

women Empowered

Engage, Encourage, Empower, Enable

Entrepreneurship 2015

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 run by volunteers. Our aim is to empower women (and men) to make the best of their individual skills and talents to help them achieve whatever personal and professional goals they have. WE is open to all. We work at a grass roots level to try to ensure we are accessible to anyone who would like to reach us.

WE encourage mothers to bring daughters and everyone to bring their sisters and friends. We also encourage men! After all men make up 50% of our population and they need to be part of the discussion so that we can effect change, to our own world and the larger one. Our exciting network is growing and we hope to **ENGAGE** more women (and men) in discussion, to **ENCOURAGE** fresh and varied thinking, to **EMPOWER** confidence to take your next step and **ENABLE** access to organisations and mentors to support you through your journey.



From Left to Right : Sunita, Pritti, Reena, Kajal and Dee

women
Empowered

Engage, Encourage, Empower, Enable

Networking events held three times a year. Hear from speakers who have excelled or are leading their field. An opportunity to be inspired, motivated and meet like-minded or new people.

GRIT

Less lifestyle, more life!

Our monthly blog where the WE community share their life experience and stories. A place to read about the gritty things in life that aren't often talked about but probably should be.

we Focus

Engage, embrace and enhance the debate

A discussion group where you can articulate the bigger issues and share your views and concerns. Join us and enhance the debate!

you, me & **we**

Together we can make a change

Our charitable arm - contact us to pledge your time and find out how you can get involved.

Entrepreneurship 2015



June Sarpong MBE

June Sarpong MBE is a television and radio presenter, and has enjoyed a 15-year career which has already seen her become one of the most recognizable faces of British television, as well as being one of the UK's most intelligent and dynamic young hosts! She is one of the founders of the Women: Inspiration & Enterprise network, which provides a platform for this generation's women leaders to inspire and empower the next. She serves as a director on the board of The Lunchbox Fund, a non-profit organization which provides a daily meal to students of township schools in Soweto of South Africa. She is also an ambassador for The Prince's Trust, and campaigns for the Make Poverty History movement. She was awarded an MBE in the 2007 New Year

Honours List for "services to broadcasting and charity" making June one of the youngest people to receive the award. After living in America for 8 years, June has recently moved back to her hometown of London and is thrilled to be joining the Loose Women team on ITV.



Geeta Sidhu

Geeta Sidhu-Robb is an inspirational mother of three, ex corporate lawyer and entrepreneur with a remarkable life story. She gave up her career as a corporate lawyer to set up her own business, Nosh Detox in 2008, after her son's severe food allergies, eczema, asthma and anaphylaxis as a baby led her to retrain as a food technician, nutritionist and Raw Chef. From that moment, she fast learnt how to provide a nutritious, balanced and safe diet for her son and in turn, the whole family. Her focus was on allergy free foods, nutrition, diet and organic produce- she was determined she could make him fit and well through nutrition, despite doctors believing only steroids and drugs were the way to control his conditions. And she succeeded. Nosh Detox

started the first ever home delivery of juice fasts in the United Kingdom to help clients get well, lose weight and gain energy.

Seven years later it has been valued at millions and customers include Gwyneth Paltrow, Georgia May Jagger and Cara and Poppy Delavigne. For over 7 years, Geeta has pursued a holistic approach to the body and mind and its functionality. She has inspired thousands of professional men and women all over the UK to improve not only their health and well-being but their mindset, and the way they look at life and their lifestyles. Nosh Detox USA opened in April 2015 and is growing steadily. Geeta's vision is for Nosh to become a global provider of fresh, natural health solutions.



Lisa Sohanpal (MBA, MSc, BSc)

Lisa Sohanpal (MBA, MSc, BSc) is the Co-founder, Managing Director and Food lover behind the new multi-award winning, innovative and challenger brand - Mini nom nom's - healthy world food for kids & grown-ups. Lisa's experience spans over 18 years in the Pharmaceutical and Medical Devices industry, where she has led businesses across 47 countries within Europe, Middle East, Africa, Asia- Pacific and delivered exponential growth in her region. Mini nom nom's was born out of a need she felt as a busy working parent of 3 very young children all under the age of 5yrs. With 2 years in development and having launched in August this year, Mini nom nom's has won GOLD for innovation at LUNCH 2014, and are World Food Innovation winners for Best new business and brand, Best New Food Concept, Best New Children's Food and

achieved the highest accolades of industry awards ever won at the International Food and Drink event, which represented entries from over 30 countries. Mini nom nom's were semi-finalists in the Virgin Pitch to Richard Branson competition in April 2015 and recently awarded winners in the innovation category for the prestigious Food and Drink Federation awards September 2015 - up against big established brands like Birds Eye & Burtens Biscuits.



