherapy has taken the experience gained from her years of private practice, working within charities supporting mothers with postnatal depression and her time working in senior schools, and has created a counselling service for parents: The Parenting Clinic.

Annabelle is of the belief that parents are undervalued and undersupported and that in caring for the carers we stand a better chance of a healthier future as a society.

She creates a safe, judgement-free, confidential space for parents at any stage of their parenting journey, from those in the pre-conception phase to 'empty nesters', and explores and supports any parenting-related issues that may arise.

Annabelle is based in Richmond, Southwest London, and works from @Themarispractice in Twickenham, but also works online so her support can be accessed wherever you are.

Look out for her workshops this year that will include:

- "What next? Exploring your identity now you are a mother"
- "Returning to work after maternity leave. How to get the balance right for you"
- "How to get your teen to talk to you again"
- "Supporting your child with school anxiety"

The
Parenting
Clinic



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CORPORATE

WORKSHOPS

INSTA - [@THEPARENTINGCLINIC](https://www.instagram.com/theparentingclinic)

WEBSITE - [WWW.PARENTINGCLINIC.CO.UK](http://www.parentingclinic.co.uk)

PREGNANCY & PARENTING SPECIALIST

CHARLI

ABOUT

Do It Like a Mother (DILAM) is a movement, created and curated to bring you the most empowered and connected experience of pregnancy, birth and parenting, with the pursuit of your well-being and passions alongside it all.

We believe that EVERY parent matters and we keep it REAL. Our values are INCLUSIVITY, EDUCATION, EQUALITY, EMPOWERMENT, COMMUNITY, CONNECTION & CHANGE and we've supported hundreds of parents to step into them since 2013.

This is a community of parents that invites every parent to join, NO EXCEPTIONS.

At DILAM, we recognize that parenting can be a challenging journey, full of ups and downs. That's why we're committed to providing a safe space for all parents to come together and support one another. Our community is built on the foundation of inclusivity, meaning that everyone is welcome regardless of their background, gender, sexual orientation, or parenting choices.

We also believe that education is key to making informed decisions about your pregnancy, birth, and parenting journey. That's why we offer a range of resources, including workshops, classes, and online content, to help you navigate this exciting time.

At DILAM, we're passionate about empowering parents to find their voice and take charge of their own journey. We believe that every parent has the right to make decisions that are best for them and their family, and we're here to support you every step of the way.

Join our community today and be part of a movement that's all about connection, community, and change. Together, we can create a world where every parent feels supported, empowered, and confident in their parenting journey.

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WHAT'S ON THIS WEEK

22ND JANUARY - 28TH JANUARY

INSTA - [@DO.IT.LIKE.A.MOTHER HQ/](https://www.instagram.com/do.it.like.a.mother.hq/)

WEBSITE - [DOITLIKEAMOTHER.CO.UK](https://www.doitlikeamother.co.uk)

THERAPIST ZANNA ST QUINTON

27

ABOUT

I offer solution focused, positive and effective therapy for Mothers when they are experiencing difficulties. Whether it may be anxiety, stress, depression, birth trauma, anger or relationship difficulties - I will help you to understand why you are feeling the way you are feeling and together we will find a way for you to feel better from the very first session.

You decide the frequency and number of sessions you have, but whether it is one session or many more, you will receive a range of knowledge, resources and tools that you can draw on in the future. Sessions on Zoom or in person in Wallingford, Oxfordshire.

Contact me to arrange a 15 minute consultation free of charge.

Motherhood can be a challenging experience and it is not uncommon for mothers to face difficulties such as anxiety, stress, depression, birth trauma, anger, or relationship issues. If you are a mother experiencing any of these issues, you don't have to face them alone. With my solution focused, positive, and effective therapy, I can help you understand the root cause of your problems and find ways to improve your mental health and wellbeing from the very first session.

The frequency and number of sessions you have is entirely up to you. Whether you decide to have just one session or many more, you will receive a range of knowledge, resources, and tools that you can use in the future to cope with any challenges that may arise. Sessions can be conducted over Zoom or in person in Wallingford, Oxfordshire.

If you are interested in learning more about how therapy can help you, please don't hesitate to contact me. I offer a free 15-minute consultation to help you determine if my services are the right fit for you.



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CORPORATE

WORKSHOPS

INSTA - @ZANNASTQUINTONTHERAPY

WEBSITE - WWW.ZANNASTQUINTONTHERAPY.COM

SEX EDUCATION FILIPA CARREIRA

28

ABOUT

Awkward Parents: Navigating Sex and Abuse Prevention

Embark on an enlightening journey with Filipa Carreira, your trusted companion in sex education and abuse prevention. With a postgraduate in Sexual Education and Wellbeing, Filipa brings over a decade of expertise, having educated and empowered 6,000 children, trained 100+ educators and designed curriculum frameworks for RSE programs (Grades 1 to 12).

Introducing our Sex Ed and Abuse Prevention online course, meticulously crafted for parents of children 2 to 8. Filipa believes in the power of initiating sex ed discussions at home, creating a foundation for a lifetime of healthy relationships. It's more than just information; it's about fostering an open, comfortable space where curiosity thrives.

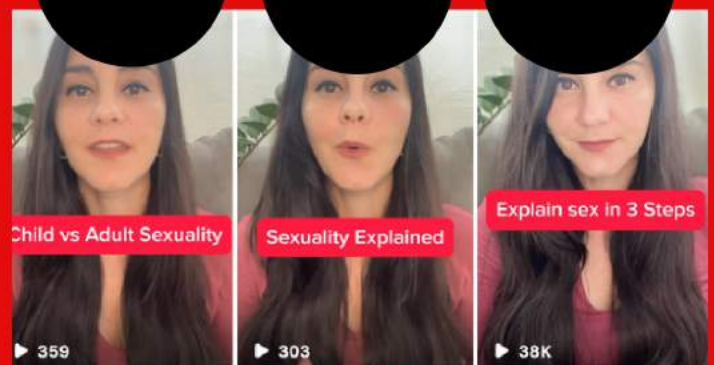
Join us in transforming awkward moments into opportunities for meaningful discussions. Enjoy exclusive access to personalized 1-on-1 calls with Filipa as a unique aspect of this empowering journey. Delve into specific concerns and queries as you navigate the complexities of parenting in a space where professionalism meets a touch of awkwardly awesome expertise!



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CORPORATE

WORKSHOPS



INSTA - [@AWKWARD PARENTS](https://www.instagram.com/awkwardparents)

WEBSITE - [WWW.AWKWARDPARENTS.COM](http://www.awkwardparents.com)

PHYSIOTHERAPIST KERRY NORTON

29

ABOUT

Kerry Norton is a leading physiotherapist in the UK, specializing in pain-related conditions. She is also a bestselling author, founder of Rewild Health Ltd, and creator of the Root to Relief, Pain Recovery Programme. Kerry shares her decade-long struggle with persistent spinal pain and her journey to discover a path to pain freedom. She is a Diplomat of the science of Anti-Aging medicine, trauma-informed therapist, and advanced Fellow in Anti-Aging, Metabolic and Functional Medicine. Kerry has traditional Western medical knowledge, holistic skills, and ancient intuitive wisdom. Root to Relief is a unique solution to heal chronic pain and other persistent illnesses from the inside out.

Kerry's approach to pain management focuses on identifying and treating the root cause of the pain, rather than just managing the symptoms. She believes that chronic pain is often a result of a combination of physical, emotional, and spiritual factors, and her program takes a holistic approach to address all of these elements. Kerry's expertise in anti-aging medicine, metabolic and functional medicine, and trauma-informed therapy allows her to provide a comprehensive and personalized approach to pain recovery. Her book, "The Root to Relief: A Holistic Approach to Pain Management," has helped many people find relief from their chronic pain and live a happier, healthier life. Kerry's dedication to helping others and her unique approach to pain management make her a true leader in her field.



