

women Empowered

Engage, Encourage, Empower, Enable

Shattering Ceilings

www.womenempowered.co.uk



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What WE Are About



Reena Ranger

Chairwoman & Co-Founder of WE

WE as we like to call ourselves and feel we are, is a wholly social initiative which aims to empower women (and men) to make the best of their individual skills and talents and help them to achieve whatever personal and professional goals they have. We work at a grass roots level, trying to ensure we are easily accessible to all who would like to reach us.

WE is open to all and we encourage men. Men are 50% of the population and need to be a part of the discussion so that we can effect change, to our own worlds and the larger one. WE always have one male speaker at each event in order to provide a male perspective.

WE is open to all women although we have a slight South Asian / BME focus. We encourage mothers to bring their daughters and everyone to bring their sisters and friends.

WE aims to :

ENGAGE more women (and men) in discussion; **ENCOURAGE** fresh and varied thinking and perspective; **EMPOWER** women (and men) to find the inner confidence to take the next step; **ENABLE** and support them through the journey by putting them in touch with organisations that can nurture their ideas and mentors who can assist in achieving those goals;

To provide a platform to enable women (and men) to articulate their issues and concerns; with a chance to meet decision makers and get their views and opinions heard.

To create a powerful and exciting network



A place to be engaged, encouraged, empowered and enabled to do whatever that special things is in your life as you see it. Held three times a year, we look to bring speakers to inspire and motivate anyone who wishes to hear them. To create a network where minded or a new range of people. We welcome men here as we do with all our other initiatives

Each event attracts 120+ attendees



A discussion group. Join us and engage, embrace and enhance the debate



Less lifestyle, more life! A monthly blog where the WE Community share their experiences and stories. A place to read about the things in life that aren't often talked about but probably should be



Our charitable arm. Together we can make a change

Shattering Ceilings



Neev Spencer

Neev Spencer is officially the most listened to British female DJ in the UK.

With her daily radio show on Kiss FM, Neev draws an audience of 1.5 million listeners every day and is in her 8th year at the station.

From interviewing the likes of Pink, Rihanna, 1D, David Guetta and even David Cameron to name just a few, Neev is well known for her down to earth attitude and larger than life personality. Off air she has headlined in Ibiza for the last three years and DJs every week in the UK's coolest spots and super clubs. Neev is also the official DJ for Nike Women and is booked frequently to DJ for brands such as River Island, London Fashion Week, Red Bull, Grazia magazine and Nokia.

As well as her show, DJ gigs and voiceover work, Neev is kept busy by her role as ambassador for several charities. She works with Dance4Life, Mencap, Women of the Future, and The Princes Trust. In 2009 Neev was named Young Achiever of the Year at the Asian Women of Achievement Awards, leading to an invitation to Buckingham Palace.



Sunny & Shay

Sunny and Shay are the Stars of Channel 4's The Family which was nominated for a Bafta in 2009. In this breakout role their Indian wedding was watched by millions in the UK and has been aired in Australia, South Africa and Dubai. They are a Husband and Wife team who say what they think and have been together for over 11 years. They have hosted a radio for over 4 years at BBC London and now at BBC WM every day and were nominated for Best Radio Show at Asian Media Awards

They recently launched an online comedy series, 'As We Proceed' has over 120,000+ views on YouTube. They are always up for a challenge and currently have a chat show on the biggest Asian channel in the country, Brit Asia TV sky channel 824. A daily breakfast show, 'The Big Bite'.

There's a 9 year gap between Sunny and Shay and they are both passionate about being independent as well as a couple. Shay is a big music fan and Sunny writes a monthly film column on www.asianculturevulture.com



Paul Sagoo

Paul Sagoo is the founder and Director of Lemon Group International Ltd, a UK-based investment company.

In 2009 he founded The Asian Awards, which focusses on awarding the worlds best Asians across a multitude of disciplines. The Asian Awards is now into its 6th year and has grown to become one of the biggest events in the UK. Earlier this year the events twitter hashtag #TheAsianAwards trended worldwide for 3 hours at the top spot.

Paul consults to businesses across the globe often with a hands on approach and is working on a number of new initiatives such as The Newton Awards, due to take place in the Winter 2015, which will honour the very best British scientists.

He has strong experience in helping businesses achieve strategic commercial change in terms of growth, operations, sales/biz dev, acquisition, mergers, investment and turnaround.

Paul regularly speaks on a number of interest areas such as Asian business, entrepreneurship, motivation and corporate development.

His goal is to make businesses and people that I interact with, happy and profitable. Paul is a well-known and likeable character within the UK Asian community.. also has made a name for being well-dressed having been voted one of the best dressed British Asians in a recent survey.

In 2013 he was asked by LinkedIn to be part of their new Influencer program. Only 150 people were chosen for this worldwide and included the likes of Barack Obama, Richard Branson, David Cameron and Deepak Chopra.