John Stapleton

John Stapleton is an entrepreneur, business leader, CEO & Non-Executive Director with over 25 years' experience in creating and building consumer brands in the FMCG sector in both the UK and the USA. A founder of three start-ups, John is an expert at developing new and innovative consumer-focused products & categories and has wide-ranging experience in operational management and strategic leadership roles. John co-founded the New Covent Garden Soup Co Ltd in 1987, which pioneered and established the fresh soup category in the UK. In 1998 he moved to San Francisco, where he co-founded Glencoe Inc., bringing the fresh soup concept to the United States.

In 2005, John co-founded Little Dish which supplies fresh, natural foods for children over 1 year. Little Dish, which created and established the toddler chilled food category, can be found in all national UK High Street retailers and is the dominant brand in chilled toddler food (73% market share). John is a graduate of UCD (Industrial Microbiology); Reading University (Food Science); The University of Westminster (Business Administration and Finance) and holds a marketing qualification from the Chartered Institute of Marketing (UK). John lives in Munich, Germany and speaks fluent German.



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GRIT



WRITE FOR GRIT - Less lifestyle, more life!

Sunita Behl
Editor GRIT

WE believe words have the power to change lives. You can change someone's point of view, their aspirations or even their beliefs. If you have a passion, an inspirational story or a cause that's close to your heart 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.

Upcoming GRIT Topics

NOV 2015 - Health Awareness Special

Is there a health-related subject that you would like to raise awareness of? Are you a medical professional or are you involved with a healthcare organisation or charity? We want to hear your views on any important health issue from diabetes to stroke or health screening .

DEC 2015 - WE & Me

To round off the year we'd love to dedicate this last month to our Women Empowered community. How has WE made a difference to or touched your life? Have you been inspired by a particular speaker? Have you made new business contacts or friendships? Have you put pen to paper and contributed to GRIT? Please share your WE & Me story.

JAN 2016- My Fresh Start

Have you made a fresh start that has had an impact on your life? Has changing your career or relationship, a life event or moving abroad triggered an unexpected opportunity or made you reassess priorities? We want to hear how a fresh start has changed your life and your advice for others who may be contemplating a change.

FEB 2016 - What should we tell our sons?

Following our popular series on 'What should we tell our daughters?' during 2015 this year we want to hear your advice for our sons? Do you think there is too much pressure on boys to succeed? Are boys as likely as girls to be affected by gender stereotypes? How can the way we bring up our sons affect their future relationships with women? Please share your thoughts and views for our next generation.

MARCH 2016 - Mum's the word

To celebrate Mother's Day on Sunday 6th March this month is dedicated to all the women who arguably do one of the hardest jobs in the world! What 'words of wisdom' did your mother pass on to you? How did her views or values shape you into the person you are today? What have you learnt since becoming a mother yourself?

APRIL 2016 - The Bigger Picture

It is natural to focus on our immediate world. However what are the bigger global issues that impact us on an individual basis? Do you feel strongly about global politics, child poverty or human trafficking? We want to hear about any major global issue that you feel passionate about and how it impacts you.

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 submissions should be between 400-700 words.

For more information and to register to receive our FREE GRIT monthly newsletter please visit <http://www.womenempowered.co.uk/grit.html>

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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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.



You, Me & WE holds many projects throughout the year where we ask you to donate your time.

We collaborate with SWAT in a food distribution to the homeless on the last Thursday of each month. To join us please email Pritti at swat@womenempowered.co.uk

Every few months we visit the Seva Care home to spend some time with the residents and bring a little joy. To join us please contact Dee at sewa@womenempowered.co.uk

If you have suggestions for future projects, please contact Kajal 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



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



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



Nina Wadia
British Actress
Make an Impression Event - May 2013



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



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



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

Past Speakers



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



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



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 Ebooks.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
January 2015



Sathnam Sanghera
Award winning British Journalist and
Author
The World in Which WE Live
January 2015



Sunny & Shay
Broadcasters and Presenters at
BBC WM and BBC London



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



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