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CORPORATE

WORKSHOPS

INSTA - [@ROOTTORELIEF](https://www.instagram.com/roottorelief)

WEBSITE - [WWW.KERRYNORTON.COM](http://www.kerrynorton.com)

PERSONAL STYLIST

LINDSAY JONES

ABOUT

30

Lindsay Jones at The Style Angle is a Personal Stylist who has almost 20 years' experience working in the fashion industry across buying and styling.

She set up The Style Angle after becoming frustrated with her own wardrobe, which was jam-packed full of fast fashion, wear-once items that no longer fit since becoming a mum. Her mission now is to help busy mums who have no time to think about themselves by A. Giving them the tools and knowledge and that all-important confidence boost to discover and love their style and B.

Creating them a stress-free capsule wardrobe, full of new outfits which will mean they can buy less and buy better. She specializes in wardrobe edits, outfit creation, and color & style analysis, offering her services in person or online.

Lindsay's expertise in the fashion industry spans across buying and styling for almost two decades. Her personal frustration with her wardrobe led her to create The Style Angle, where she helps busy mums find their style and create a stress-free capsule wardrobe. Lindsay's mission is to empower women with the tools and knowledge to boost their confidence and love their style. She specializes in wardrobe edits, outfit creation, and color & style analysis, offering her services both in person and online. With Lindsay's help, women can buy less and buy better, while still looking and feeling their best.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@THE STYLE ANGLE](https://www.instagram.com/the_style_angle)

WEBSITE - [WWW.THESTYLEANGLE.CO.UK](http://www.thestyleangle.co.uk)

CHILDREN'S CLOTHING

KUTTI LULU

31

ABOUT

Kutti Lulu, meaning 'little cutie,' was founded by a London-based mum of two, on a mission to create children's clothing as vibrant and unique as her own kids' personalities. The brand captures the magic of childhood with its range of loungewear in vivid, playful prints, all while embracing sustainability and exceptional quality. Each piece, handcrafted from certified organic cotton for babies, kids and their grown-ups, is thoughtfully designed for daily adventures and cosy family moments.

Kutti Lulu's award-winning prints, drawing inspiration from the natural world, feature lively animal patterns, bright colours and nature-inspired motifs. These designs are more than just visually striking, they spark imagination, foster a love for nature and turn each wear into a journey of discovery.

Priding itself on ethical collaborations with fair-trade suppliers, Kutti Lulu supports artisans and dedicates profits to children's charities in India. Blending style, eco-consciousness, and a spirit of adventure, Kutti Lulu's loungewear is not just clothing, it's a celebration of the vibrant spirit of childhood.



INSTA - [@KUTTILULU](https://www.instagram.com/kuttilulu)

WEBSITE - [WWW.KUTTILULU.COM](http://www.kuttilulu.com)

SOS WOMEN

VIRTUAL ASSISTANT CAROLINE MARSHALL

32

ABOUT

"Bump to Business Owner" is a podcast speaking to mums in business - you. The host and owner of the award-winning Virtual Assistant agency Upsource, Caroline Marshall, is in conversation with some of the most inspiring women and mothers in enterprise about their journey, how they created their successful businesses alongside raising their children and what that looks like in work and family life.

These are real women running successful businesses around their kids, without an army of staff and millions of dollars behind them - yet! Hear their stories, their motivations, their support systems, and take inspiration for your own business and career journey.

The podcast is a great resource for anyone who is considering starting a business or is already in the process of doing so. It offers valuable insights into the challenges and rewards of being a business owner while also being a parent. The stories shared by the guests on the show are not only inspiring but also provide practical tips and advice on how to balance work and family life. Whether you are a stay-at-home mom looking to start a side hustle or a working mom juggling a full-time job and a business, this podcast has something for everyone. Tune in to "Bump to Business Owner" and join the community of like-minded women who are making it happen!



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CORPORATE

WORKSHOPS

INSTA - [@BUMPTOBUSINESSOWNER](https://www.instagram.com/bumptobusinessowner)

WEBSITE - [WWW.WEAREUPSORCE.CO.UK](http://www.weareupsorce.co.uk)

MORTGAGE EXPERT SARAH TUCKER

33

ABOUT

A multi-award-winning mortgage and protection brokerage made up of phenomenal women across the UK. A beacon for flexible working showcasing the power of female-led management and an education hub for all things finance, this fierce tribe is on a mission to show that mortgages are about more than just money!

This exceptional team of women is breaking down barriers and revolutionizing the mortgage industry. With their innovative approach to work-life balance, they are inspiring other companies to implement flexible working arrangements and prioritize the well-being of their employees. Their commitment to educating their clients on all aspects of finance is unparalleled, ensuring that everyone who works with them feels empowered and informed. As female leaders in a traditionally male-dominated field, this tribe is leading the charge towards a more inclusive and equitable future for all. It's not just about getting a mortgage, it's about building a brighter financial future, and this remarkable group of women is leading the way.



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CORPORATE

WORKSHOPS



INSTA - @THE_MORTGAGE_MUM

WEBSITE - WWW.THEMORTGAGEMUM.CO.UK

EVENT CHAMPIONS

FAMILY PHOTOGRAPHER MELISSA GRAY PETERS

ABOUT

I'm Melissa - a travel-addicted mum of two and an award-winning maternity, family and newborn photographer in North London. I believe that your family is uniquely yours, and your family photos should be too. You know that feeling you get when you find something for your home and immediately love everything about it? How it looks, how it makes you feel, how you know exactly where it's going to go? That's how I want you to feel about your family photos.

But I also want you to look at the photos and see the family you love, as the people they are. I want you to look...what's the word? Normal. Like you, just on a really, really good day! So instead of costumes from a client wardrobe, we'll choose clothes together that'll harmonize beautifully with the styling of your home.

I'll guide you towards the best light and framing, but I want the moments themselves to be real. Moments of closeness and affection, small gestures of kindness, a running family joke, kisses, cuddles. Small, simple moments that will mean the world to you in years to come. I want you to love the way your photos look on your walls. But above all, I want you to resonate with the connection that fills them.



INSTA - @MELISSAGRYPETERS

WEBSITE - WWW.MELISSAGRYPETERS.COM

WEDDING PLANNING MELISSA WOODS

35

ABOUT

"Hey! I'm Melissa, the founder of The Un-Wedding.

It all started back in 2014 when I was working as a wedding make-up artist. I discovered that too many couples seemed hesitant to break tradition for their big day, even if it meant going against their own personal tastes.

Thinking back to my own wedding day in 2012, it was way more traditional than my husband and I actually are! I wanted to give more couples (and throuples) the courage and freedom to stop following outdated traditions and personalize their weddings instead.

I know how hard it can be to find alternative wedding suppliers and ideas, so I brought them all together on one platform to make planning your Un-Wedding easier!"

Since its inception, The Un-Wedding has been providing couples with a plethora of unique and alternative wedding ideas. Whether it's a boho beach wedding or a vintage-inspired ceremony, the platform has something for everyone. Melissa's vision was to create a space where couples could break free from the shackles of tradition and create a wedding that truly reflected their personalities. The Un-Wedding is not just limited to couples - it is also a safe space for throuples who want to celebrate their love in a non-conventional way.

With a carefully curated list of suppliers, the platform makes it easier for couples to plan their dream wedding without compromising on their values. Melissa's passion for helping couples create an unforgettable wedding experience has made The Un-Wedding a go-to platform for anyone looking to tie the knot in a unique and personalized way.



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CORPORATE

WORKSHOPS

INSTA - @THE UN WEDDING SHOW

WEBSITE - WWW.UN-WEDDING.COM

EVENT PLANNER

LIBBY EWART

36

ABOUT

The Box Party is a one-stop, online shop of carefully curated partyware and gifts.

Set up by a busy mum of two, Libby knows how overwhelming it can be to plan and organise parties and celebrations for the special people in your life, so she set up The Box Party to help take the pain out of the planning by having everything you might need for the big, busy days, all in one place.

From balloons to banners, party bag fillers to gorgeous gifts, The Box Party is here to help you make memories on the special days without the stress!

The Box Party offers a wide range of party themes to suit every taste and occasion. Whether you're planning a birthday bash, baby shower, or hen party, they have got you covered. Their themed party boxes include everything you need to create a fun and memorable event, from tableware to decorations.

