









superwoman returns

back by popular demand

Programme

5.30pm		Coffee and registration: a word of welcome from the sponsor of our welcoming coffee and biscuits. <i>Joanna Longstaffe</i> of Private Doctors - The Independent General Practice. www.theindependentgeneralpractice.co.uk
5.45pm	 	Women in the workplace – sexual harassment: Every week there is at least one successful sexual harassment tribunal case. How do you deal effectively with sexual harassment if it happens to you and how can you help prevent it happening again? Speakers: <i>Bethan Darwin</i> – Employment Law Specialist and Partner in the firm of Darwin Gray Solicitors. www.darwingray.com <i>Fiona Crawford</i> – HR Specialist and director of Blue Apple HR Solutions. www.blueapple.uk.com
6.10pm		Managing and Introducing Change: <i>Stephanie Kean</i> , corporate development manager of the Serious Food Company in Llantrisant www.seriousfood.co.uk will talk about how she has helped fruit juice and smoothie manufacturer Sunjuice expand its range to desserts and soups and manage the change in name and brand from Sunjuice to the Serious Food Company. Stephanie has in her various roles throughout her career helped companies to restructure, rename, rebrand and relaunch products, often as the only female voice in a male dominated world. During her talk, Stephanie will invite all delegates to sample one of the Serious Food Company's range of luxury desserts.
6.35pm		Taking on the big boys: <i>Susan Sessions</i> , Managing Director of Extraordinary Hotels Limited www.holmhouse.com will talk of the issues involved in building a luxury boutique hotel – Holm House – in Penarth which is due to open in Autumn 2006. Susan will tell us how she has dealt with planning officers, project managers, obtaining funding, and managing a build budget.
7.05pm		Question and answer panel session chaired by <i>Anna Morrell</i> , features writer for the Western Mail entitled: "How does she do it?" Our speakers will take questions from the floor and share their top tips for keeping all the balls in the air.
7.30pm to 8.30pm		Drinks reception in the Vanilla Rooms sponsored by Blue Apple and networking opportunity.



A special thank you to Elevator Design for kindly designing and printing this flyer for us free of charge. If you would like to attend this seminar please fax the attached form back to Caroline Armitage of Darwin Gray on 029 2082 9101 or e-mail her at carmitage@darwingray.com

Delegates attending this seminar will be given a goody bag at the end of the evening and in addition all delegates will be entered into a free draw to win some fantastic prizes. Delegates who attended this seminar last year will confirm that the goody bag was a lovely collection of treats. We are extremely grateful to the following for their donations:

Goody bag:

Darwin Gray, E J Catering, Elevator, Private Doctors – The Independent General Practice, Poppers, PreciousHours Ltd Lifestyle Concierge Services, Serious Food Company & GM2 Consulting Limited.

Prize Draw:

ColorfotoLifestyle.co.uk, LifeDesignStrategies.co.uk, FordPlus Recruitment Limited & Holm House.



An evening seminar for business women in aid of charity followed by a networking opportunity over drinks

When?	18 October 2006 from 5.30pm to 8.30pm.
Where?	Park House Club, 20 Park Place, Cardiff. The Park House Club is an exclusive private members club in a magnificent Grade 1 listed building designed by William Burges and has donated a meeting room free of charge and is making their newly refurbished and funky Vanilla Rooms available to us exclusively for our drinks reception.
Cost?	£30 donation per person. Thanks to all our sponsors every penny raised by Superwoman goes directly to our charities. To ensure gift aid can be claimed wherever possible your cheques should be sent to us but made payable directly to the charities, Valleys Kids (www.valleyskids.org), a charity working with disadvantaged children and families in the South Wales Valleys and Bobath Wales (www.bobathwales.org) a charity providing specialist therapy for children with cerebral palsy.