



# superwoman 4

We have rebuilt her. Better, stronger and with more space than ever before.

## Programme

5.30pm Coffee and registration

6.00pm Welcome



A word of welcome from the sponsors of our coffee and scones, Odgers Ray & Berndtson, the leading UK executive recruitment business. [www.odgersrayberndtson.com](http://www.odgersrayberndtson.com)

6.05pm Mind your head on the glass ceiling



Menna Richards is the Controller of BBC Wales and responsible for all of BBC Wales' services in English and Welsh on radio, television and on line including Doctor Who, Torchwood and Wales Today. Menna will talk to us about Wales, women and broadcasting.

6.25pm Discovering women writers of Wales



Caroline Oakley has worked in publishing for over twenty years, first for Grafton Books and Headline, latterly with the Orion Publishing Group. She now works in Wales for Honno/Welsh Women's Press and the Centre for Alternative Technology Publications. She has worked with award winning authors from Erica James to Michael Moorcock, Ian Rankin to Kitty Sewell, on fiction and non-fiction. She doesn't miss much about London publishing other than the occasional paid for visits to very fine restaurants! What she likes most about Wales is the scenery and getting new women writers into print for the first time. Caroline will talk to us about publishing by women for women in Wales and give us a short history of Honno. [www.honno.co.uk](http://www.honno.co.uk)

6.45pm 'Working 9 to 5 – what a way to make a living!' Could Dolly Parton have a point?



Gwenda Williams is an established Consultant & Project Manager in Brand Development / Marketing Communications and is also a seasoned FCIPD HR professional. Gwenda works on a freelance basis providing a variety of consultancy services to businesses ranging from professional firms and international management consultants to public sector bodies and arts-based organisations. She is also a Director & Trustee of Chwarae Teg, which aims to enhance the participation of women in the Welsh economy. Gwenda will talk to us about portfolio careers and how they might be the key to flexibility, choice (and even happiness).

7.05pm The pram in the hall



A former presenter of Panorama and Week in Week Out Betsan Powys has been the political editor for BBC Wales since September 2006. Betsan is responsible for the corporation's daily political output and also writes a blog for the BBC News website. A mother of two young children and a member of Cordydd Choir Betsan will tell us how she manages to juggle motherhood and politics, proving that the pram in the hall is most certainly not the enemy of good art.

7.25pm Question and Answer panel session: What makes a good company to work for?



Cardiff Branch

Chaired by the sponsors of our drinks reception for the evening, Handelsbanken. Founded in 1871 Handelsbanken is one of Sweden's leading banks and has grown into one of the most successful and highly rated international banks with 60 branches in the UK. Handelsbanken achieved 10th place in the 2008 Sunday Times Best Companies to Work For Awards. [www.handelsbanken.co.uk](http://www.handelsbanken.co.uk)

7.40pm - 8.30pm Drinks reception



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.  
[www.elevatordesign.co.uk](http://www.elevatordesign.co.uk), [www.hartleywilprint.co.uk](http://www.hartleywilprint.co.uk)

If you would like to attend this seminar please return the attached form to Caroline Hazell at Darwin Gray together with your payment. From past experience, we expect places to be in 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:**

Celtic Manor Hotel; Total Training/Moving Wallpaper; ILEX; Kamigata; Guy Christian Salon; Job Trac Cymru; Kilsby & Williams; Philip Gill; Holm House; Central Pharmacy/Perfumery & Clarins Gold Salon; Clear Objective; Enterprise Rent-a-Car; Grabit; Darwin Gray; RICS; Karen Dell 'Armi Jewellery; Aquaclean; Pro-copy; Allied Bakeries; Serious Foods; Clay Shaw Thomas; Browns Office Supplies, The Independent General Practice; Marie Claire



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

<b>When?</b>	<b>16 October 2008 from 5.30pm to 8.30pm.</b>
<b>Where?</b>	The Copthorne Hotel, Culverhouse Cross. The Copthorne is an ideal setting for small meetings or larger conferences with its easy access, ample free parking and award winning Raglans restaurant and have very kindly donated a meeting room to us free of charge. <a href="http://www.millenniumhotels.com/cophornecardiff">www.millenniumhotels.com/cophornecardiff</a>
<b>Cost?</b>	£35 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 out directly to the charities, Valleys Kids ( <a href="http://www.valleyskids.org">www.valleyskids.org</a> ), a charity working with disadvantaged children and families in the South Wales Valleys, and The Trust for Sick Children in Wales, whose main purpose is to build accommodation where parents with sick children can stay.