One of the things that sets The Box Party apart is the attention to detail in their products. Each item is carefully selected for its quality and uniqueness. They also pride themselves on their commitment to sustainability, using eco-friendly materials wherever possible.

In addition to their party boxes, The Box Party also offers a selection of thoughtful gifts for all ages. From personalised mugs to luxury pamper sets, there is something for everyone.

So, if you're looking to take the stress out of party planning and create a truly special celebration, head over to The Box Party and let them help you make it a day to remember!



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CORPORATE

WORKSHOPS

INSTA - @THE.BOXPARTY

WEBSITE - WWW.THEBOXPARTY.CO.UK

NUTRITION

EVENT CATERING MOTHER SUPPER

37

ABOUT

"Mother Supper" is a small catering business based in South London, born from a generational love of sharing good food. We specialize in creative catering for events, mailers, and grazing.

Since launching in 2020, we have worked with loads of amazing brands such as Microsoft, LaRedoute, River Island & more. We have also been featured in publications such as Elle & Harper's Bazaar.

Our team consists of passionate foodies who are dedicated to delivering delicious and visually stunning food experiences. We take pride in using fresh and locally sourced ingredients to create unique menus that cater to our clients' tastes and preferences.

We offer a range of catering options, from intimate dinner parties to large corporate events, and everything in between. Our "grazing" option has become particularly popular, featuring an array of delicious bites and nibbles that are perfect for any occasion.

At "Mother Supper," we believe that food brings people together, and we strive to create memorable experiences that leave a lasting impression on our clients and their guests. So whether you're planning a wedding, a business conference, or a casual get-together with friends, let us take care of the food and create something truly special for you.



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CORPORATE

WORKSHOPS

INSTA - [@YOUMOTHERSUPPER](https://www.instagram.com/youmothersupper)

WEBSITE - [WWW.MOTHERSUPPER.CO.UK](http://www.mothersupper.co.uk)

NUTRITION & INFERTILITY

SAM

57

ABOUT

I am a Registered Nutritional Therapist specialising in Secondary Infertility and Family Nutrition. I help women and couples prepare for pregnancy and motherhood using food, lifestyle and low-tox living.

What I can support you with-

- Unexplained infertility, Secondary infertility, Preparation for Pregnancy
- Preparation for IVF and maximising chances of success.
- Optimising female cycle, egg and sperm health, hormonal health and nutritional status using food, lifestyle and lowering environmental exposures.
- Miscarriage and recurrent miscarriage prevention, further investigation and support.
- Pregnancy support throughout trimesters.
- Immune support for the whole family.

My approach is a holistic one. I look at the person as a whole, to try to pinpoint any root causes of disease or imbalance. I can help to identify any nutrient deficiencies, sources of inflammation, stress on the mind and body and address any toxicity that could be triggering/driving symptoms and ensure the safest environment for baby to thrive.

I firmly believe the body has the ability to heal itself and bring balance when given the tools to do so.



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CORPORATE

WORKSHOPS

INSTA - @PARACHUTE_NUTRITION

WEBSITE - WWW.PARACHUTE-NUTRITION.CO.UK/

NUTRITIONAL THERAPIST GEMMA MCGUIGAN

38

ABOUT

Gemma is an expert at personalizing and optimizing health. She runs a busy Functional Medicine & Nutrition clinic, showing specialism in gut health, female hormone health, autoimmunity & chronic fatigue. Gemma is a wellness speaker & educator, co-founding a wellness retreat & education company Mind.Body.Reset.

Gemma is one of 90 in the UK to hold a full Functional Medicine certification with the esteemed Institute of Functional Medicine (IFM). Gemma believes that with a Functional Medicine approach she can empower patients to take control of their health using the intelligence of nature and science to transform their health & restore inherent vitality.

Functional medicine is a new paradigm of healthcare where the whole person is addressed, not just an isolated set of symptoms. It determines how and why illness/symptoms occur and restores health by addressing the root causes of disease for each individual, using a food-first approach.



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CORPORATE

WORKSHOPS

INSTA - [@GEMMA.MCGUIGAN.HEALTH](https://www.instagram.com/gemma.mcguigan.health)

WEBSITE - [GEMMAMCGUIGAN.COM](https://www.gemmamcguigan.com)

PAEDIATRIC DIETITIAN

LUCY NEARY

39

ABOUT

Lucy is a Paediatric Dietitian and Early Years Feeding Specialist. She has over a decade of experience transforming the lives of families struggling with a range of feeding difficulties and solving issues such as colic and reflux, food allergy, growth concerns, constipation, weaning and fussy eating.

Lucy is the weaning expert for Hipp Organic and has been featured in publications from the BBC, Asda Good Living and Nursery World. She has spoken at conferences such as The Baby Show in London, has been featured in podcasts and regularly trains Early Years Practitioners in child feeding practices.

As a Mum herself, Lucy understands the emotional strain of having a baby or child who is suffering from health or feeding problems. Furthermore, as a neurodivergent single parent to 2 young children, Lucy understands the difficulties that can result from parenting children with emotional and sensory difficulties. This fuels her determination to assist parents struggling with fussy eating and other food related challenges.

Lucy is on a mission to eliminate outdated generational feeding myths to help parents to work with (not against), the individualism of their child. By creating connections that prioritise nurture and nutrition, parents and children can enjoy healthier relationships with their food and with each other.



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CORPORATE

WORKSHOPS

INSTA - [@THEEARLYYEARSDIETITIAN](https://www.instagram.com/theearlyyearsdiitian)

WEBSITE - [WWW.THEEARLYYEARSDIETITIAN.CO.UK](http://www.theearlyyearsdiitian.co.uk)

COACHES

MINDSET COACHING CLUB THRIVE

40

ABOUT

Club Thrive empowers ambitious, high-achieving actors, creatives, entrepreneurs, and mums to develop a deep sense of self-trust to improve and maintain self-belief, creativity, mindset, confidence, overall wellbeing, and presence to be able to live an energized, fulfilled, exciting, and thriving personal + professional life without guilt or burnout. Club Thrive was founded by Kate Stirling, an ICF Qualified Life Coach, NLP Master Practitioner, Speaker, Professional Actor, and Mum of 1 (or 2 if you include the rescue dog!). She has 22 years of experience in the wellness and coaching space as a PT, Yoga Teacher, Nutrition Coach, and Pre/Post Natal Core Exercise Solution Specialist.

Club Thrive offers 1:1 confidence, mindset + wellbeing coaching with Kate alongside online masterclasses, programs, and weekly episodes of Club Thrive: The Podcast. Having navigated her own life curveballs including anorexia in her teens, divorce, and low confidence in her early 30s, to now be living a fulfilled, creative, purpose-driven life, Kate believes there is opportunity to be found in even the hardest and most challenging of situations - and that rock bottom, or even murky gray, gives you an opportunity to embrace being yourself to feel happier and more alive when being seen, heard, and valued for all that you already are: Exactly what Club Thrive aims to do.



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CORPORATE

WORKSHOPS

INSTA - @CLUBTHRIVE

WEBSITE - WWW.CLUB-THRIVE.COM

BUSINESS & MINDSET COACH

HELEN SMITH

41

ABOUT

Collaborating with high-achieving, real-world female founders who have transitioned out of corporate or previous ventures. We work together on mindset and strategy to raise the game, convert talents into businesses, and transform beliefs to create confident brands that thrive while balancing life, developing influence, impact and income.

With 15 years of corporate experience in marketing, sales and advertising for progressive leading digital brands such as the Guardian and ASOS, I'm a passionate music lover, curious creative and unashamed joy seeker, a mother to daughters, and a friend to many.

My focus is on empowering women to reach their full potential and live a life that is fulfilling both personally and professionally. Through my experience and expertise, I provide valuable insights and guidance to help female founders navigate the challenges of entrepreneurship and develop a solid foundation for their businesses.

I believe that success is not just about making money, but also about making a positive impact on the world. That's why I work with women who are not only driven by financial success but also by the desire to make a difference in their communities and beyond.

