



superwoman III

She's back! And this time she's even better...

Programme

5.30pm

Coffee and registration



A word of welcome from the sponsors of our welcoming coffee and biscuits, Kilsby & Williams Chartered Accountants. www.kilsbywilliams.com

5.45pm

Defying disability



Eleanor Williams, Discrimination Law Specialist with the firm of Darwin Gray Solicitors suffered a cerebral haemorrhage aged 16 and was told she would not talk properly again. Eleanor was having absolutely none of that and is now one of Cardiff's best known discrimination law specialists – a true Superwoman. Her talk will focus not only on her personal battle to overcome disability but also the issues that disability poses for businesses and how they can be overcome and also her recent role as equality officer for the Celtic Crusaders Rugby League team. www.darwingray.com

6.05pm

Just a load of balls



Carolyn Hitt, TV and Radio Producer and Western Mail Columnist who was BT Welsh Sports Journalist of the Year 2001/2 and BT UK Sports Journalist of the Year 2001/2 will talk about the challenges of getting the macho world of Welsh rugby culture in touch with its feminine side and why "female support" doesn't necessarily mean a Berlei Sports Bra. www.presentable.co.uk

6.25pm

Bread and Roses

*"Our lives shall not be sweated from birth until life closes;
Hearts starve as well as bodies; give us bread, but give us roses!"*

Liz Connolly knows exactly what it's like to be a woman in a man's world. For 9 years she was the Finance Director at McNiff Civil Engineering, one of only 3 female employees in a workforce of over 350. When she was 6 months pregnant with her fourth child she decided on a change of career and re-embarked on her CIPD qualification just before giving birth. She is now HR Manager for Allied Bakeries Wales and South West and travels between Cardiff, Bournemouth and Cornwall each week managing the widely spread workforce and negotiating with the unions. She will tell us a little about what it takes to give us each day our daily bread without ending up as toast and how she manages to carve out just a little time each day to smell the roses. www.alliedbakeries.co.uk

6.45pm

Changing Places – how did she do it?



Enid Thomas chaired the National Council for Education and Training in Wales but her former posts also include Chief Executive of the North West Wales Training and Enterprise Council and Managing Director of the Welsh Development Agency in North Wales. Having ticked almost every box in the public sector – education and training, health, economic development, media, and police – she made the brave decision seven years ago to review her way of working. She is now the Director of a successful management consultancy, with a portfolio of non executive positions and projects across a number of organisations. Enid's talk will focus on managing this difficult transition, changing roles, being wise to the stumbling blocks, and weathering the inevitable storms to achieve real work life balance. www.taroconsultancy.co.uk

7.05pm

Question and answer panel session



Chaired by the sponsors of our drinks reception for the evening Marble Recruitment:
"Do you believe in Superwomen? Say quick that you believe. If you believe, clap your hands!"
Women are more likely to have a better degree than their male counterparts, are better, safer drivers, better at DIY, even better at handling pain...so how come we aren't ruling the world? www.marblerecruitment.co.uk

7.30pm to 8.30pm

Drinks reception in the Vanilla Rooms



A special thank you to Elevator Design for kindly designing this flyer for us and to Hartley Wilprint for printing it, both free of charge.

If you would like to attend this seminar please fax the attached form back to Caroline Hazell of Darwin Gray on **029 2082 9101** or e-mail her at **chazell@darwingray.com**, then send your form and cheque in the post. We expect places to be in fairly high demand, therefore unfortunately your place cannot be confirmed until payment is received.

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.

We are extremely grateful to the following for their donations:

Browns Office Supplies, Darwin Gray, The Independent General Practice, The Serious Food Company, Blue Sky Ideals Ltd, Vanity Avenue Ltd, WM Magazine, Copthorne Hotel, Compass Coaching, Inspiration Wealth Management, Grabit, Central Pharmacy / Perfumery & Clarins Gold Salon – Wellfield Road, Envirowise, Kamigata, EJ Catering, Smart Move



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



When?	17 October 2007 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. www.parkhouseclub.co.uk
Cost?	£30 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 w PARK HOUSE CLUB disadvantaged children and families in the South Wales Valleys, and Barnardo's Cymru (www.barnardos.org.uk).

