



superwoman

*An inspirational conference
and networking opportunity
for businesswomen*

superwoman 9

WHEN:

Thursday 10 October 2013
4.30pm to 8.30pm

WHERE: Coleg y Cymoedd - Nantgarw Campus – this state of the art £40m new building opened in September 2012 and was awarded “Project of the Year” by Construction Excellence in Wales. Coleg y Cymoedd has kindly made the Nantgarw campus available for free



COST: £35 – net proceeds of the event will be donated to our two charities, Valleys Kids www.valleyskids.org which works with disadvantaged children and families in the South Wales valleys and Touch Trust www.touchtrust.co.uk that offers unique creative movement programmes for individuals with learning disabilities and those affected by autistic spectrum disorder and other complex needs



Programme

4.30 – 6pm

AFTERNOON TEA AND REGISTRATION

Network over a cup of tea and a slice of cake. Browse the stalls in the boulevard selling a range of goods including jewellery, beauty products, Superwoman tea towels and Christmas gifts handmade by the college's students.

6pm

SIAN GUNNEY, PEACOCK MEDIA

This is our time, we can do this, watch us!

Sian is the founder and CEO of Peacock Media Group (PMG), a leading full support

Marketing, PR and Creative agency based in the UK. PMG provides a comprehensive list of services including PR strategies, marketing plans, social media marketing, experiential marketing campaigns, branding, website design, video production, TV adverts iPhone app, Facebook app, CRM and loyalty programs.

Sian will tell us about her journey as an independent businesswoman, the hurdles she's overcome and what gets her up in the morning and keeps her focused. Sian is an experienced, dynamic speaker who always leaves her audience motivated and moved.

peacockmediagroup.co.uk



6.30pm

KIRSTY MANNING, CNWD

How to be small but great

Cnwd is a small gourmet food business and smokery making top quality pates and smoked fish and run by Kirsty and her partner Scott Davis. The business is based just outside Carmarthen, somewhere between the Gower Peninsula and Pembrokeshire. For Kirsty and Scott, setting up Cnwd has been about returning to their roots. Scott learned everything he knows about pates and terrines from Marco Pierre White and has cooked with the likes of Gary Rhodes and Jean-George in London and New York.

Kirsty will share with us how to be small but great and how she manages to juggle running cnwd, Strawberry Shortcake Dining (catering company), Scott and a young family at the same time.

cnwd.co.uk

7pm

DILYS PRICE OBE, TOUCH TRUST

Going gently gets you nowhere

Dilys is an art and movement of dance specialist. She founded Touch Trust in 1996. The charity offers unique creative movement programmes for individuals with learning and other disabilities. The programmes use all the senses to establish a sense of worth and enjoyment.

For her 80th birthday last year Dilys celebrated by doing a sky dive to raise funds for Touch Trust. She will tell us how getting older never stops a super woman and how the people her charity helps keep her ever young.

touchtrust.co.uk

7.30-8.30pm

DRINKS AND CANAPÉS

If you would like to book a place on Superwoman 9 please complete and return the booking form attached. Payment can be made by cheque sent to:

Superwoman, Llangoed, 16 Clos Llanfair, Wenvoe, Cardiff CF5 6DJ

or directly into our bank account:

Superwoman, Handelsbanken, Account Number 55449451, Sort code 40-51-62

From past experience we expect demand to be high and we recommend booking quickly. Places are not guaranteed until payment is received.

Superwoman would like to thank creative brand agency **Elevator** who for the eighth year running have designed our flyer and the new design Superwoman tea towel free of charge.