If you're a female founder looking to take your business to the next level, I would love to collaborate with you. Let's work together to create a brand that reflects your values, resonates with your audience, and helps you achieve your goals. Together we can transform your vision into a reality and make a meaningful difference in the world.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @HELEN SMITH COACH

WEBSITE - HELENSMITHCOACH.COM/

SELF DEVELOPMENT HOLLY MATTHEWS

42

ABOUT

Holly Matthews is a 'no nonsense' self development coach, award winning author and founder of The Happy Me Project. Having been a TV actress from the age of 11 and then facing being a widowed single Mum at 32, Holly understands challenge and now teaches people how to feel **'more happy and less crappy'** via her online membership, in person events, podcast and books.

Welcome to The Happy Me Project, where I believe self development doesn't need to be fancy and you are not broken.

I am on a mission to help people feel more happy and less crappy by sharing tools that you piece together and make a lovely life for yourself.

I do this in a few ways; Buy my best selling book and work through the ideas in your own space.

You can join my group coaching membership, where you'll get a ready made community that's gonna have your back and champion your journey.

You can come to my in person RESTIVAL events and work with me 1:1.

Links to all of this are below.

Seriously though, I know you're searching for something and I get it, I am you too. Let's hang out and get you to the place you want to be.

Whatever you choose, you're awesome and I'm so glad to have you here!

Feel free to drop me a message on email or on Instagram and I will answer all your burning questions.

Holly x

1-2-1



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@IAMHOLLYMATTHEWS](https://www.instagram.com/iamhollymatthews)

WEBSITE - [WWW.IAMHOLLYMATTHEWS.COM](http://www.iamhollymatthews.com)

PARENTING COACH TAMSIN WILLIAMSON

43

ABOUT

Tamsin is a transformational Life and Mindset Coach for Mums (aka The Parenthood Coach). She's also a mindfulness teacher and NLP Practitioner, a passionate business owner and a Mum of two.

Through her work, Tamsin holistically supports Mums to reconnect with their passion, purpose and potential after having kids, supporting them to build more balanced, aligned and fulfilled lives, careers and businesses while honouring their integrity as a parent.

Why I do what I do...

I know what it's like to be where you are right now. I understand how draining it is to feel passionless, disillusioned and stuck. And I remember the overwhelm of life being full to the brim while feeling empty, directionless and flat inside.

I've experienced the guilt of not feeling grateful enough for all I have, and consumed by a desire for something more for myself, beyond Motherhood.

I GET YOU BECAUSE I WAS like YOU



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@THEPARENTHOODCOACH](https://www.instagram.com/theparenthoodcoach)

WEBSITE - [WWW.THEPARENTHOODCOACH.CO.UK](http://www.theparenthoodcoach.co.uk)

COACHING EMMA FULLWOOD

44

ABOUT

Emma is Female Libido Enhancing Queen, a Pelvic Floor Coach and an Orgasmic Hypnotherapist who guides women to live turned on and tuned into the sexual energy. Emma will get your body feeling juicy, she will increase your desire and raise your libido whilst awakening your deep internal pussy power muscles for orgasms that make you glow more than a Charlotte Tilbury Highlighter!

Female sensuality isn't about being sexy for a man. It's about feeling confident and turned on by your own body, we become super powerful when we are connected to our sexual energy and Emma uses Sex Magic to support women in business to manifest their desires through their body. allowing women in business to have way more fun!

Emma's all about living turned on and will have you experiencing pussy flutters and energygasms even on the school run! Let's make even miserable Mondays more delicious.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@THE_EMMAFULLWOOD](https://www.instagram.com/the_emmafullwood)

WEBSITE - [WWW.SUPERCHARGEDCLUB.CO.UK](http://www.superchargedclub.co.uk)

TIME MANAGEMENT COACH

45

ABIGAIL LANGRIDGE

ABOUT

Abigail supports high-achieving women to reclaim their personal life and alleviate their headspace of all things that keep them awake at night and interrupt them throughout the day. She brings the true essence of having a personal assistant alive, tailoring her support to each person.

Poppins PA has been created from a place of longing and for wanting each woman to realize why they do what they do, ensuring these women are supported as individuals in order for them to show up as their best selves professionally, as well as for their families too.

Abigail has scooped up Mary Poppins and brought her into the modern day and now offers time management in one-off sessions and a 6-month accountability support programme too!

Abigail's mission is to empower women to take control of their lives and prioritize their personal well-being. She understands the challenges that high-achieving women face, including the constant pressure to perform at work and the difficulty of finding a work-life balance. That's why she offers personalized support that takes into account each woman's unique circumstances and needs.

With Poppins PA, Abigail has created a modern-day version of Mary Poppins, who helps women manage their time and stay accountable to their goals. Whether you need a one-off session to get organized or a longer-term support program, Abigail is there to guide you every step of the way.

By working with Abigail, women can finally reclaim their personal lives and achieve the success they deserve both professionally and personally. So if you're feeling overwhelmed and in need of some support, reach out to Abigail and let her help you become your best self.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@POPPINSPA](#)

WEBSITE - [WWW.POPPINS-PA.COM](#)

COACHING

LAURA MAXWELL

46

ABOUT

Laura Maxwell has been coaching for 10 years. She started her training at Regent's University where she obtained a foundation degree in psychotherapy and counselling. She then went on to complete her coaching diploma from Full Circle Global. She is a fully accredited coach by the International Coaching Federation.

Laura coaches people from all sorts of backgrounds, working in both pro bono and private environments. Her focus is relationships – not just romantic but all kinds. She works closely with her clients to help them gain clarity in their goals. She works with them on issues relating to self-worth and helps them to discover their own personal life philosophy to live by. Laura is starting a Master's next year where she will be working towards becoming a psychotherapist. She is based in Central London.

Laura's approach to coaching is very personalized and client-focused. She believes that every individual is unique and requires a tailored approach to coaching. She is committed to helping her clients achieve their goals and overcome any obstacles that may be hindering their progress. Laura believes that the key to success in coaching is building a strong relationship with her clients based on trust and mutual respect. Her passion for coaching is evident in the positive feedback she receives from her clients who often report significant improvements in their personal and professional lives as a result of working with her. With her extensive training and experience, Laura is well-equipped to help her clients navigate the complexities of life and achieve their full potential.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @THEPERSONALCOACH

WEBSITE - LAURAMAXWELLCOACHING.COM

CONFIDENCE COACH

JO FIDDY

47

ABOUT

Go from feeling stuck, self-conscious, and anxious while navigating your 40s, to finding your vibe and radiating confidence.

I'm Jo Fiddy, the Founder of Rise & Vibe, and it is my mission to empower women in their 40s to find their confidence and smile again.

I'm a Certified Wellbeing and Body Confidence Coach with the Institute for Body Confidence Coaching, and Accredited NLP and EFT Practitioner.

After working with clients for 6 years, I realized that more women in their 40s were coming to see me feeling stuck, washed up, lost, and struggling with body Confidence and emotional eating. It was like they had resigned themselves that life doesn't get much better than this. Being honest, I wasn't loving my fourth decade at that time either.

From my research, there weren't many coaching options specifically for the 40 somethings. So, I decided to create one. Rise and Vibe your 40s is a three-month 1:1 coaching with me on Zoom to empower women during this transformational and powerful time.

This is not just a cut and paste Life Coaching online program. Rise and Vibe your 40s is a personalized three-month 1:1 coaching with me that works on the mind, body, and soul.

I went on the journey myself and went from feeling like a sleepwalking hormonal 'geriatric mother', to finally waking up and finding myself again, feeling proud and confident in my mind and body.

And now I want the same for you.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @RISEANDVIBEWITHJO

WEBSITE - WWW.RISEANDVIBEWITHJO.COM

EMPOWERMENT COACH

PRARTHANA RAO

48

ABOUT

My name is Prarthana and I'm the proud founder of The Maverick Mum Movement.

Self-love and empowerment coach for mothers who are ready to fall truly, madly and unapologetically in love with themselves - guilt free.