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GRIT



Sunita Behl
Editor GRIT

I am delighted to have been asked to be Editor of GRIT and to help support the Women Empowered community. I believe words have the power to change lives. You can change someone's point of view, their aspirations and even their beliefs. If you have a passion, an inspirational story or a cause that's close to your heart then WE want to hear from you. GRIT is your opportunity to have your say and talk about the gritty things that matter in your life. Words have the power to change lives. And WE can't wait to hear yours.

Each article needs to be submitted to grit@womenempowered.co.uk on the 20th of the preceding month (eg an article for June should be submitted by 20th May). The newsletter will go out on the 5th of each month to our subscribers and will be uploaded on our website and our social media will direct to it. All submission should be between 400-700 words. More details at <http://www.womenempowered.co.uk/grit.html>

2015 GRIT Topics

JUNE – Health, Body and Soul

JULY - Money Matters

AUG - My Entrepreneur Story

SEPTEMBER – Sewa (Selfless Service) Special

OCTOBER – Inspiring Role Models – The Real Heroes

NOVEMBER - Body Image and Self-esteem

DECEMBER - 2015 highlights - 'Letter to myself'

WE needs YOU!

Thank you.

Our Champions



Rajesh Agrawal
Chairman, Founder and CEO - RationalFX



Rukhsana Ali
Director, Venus TV Global Ltd



Nina Amin
Diversity Ambassador - KPMG



Sunny and Shay Grewal
Presenters and Broadcasters - BBC London & BBC Asian Network



Cllr Lurline Champagnie OBE
Chairman, Harrow West Conservative Association, Councillor Pinner Ward, London Borough of Harrow, Harrow Mayor (2004/5)



Cllr. Mrs Mimi Harker OBE
Mayor of Amersham, Amersham Town Council, Cabinet Member Responsible for Community, Young People, Communications, Sports & Leisure, Chiltern District Council, Parliamentary Candidate 2005



Dr Kamel K Hothi
Business & Community Director, Lloyds Bank - Group Corporate Affairs



Tasmin Lucia-Khan
News Anchor and TV Host



Kanya King MBE
Entrepreneur, Public Speaker and CEO/Founder of MOBO Organisation



Seema Malhotra MP
Member of Parliament for Feltham and Heston



Natasha Mudhar
CEO & MD of Sterling Media



Mona Remtulla
Co-Founder of WE & WE Champion

Our Champions



Ruby McGregor-Smith CBE
Chief Executive - MITIE Group PLC



Anjali Pathak
Chef and food writer



Alpesh Patel
Co-author, 'Our Turn: The ultimate start-up guide for female entrepreneurs'
Former Visiting Fellow in Business, Corpus Christi College, Oxford
Founder Praefinium Partners



Priti Patel
MP, Member of Parliament for Witham



Rishi Rich
Song Writer / Music Producer / Artist Management



Kulveer Singh Ranger
Global City Adviser
Former Adviser to Mayor of London
Former Vice-Chairman of The Conservative Party (Cities)



Kiran Sharma
Managing Director of KIKIT Ltd and Manager to singer Prince

Read our champion's statements at: www.womenempowered.co.uk

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we Focus

engage, embrace and enhance the debate

A discussion group. Join us and engage, embrace and enhance the debate



Kulveer S Ranger FRSA
 Chairman - WE Focus

As proud WE Champion, I am delighted to have been asked to chair WEfocus. Discussion is good but sometimes we avoid the elephants in the room for fear of seeming ignorant, insensitive or just not politically correct. WEfocus aims to provide a forum to air our thoughts on some key questions that we may think we understand but really want to discuss in more depth and find out what WE really think! So I hope many of you will engage, embrace and enhance the debate by getting involved and I look forward to hearing your thoughts..

We are looking for 12 people to comment and discuss on our WE Focus topic "Elections - what are they good for...?"

Chaired By Kulveer Ranger, come and engage, embrace and enhance the debate after what is being called the "tightest UK election in a generation"

Venue: The Mandeville Hotel, Mandeville Place, London W1U 2BE ; (nearest tube station: Bond Street and Marble Arch)

Time: 7.00pm for 7.30pm to 9.00pm (Optional dinner thereafter)

Date: Thursday 4th June 2015

Cost: £12 (includes canapés and drinks)

I am honoured to have been asked to coordinator WE Focus and support everything that it stands for. WE Focus will provide a platform for those key topics and difficult discussions to be held and allow We voices to be heard by the wider public. I am looking forward to hearing everyone's opinions and contributions to our discussions and hopefully together WE can make a difference and make that first step to bring about change.



Dipinder Sehgal
 Coordinator

For more information and to reserve your place, please email
focus@womenempowered.co.uk

you, me & **we**

together we can make a change



Kajal Patel

Co-ordinator You, Me & WE

I am delighted to be heading the charitable arm of Women Empowered. I have been a supporter of the WE initiative and believe that we are all capable of making a difference and as a collective WE the difference can be huge. We have projects throughout the year and are always looking for people who would be interested in working with us to make a difference. Please get in touch if you could be one of them – any contribution is welcome and what little you can do, can mean a great deal to someone else.



