

Stars in the City

Women are certainly doing it for themselves. Although female entrepreneurship in the UK still lags behind much of Europe and the US, the proportion of women holding executive jobs and starting their own businesses has soared in the last 10 years; and as work and leisure time become more and more indistinct, many women have formed bonds and alliances with others, establishing friendships, support networks and social groups.

Five ladies from the Lichfield area are currently taking the region by storm. Having met in a variety of ways through their businesses, they all share a common bond. They are fun, fearless, professional women with a passion for the business empires they have built.

Although their chosen ventures could not be more different, by supporting each other, passing on referrals and recommendations and generally just being there to share the highs and lows, they have become a tight-knit, vivacious and merry group that is hard to forget.



Coaching for confidence and a positive work/life balance...

Liz Wilson: Columbus Coaching

"Life and wellness coaching isn't about lying on a leather couch and telling me your problems," grins Liz. "It is a simple fact that the more confident you are in yourself and your abilities, the more understanding you have on what makes you tick and how that impacts on your behaviour, the more you will exceed professionally. Physical and emotional wellness equals happy and confident businesspeople."

Working with a Columbus Coach will give you a better understanding of the real 'you', enabling you to identify what you truly want out of your personal and professional life, the confidence to make the changes you want to, a renewed vigour in your approach to challenges and decisions, the work/life balance you choose and a de-cluttered life.

0845 226 3154/07966 889968

www.columbus-coaching.co.uk



So much to do, so little time...

Pam Beale: Mission Accomplished

Have you got a 'to do' list as long as your arm? Following a flash of inspiration when buying her brother a unique gift, Pam set up Mission Accomplished, a company that has the answers to your work-life balance. From preparing the house for the arrival of guests, collecting your dry cleaning and establishing filing systems for your books or CDs to arranging small parties and finding reliable tradespeople, Mission Accomplished is quite literally, an extra pair of hands. "Busy people just don't have the time or perhaps inclination to deal with tasks on their 'to-do' lists," says Pam. "Mission Accomplished can take control, freeing you up to enjoy your time off."

Serving Lichfield, Sutton Coldfield and surrounding areas.

01543 250953/07765 201054

www.missionaccomplished.co.uk



Creation with vision...

Belinda Lavenstein: Mirage Events Marketing Ltd

"If an event is to be a success, meticulous planning and attention to detail is vital," says Belinda. "It cannot be delegated to the office junior. The delivery will make or break a company's reputation. It is that serious."

Belinda has over 20 years experience working with blue chip companies throughout the UK and abroad. Offering a 'one stop shop' service for all corporate and private events, services range from Corporate Hospitality to Teambuilding, Award Dinners to Conferencing, Sporting Events to Themed Entertainment etc. Mirage can lift the burden of managing a large task in an extremely cost effective way.

Even large organisations with their own in-house events team use Mirage's services, as they know that is the only way to achieve true professionalism and price benefit.

Nationwide coverage.

Contact Belinda on 0870 766 8223 or 07974 117047

Mirage-events@tiscali.co.uk



Exceeding your expectations yet within your reach...

Helen Mahan: Helsrocks.com

Helsrocks.com is the best kept secret burning away in the jewellery industry but not for long! Helen offers a unique combination of classic and contemporary designs celebrating the cut, clarity and colour of each precious and semi-precious stone. Whether it be a cocktail ring, bespoke ring, or jewellery set for your heavenly angel or a set of cufflinks for your little devil, Helsrocks.com will have something to lead you into temptation.

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Providing all necessary support, from recruitment to retirement...

Mary Chapman: Martin Chapman Associates (MCA)

Growing organisations often find it difficult to provide all the skills and training that they need and in-house development can be difficult. By delivering an out-sourced personnel and training service, Mary can assist in developing skills and put policies and structures in place.

"Every business wants to grow but in order for that to happen and be successful, they must have sound strategy and good practice as the foundations from which to grow," explains Mary. "I can provide and deliver a total package of HR solutions that will make a difference to both individuals and the organisation."

Call or fax Mary on 01543 268301 or 07970 429459

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