I'm Prarthana, an ICF trained coach and founder of The Maverick Mum™ movement. I empower mothers to discover their inner strength, reignite their passions and connect with their true purpose so they can lead a truly beautiful life.

Through my 1:1 work, membership and group coaching programme and monthly face-to-face catch-ups in London, I'm on a mission to guide mothers back to themselves.

As a mother myself, I understand how easy it can be to put ourselves last. We often prioritize our family, career, and other commitments, leaving little time for self-care. But I believe that by taking care of ourselves, we can actually show up better for our loved ones and live a more fulfilling life.

That's why I created The Maverick Mum Movement - a safe space for mothers to learn and grow together. Whether you're struggling with self-doubt, feeling overwhelmed, or just need some inspiration, our community is here to support you.

I believe that every mother has the potential to be a Maverick Mum - someone who is unafraid to embrace her unique strengths and passions. So if you're ready to start your journey towards self-love and empowerment, I invite you to join us. Let's create a movement of confident, fulfilled, and happy mothers!



1-2-1

CORPORATE

WORKSHOPS

INSTA - @PRARTHANATTER

WEBSITE - WWW.PRARTHANARAO.COM

SELF-BELIEF COACH LISA MABBERLEY

49

ABOUT

Self-belief Coach for Women & Mums, Circle Holder & Retreat Host

I hold spaces where you can land back in your whole self, drawing all the parts of you back together again. Spaces where you can be seen, heard, witnessed, and held. Where you can come as you are and leave feeling filled up or altered in some beautiful, subtle but life-affirming way. I do this through 1:1 coaching support, workshops, women's circles, and occasional retreats.

My coaching containers are warm and compassionate, ideal for when you're feeling stuck, lost, or self-doubting. When you're so ready for something to shift but it isn't. When space is opening up for you and you haven't figured out what you want to do with it. When you're stuck in self-doubt, over-doing, over-giving or perfectionism and you can't keep going like this. When you so want to feel like you're living life on purpose again.

I use evidence-based, trauma-informed coaching approaches drawing on narrative and developmental coaching theory, and I'm healthily obsessed with helping you move from self-doubt to deeply rooted self-belief, self-worth, and self-trust. From overwhelmed to resourced (while feeling able to rest without guilt). My best thing is when you tell me you feel like you again.



1-2-1

CORPORATE

WORKSHOPS

INSTA - @MOTHER_NURTURE_AND_WILD

WEBSITE - WWW.MOTHERNURTUREANDWILD.CO.UK

BUSINESS MENTOR GAYLE HADDOCK

50

ABOUT

The consultant and mentor, with over 20 years of experience, helps businesses grow, find their stories, and build connections and community through bespoke campaigns. She offers support on various aspects of running a business, including social media, marketing, and planning. The mentor also emphasizes caring for oneself and works through imposter syndrome and self-belief. She believes in word-of-mouth marketing and creating real-life connections, always putting her clients forward for opportunities.

With her extensive experience, the consultant and mentor has worked with a range of businesses from startups to established companies. She understands that every business is unique and requires a tailored approach to achieve success. Her bespoke campaigns are designed to help businesses find their voice and tell their stories in a way that resonates with their audience.

In addition to her business expertise, the mentor also places a strong emphasis on personal development. She recognizes that running a business can be challenging and often requires individuals to confront their own insecurities and doubts. Through her coaching, the mentor helps individuals overcome imposter syndrome and develop a strong sense of self-belief.

Overall, the consultant and mentor is committed to helping businesses succeed by fostering genuine connections and building strong communities. She believes that word-of-mouth marketing is a powerful tool and encourages her clients to prioritize creating real-life connections. With her guidance and support, businesses can achieve their goals and thrive in today's competitive market.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@HUSTLEANDFOX](https://www.instagram.com/hustleandfox)

WEBSITE - [WWW.HUSTLEANDFOX.COM](http://www.hustleandfox.com)

ARTISTS & INTERIOR DESIGN

ARTIST LUCIE FLYNN

51

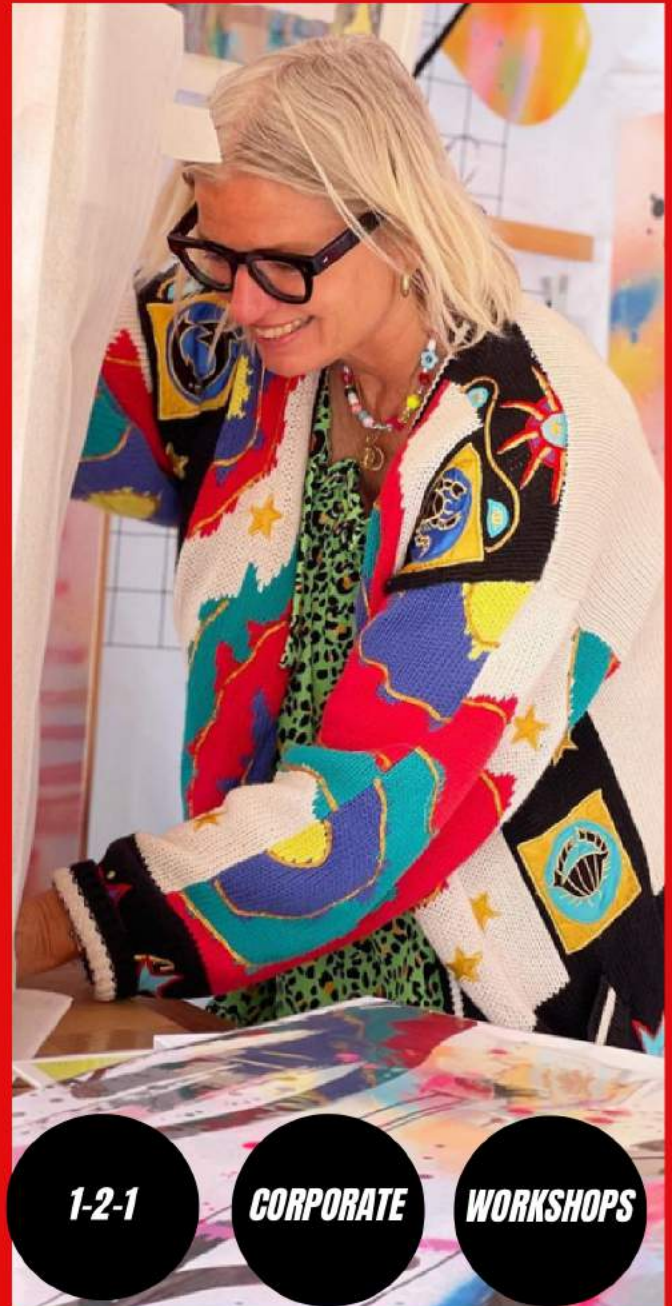
ABOUT

Lucie Flynn is a contemporary artist who has moved into creating large scale paintings on the streets, her work is instantly recognisable and stands out loud and proud - nothing comes close to her dynamic style and the path in which she practices her form. Using combinations of spray paint, acrylic, inks and collage, Flynn builds bright, clashing palettes with bold sweeps and splatters, layers of paint pulse and crackle.

Lucie is interested in pushing the boundaries of what is expected of a gallery artist - mixing things up with her street style that is undeniably unique and would be hard to compare. She has become well known for her love of colour and a freedom of expression that is very much linked to her own personal style and life with an authenticity to her artwork that is easy for the viewer to connect with. She has engaged in numerous collaborations with artists and designers, producing compelling pieces of artwork as well as managing a consistently strong link with her client base for private commissions and creative projects.

Her work has a strong female following due to the connection with motherhood and a woman's unique energy. Lucie Flynn's work has garnered recognition and is held in various private collections, both in the UK and internationally.

Press coverage includes The Telegraph ~ Stella magazine, GQ, Vogue, Living Etc., BBC South East News, to name just a few.



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@LUCIE.FLYNN](https://www.instagram.com/lucie.flynn)

WEBSITE - [WWW.LUCIEFLYNNSTUDIO.CO.UK](http://www.lucieflynnstudio.co.uk)

ART GALLERY AUNT JOY

52

ABOUT

Aunt Joy is an online gallery exhibiting a carefully curated collection of exciting contemporary art by women. They always donate 10% of sales to charities that support women and girls. They aim to make a dent in the representation of women in art and pave a smoother path for young female creatives.