Future Projects:

Friday May 22nd - Seva Care Home Harrow Visit

We are planning to visit the residents of the Seva Care Home in Harrow. We usually sit and speak with the residents from 10am-12pm.

Please contact Dee Vara on sewa@womenempowered.co.uk for more information or to pledge your time.

Thursday 28th May 2015 - Food Distribution To The Homeless with S.W.A.T

The last Thursday of each month, You, Me & WE in conjunction with S.W.A.T will distribute fresh food to the homeless.

Venue : Near Charing Cross Station

Time : 7pm to Approx. 9pm

We are also looking for volunteers to help during the day on the same day to help prepare the food.

For more information or to pledge your time, please email Priti Virdee at swat@womenempowered.co.uk

Future Dates : Thursday 25th June, Thursday 30th July, Thursday 27th August.



Friday 26th June 2015 - Charity Lunch

Venue : Indigo Bar & Grill, Gerrards Cross

Time : 12.00pm

Cost: £30.00 - this includes lunch, soft drinks and wine and your contribution to charity.

The money raised will go towards sponsoring hot food once a month for the homeless on the last Thursday of every month and WE will be distributing this food in conjunction with S.W.A.T on that night.

For more information or to reserve your place please email Kajal Patel at we@womenempowered.co.uk

Past Speakers



Rt Hon Baroness Verma
Government Spokesperson for Higher Education (BIS)
Women and Equalities and Whip for the Cabinet Office.
Launch Event - May 2012



Alpesh Patel
Co-author, 'Our Turn: The ultimate start-up guide for female entrepreneurs'
Former Visiting Fellow in Business, Corpus Christi College, Oxford . Founder Praefinium Partners
Entrepreneurship Event
September 2012



Tasmin Lucia-Khan
News Anchor and TV Host
Launch Event - May 2012



Priti Patel MP
Member of Parliament for Witham
Is it a Man's World Event - January 2013



Geeta Sidhu-Robb
CEO & Founder of Nosh Detox Delivery
Launch Event - May 2012



Cllr Lurline Champagnie OBE
Chairman, Harrow West Cone Ass, Fmr Cllr Pinner Ward, Harrow Mayor (2004/5)
Is it a Man's World Event - January 2013



Kiran Sharma
Managing Director of KIKIT Ltd and Manager to singer Prince
Entrepreneurship Event
September 2012



Cllr. Mrs Mimi Harker OBE
Mayor of Amersham, Amersham Town Council, Cabinet Member Responsible for Community, Young People, Communications, Sports & Leisure, Chiltern District Council, Parliamentary Candidate 2005
Is it a Man's World Event - January 2013



Rupinder Virdee
Director of Revolution Creative Agency
Entrepreneurship Event
September 2012



Kulveer Singh Ranger
Global City Adviser, Former Adviser to Mayor of London, Former Vice-Chairman of The Conservative Party (Cities)
Is it a Man's World Event - January 2013



Sally Overhead
Founder of MOJOMUMS
Entrepreneurship Event
September 2012



Ritu Sethi LL.B (Hons) Solicitors
Book Launch Event - March 2013

Past Speakers



Sadia Siddiqui CEO / Creative Head
Make an Impression Event - May 2013



Nina Wadia
British Actress
Make an Impression Event - May 2013



Nihal Arthanayake
DJ, Radio & TV Presenter
Make an Impression Event - May 2013



Shavata Singh
Founder of Shavata Brow Studios
Entrepreneurship Event - October 2013



Shashi Gossain
Founder & Managing of Pharmaclinix Ltd
Entrepreneurship Event - October 2013



Hiro Harjani
Chairman of Aftershock
Entrepreneurship Event - October 2013



Gurinder Chadha OBE
Film Director
Think Big - February 2014



Ahlya Rafique Fateh
Editor
Think Big - February 2014



Rishi Rich
Song Writer / Music Producer / Artist
Management
Think Big - February 2014



Vivek Oberoi
Bollywood Actor
Philanthropy Me and We - July 2014



Farzana Baduel
founder and managing director,
Curzon PR
How To Have Your Voice Heard
5th June 2014



Rupa Ganatra
co-founder of Men's e-commerce site
Yes-Sir.com
How To Have Your Voice Heard
5th June 2014



Sunny Hundal
British journalist, blogger and an academic
How To Have Your Voice Heard
5th June 2014



Valerie Vaz MP
Elected as the Member of Parliament for
Walsall South
Creating and Seizing Opportunities!
9th October 2014



Kavita Oberoi OBE
Founder of Oberoi Consulting
Creating and Seizing Opportunities!
9th October 2014



Dinesh Dhamija
Founder Ebookers.com
Creating and Seizing Opportunities!
9th October 2014



Baroess Sayeeda Warsi
British Pakistani Lawyer, Politician and
Conservative Parliamentarian
The World in Which WE Live
January 2015



Yalda Hakim
Presenter, Impact - BBC World News and
Journalist
The World in Which WE Live
January 2015



Ayesha Mustafa
Social Entrepreneur & Founder Fashion
Compassion
The World in Which WE Live
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Sathnam Sanghera
Award winning British Journalist and
Author
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