"Only 13.7% of living artists represented by galleries in Europe and North America are women." (2022)

However, in the UK, "73% of students on postgraduate art and design courses are women." (2020)

Launched in the summer of 2022, Aunt Joy has swiftly become a vibrant hub for over 40 established and emerging female artists, including notable names like Anita Klein, Sara Pope, Nadia Attura, Amy Gardner, STEFDIES, and Haus Of Lucy.



INSTA - [@AUNTJOYGALLERY/](https://www.instagram.com/auntjoygallery/)

WEBSITE - [WWW.AUNTJOYGALLERY.COM](http://www.auntjoygallery.com)

INTERIOR DESIGN

GEMMA SAMUELS

53

ABOUT

At Happi Habitat, we're rewriting the rules of interior design, making it accessible to all, keeping a keen eye on budget-conscious solutions. Whether it's a full-scale renovation or a single-room makeover, no project is beyond our passion for crafting spaces that resonate with our clients' vision.

From concept to completion, we are your dedicated partners in turning your dreams into tangible, lived-in realities. At the core of our design philosophy is a deep appreciation for family life, ensuring that our creations seamlessly blend functionality and comfort without ever compromising on style. Join us on a design journey where your home becomes a Happi Habitat.

Our team of experienced interior designers understands that every client is unique, with their own set of needs and preferences. That's why we take the time to listen carefully to your requirements and work closely with you to create a bespoke design that perfectly suits your lifestyle.

We believe that good design should never be unaffordable, which is why we offer a range of services to fit any budget. Whether you're looking for a simple refresh or a complete overhaul, we'll work with you to find the solutions that work best for you.

At Happi Habitat, we're not just about creating beautiful spaces - we're about creating spaces that make you feel happy and at home. With our expert guidance and attention to detail, you can be confident that your new interior design will be tailored to your unique needs, tastes, and style. So why wait? Let's get started on creating your perfect Happi Habitat today!



1-2-1

CORPORATE

WORKSHOPS

INSTA - [@HAPPIHABITAT](https://www.instagram.com/happihabitat)

WEBSITE - [WWW.HAPIHABITAT.COM](http://www.happihabitat.com)

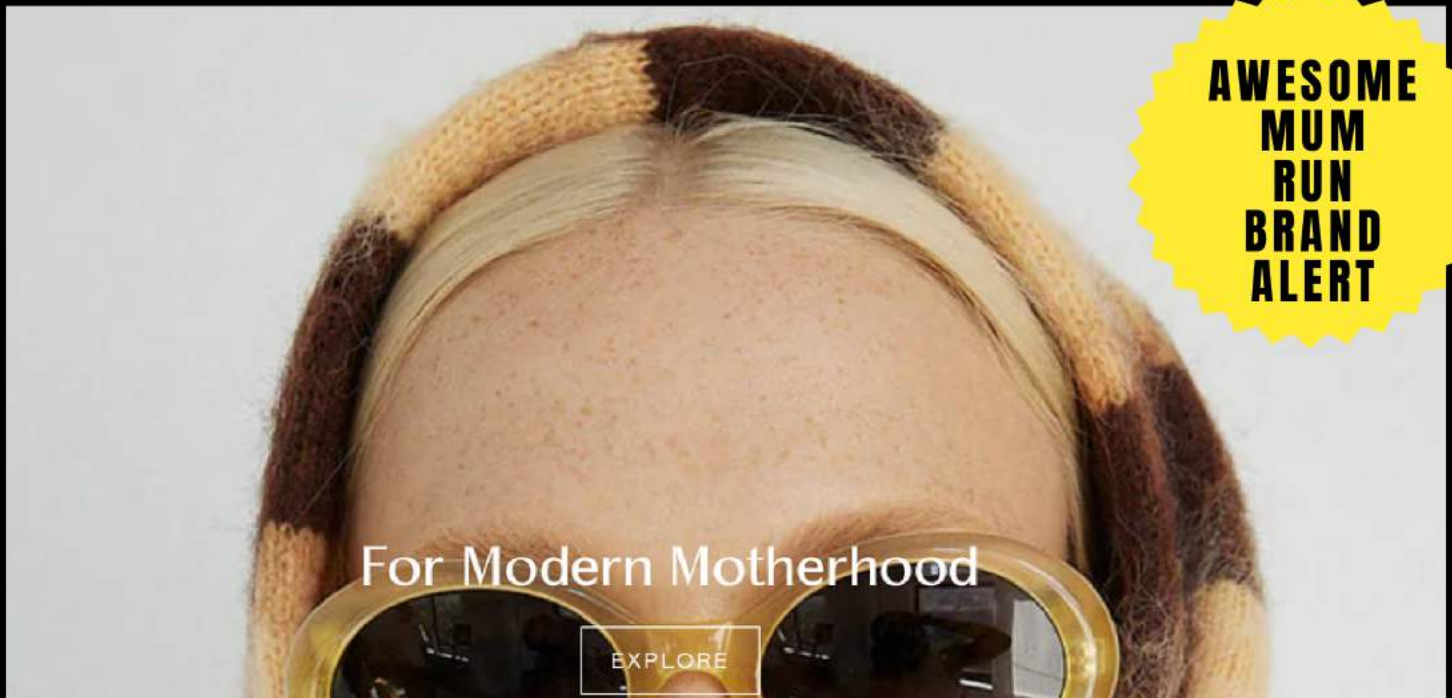
LIFESTYLE STORE & MOTHER

54

ABOUT

With the birth of a baby a mother is also born. Motherhood is a beautiful, challenging and extraordinary life-long journey, yet it's one that instinctively tends to place the children first. In addition it's not always a journey that is designed in today's world to compliment a sustainable lifestyle. It's this simple premise that prompted us to create & Mother – a consciously curated store, exclusively for motherhood.

The experience of motherhood both physically and mentally on a woman is quite simply like no other - whether exploring conception, loss, birth, recovery and the onwards journey it is one that demands strength, and is rarely linear.



INSTA - @ANDMOTHERSTORE

WEBSITE - WWW.ANDMOTHERSTORE.COM

MUM COMMUNITY

BETH BELLINGHAM

55

ABOUT

The Matrescence Project (TMP) offers educational resources to support a generation of mothers to understand matrescence. Empowering them to rediscover, redefine & reclaim motherhood.

TMP is a place where modern day mothers can discover the power of matrescence and to show mums there's a word for what they're feeling & they're not alone. Beth is a mum of 2 girls & discovering matrescence changed her motherhood journey for the better. Ever since learning about matrescence she has been on a mission to tell as many women as possible - to help them on their journey through modern day motherhood.

Matrescence is the process of becoming a mother, and it involves a lot more than just giving birth. It's a major life transition that can be both exciting and overwhelming. Many mothers experience feelings of identity loss, isolation, and anxiety during this time. TMP aims to help mothers navigate this transition by providing them with resources and support. Through workshops, online courses, and community events, TMP helps mothers rediscover themselves, redefine their roles as mothers, and reclaim their power.

By acknowledging the importance of matrescence, TMP is helping to create a culture that values and supports mothers. Beth's story is just one example of the impact that understanding matrescence can have on a mother's journey. With the help of TMP, more mothers can feel empowered and confident as they navigate this important life transition.



TMP.

A place where modern day mothers can discover the forgotten transition of motherhood & learn more about the power of matrescence.

INSTA - [@THE MATRESCENCE PROJECT](#)

WEBSITE - WWW.THEMATRESCENCEPROJECT.CO.UK

COACHING

MALIKA TEZCAN

56

ABOUT

I'm Malika and I'm an accredited transformative coach, I live in SE London with my husband and 2 sons. I love Coaching because it's a powerful tool for positive change. It is so rewarding to work with my clients to make the changes that they want and need. Empowering them to become the best versions of themselves, which leads to a more fulfilling way of living. The coaching process works to make practical changes to relationships, work, finances health and wellbeing. But it also goes deeper to help you understand your patterns, let go of putting everyone else first, the social conditioning about what we 'should' be doing and ultimately changes the way you feel.

Alongside my coaching work I'm a director at a global fashion brand. The 20 years I've spent working with hundreds of women has given me experience of dealing with challenges around change, resilience, confidence, decision making, leadership skills and communication. You won't find me on social media, this was one of the changes I made that was right for me, you can find out more about the work I do and how I can help at malikatezcan.com



1-2-1

CORPORATE

WORKSHOPS

EMAIL - [INFO@MALIKATEZCAN.COM](mailto:info@malikatezcan.com)

WEBSITE - [WWW.MALIKATEZCAN.COM](http://www.malikatezcan.com)

VA / PA

CAROLINE WATSON

57

ABOUT

THE PAPERWORK CLUB IS A BOUTIQUE MANAGEMENT AND PERSONAL ASSISTANT SERVICE DEDICATED TO SUPPORTING THE BEHIND THE SCENES NEEDS OF BUSY CREATIVES IN THE FASHION, FILM, MUSIC, TELEVISION, ADVERTISING AND SOCIAL MEDIA INDUSTRIES.

From managing your day to day diary to organising budgets, invoicing and receipts, creating pitch decks and mood boards ,to liaising with clients on your behalf or booking that all important extended creative crew, we are on hand to take care of it all.

Our team have over twenty years of experience working globally with A-list Talent and Creatives on some of the most well know brands and projects to date .

We deliver a high value, time sensitive service and believe in giving our clients the time and freedom they need to prep or be on set whilst we take care of the business side of things that goes into each job.

The Paperwork Club is a subscription based service tailor made to each of its members saving them time to do what they love - being on set!



1-2-1

CORPORATE

WORKSHOPS

EMAIL - INFO@MALIKATEZCAN.COM

WEBSITE - WWW.MALIKATEZCAN.COM

SHAMANIC THERAPIST

AISHA AMARFIO

58

ABOUT

I'm a shamanic therapist, coach, and international author based in London, offering both in-person and online sessions. My approach combines talking therapy with shamanic and somatic energy medicine to help individuals unlock their natural healing abilities and align with their inner wisdom and soul's purpose. With years of experience, I've assisted numerous clients in navigating and transforming chronic issues and life patterns.

My work focuses on tuning into the wisdom of symptoms, utilizing shamanic techniques to address the spiritual root causes of issues. By fostering a deep connection with nature's wisdom and spiritual life force, I guide people in accessing untapped creative energy and understanding the healing messages of their soul.

In addition to one-on-one sessions, I lead group workshops and have integrated doula and birth-keeping services into my practice since 2022. My holistic approach incorporates nature-based medicine and divination tools, such as crystals, plant medicine, astrology, and tarot. As the author of "The Crystal Compass," an internationally published guide on using crystals for energy and healing, I bring a wealth of knowledge to my practice, which I've been operating since 2011.



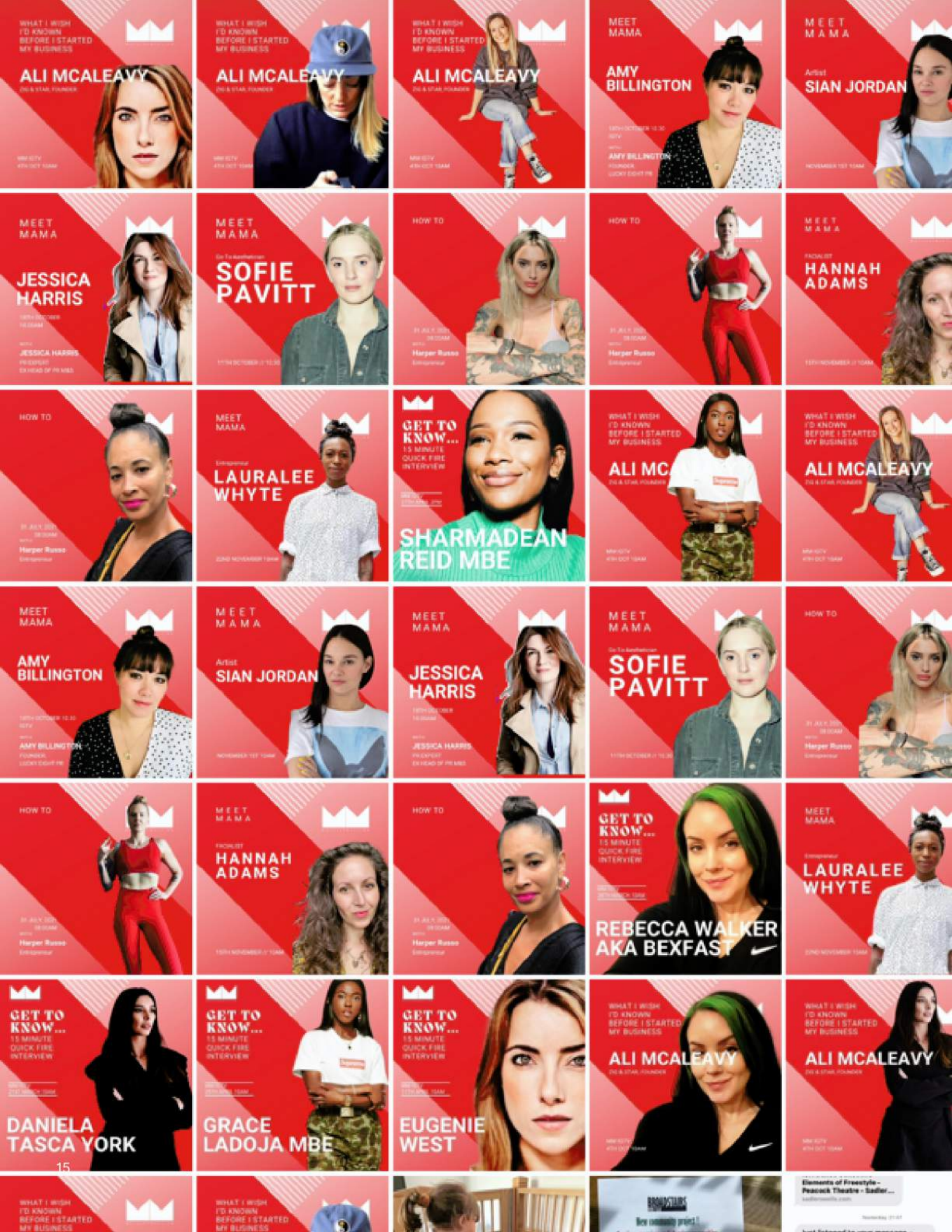
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CORPORATE

WORKSHOPS

EMAIL - [INFO@MALIKATEZCAN.COM](mailto:info@malikatezcan.com)

WEBSITE - [WWW.MALIKATEZCAN.COM](http://www.malikatezcan.com)



WHAT I WISH I'D KNOWN BEFORE I STARTED MY BUSINESS

ALI MCALEAVY
D&L STAR FOUNDER

WEDNESDAY
4TH OCT 10AM

WHAT I WISH I'D KNOWN BEFORE I STARTED MY BUSINESS

ALI MCALEAVY
D&L STAR FOUNDER

WEDNESDAY
4TH OCT 10AM

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ALI MCALEAVY
D&L STAR FOUNDER

WEDNESDAY
4TH OCT 10AM

MEET MAMA

AMY BILLINGTON

10TH OCTOBER 10:30
10TV
WITH
AMY BILLINGTON
FOUNDER
LUCKY EIGHT PR

MEET MAMA

Artist
SIAN JORDAN

NOVEMBER 1ST 10AM

MEET MAMA

JESSICA HARRIS

10TH OCTOBER 10:30AM
WITH
JESSICA HARRIS
PRESIDENT
EX HEAD OF 70 MIL

MEET MAMA

Go To Inspiration
SOFIE PAVITT

11TH OCTOBER 11:30AM

HOW TO

11 JULY 2021
10:00AM
WITH
Harper Russo
Entrepreneur

HOW TO

11 JULY 2021
10:00AM
WITH
Harper Russo
Entrepreneur

MEET MAMA

FOCALIST
HANNAH ADAMS

12TH NOVEMBER 11:00AM

HOW TO

11 JULY 2021
10:00AM
WITH
Harper Russo
Entrepreneur

MEET MAMA

Entrepreneur
LAURALEE WHYTE

20TH NOVEMBER 10AM

GET TO KNOW...
15 MINUTE QUICK FIRE INTERVIEW

SHARMADEAN REID MBE

WEDNESDAY
17TH OCTOBER 10AM

WHAT I WISH I'D KNOWN BEFORE I STARTED MY BUSINESS

ALI MC

WEDNESDAY
4TH OCT 10AM

WHAT I WISH I'D KNOWN BEFORE I STARTED MY BUSINESS

ALI MCALEAVY

WEDNESDAY
4TH OCT 10AM

MEET MAMA

AMY BILLINGTON

10TH OCTOBER 10:30
10TV
WITH
AMY BILLINGTON
FOUNDER
LUCKY EIGHT PR

MEET MAMA

Artist
SIAN JORDAN

NOVEMBER 1ST 10AM

MEET MAMA

JESSICA HARRIS

10TH OCTOBER 10:30AM
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EX HEAD OF 70 MIL

MEET MAMA

Go To Inspiration
SOFIE PAVITT

11TH OCTOBER 11:30AM

HOW TO

11 JULY 2021
10:00AM
WITH
Harper Russo
Entrepreneur

HOW TO

11 JULY 2021
10:00AM
WITH
Harper Russo
Entrepreneur

MEET MAMA

FOCALIST
HANNAH ADAMS

12TH NOVEMBER 11:00AM

HOW TO

11 JULY 2021
10:00AM
WITH
Harper Russo
Entrepreneur

GET TO KNOW...
15 MINUTE QUICK FIRE INTERVIEW

REBECCA WALKER AKA BEXFAST

WEDNESDAY
17TH OCTOBER 10AM

MEET MAMA

Entrepreneur
LAURALEE WHYTE

20TH NOVEMBER 10AM

GET TO KNOW...
15 MINUTE QUICK FIRE INTERVIEW

DANIELA TASCA YORK

WEDNESDAY
17TH OCTOBER 10AM

GET TO KNOW...
15 MINUTE QUICK FIRE INTERVIEW

GRACE LADOJA MBE

WEDNESDAY
17TH OCTOBER 10AM

GET TO KNOW...
15 MINUTE QUICK FIRE INTERVIEW

EUGENIE WEST

WEDNESDAY
17TH OCTOBER 10AM

WHAT I WISH I'D KNOWN BEFORE I STARTED MY BUSINESS

ALI MCALEAVY

D&L STAR FOUNDER

WEDNESDAY
4TH OCT 10AM

WHAT I WISH I'D KNOWN BEFORE I STARTED MY BUSINESS

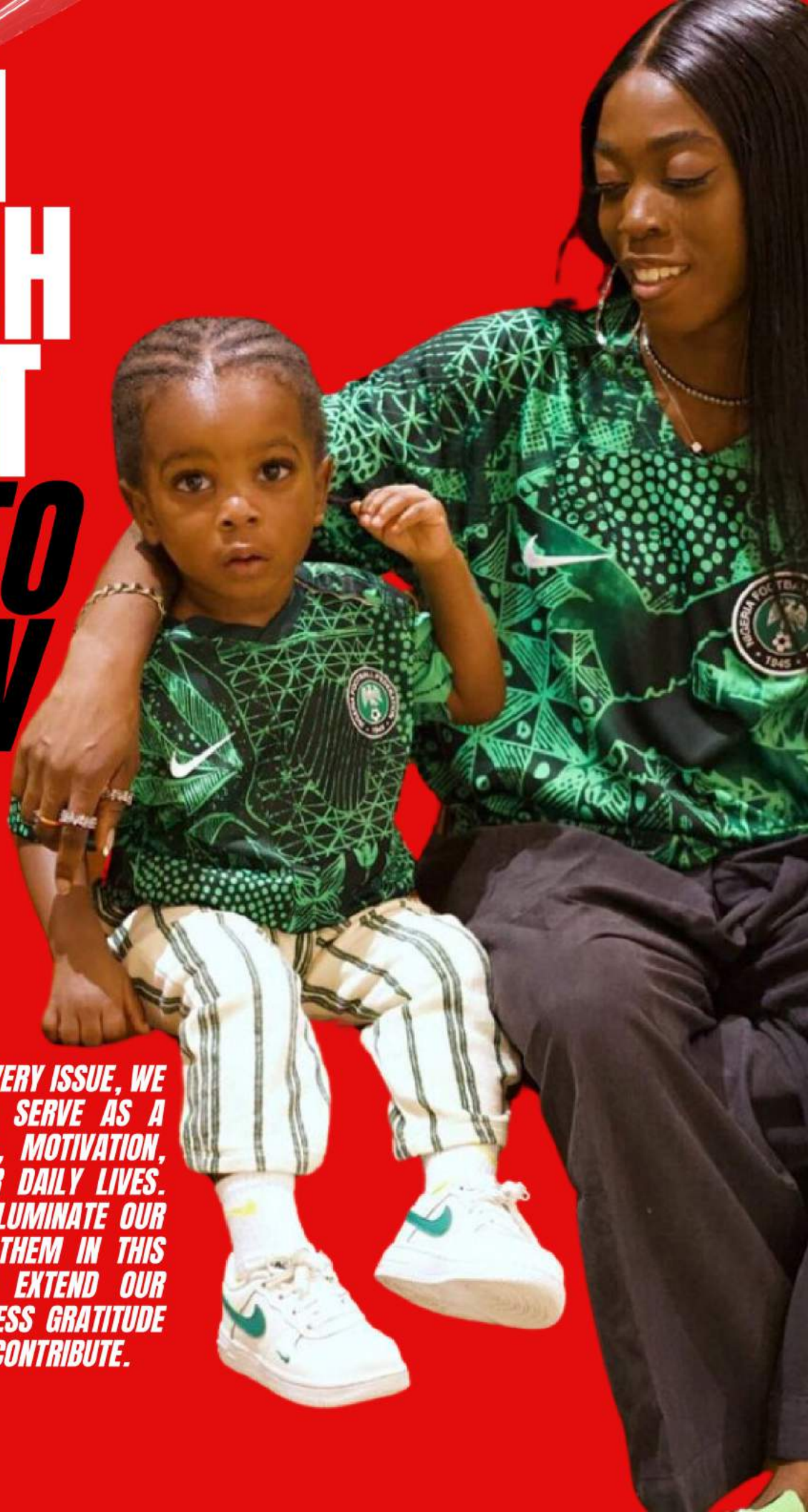
ALI MCALEAVY

D&L STAR FOUNDER

WEDNESDAY
4TH OCT 10AM

MUM CRUSH ALERT *GET TO KNOW*

MUM CRUSH ALERT! IN EVERY ISSUE, WE SHOWCASE MOMS WHO SERVE AS A SOURCE OF INSPIRATION, MOTIVATION, AND BRIGHTNESS IN OUR DAILY LIVES. THESE MOM CRUSHES ILLUMINATE OUR PATHS, AND FEATURING THEM IN THIS SPACE ALLOWS US TO EXTEND OUR APPRECIATION AND EXPRESS GRATITUDE FOR THE POSITIVITY THEY CONTRIBUTE.



*Special Projects
& Consultancy*



@graceebabes



ARTIST

@kellyannalondon

GOALS!

*Special Projects
& Consultancy-*



@graceladeja



CEO @d_and_ad

@jojackson



**WANNA
FEATURE
IN OUR
NEXT EDITION
*GET INTOUCH***



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THE DESSERT ISSUE

COUNTER



MAGAZ

OUR FOOLPROOF
CHOCOLATE CAKE RECIPE

EUROPE'S #1
PASTRY CHEF

BROWNIE
TO DIE FO

