

## WOMEN IN NEWARK

### Minutes of meeting held on Tuesday 9<sup>th</sup> May 2006

#### Apologies:

Margaret Grocutt  
Kate Hindmarsh  
Portia Green  
Kirsty Cole  
Andrea Smith  
Vicky Smith  
Ann Hayes  
Caroline Chittell

Carol Hancock  
Anne Smith  
Sue Lovell  
Clare French  
Julie Reader-Sullivan  
C Mercer  
Lesley Pashley

1. Elaine Ellison (Chair) welcomed everyone to the meeting.
2. Elaine then brought the meeting up to date with the latest news:
  - i) The Charity Ball in aid of St John's Ambulance had been held the previous Saturday. There was a general consensus from the members that had attended that it had been a very successful event and Frances Kelly proposed a vote of thanks to Elaine and Charmaine. The event had been so successful that it is to become an annual event and the 2007 Ball has already been booked for 5<sup>th</sup> May.
  - ii) The "Women of Enterprise" lunch is to be held on Wednesday 17<sup>th</sup> May in the marquee at the Red House. There are currently 106 ladies who are intending to attend and it is hoped that there will be plenty of time for networking. There will also be a raffle with the proceeds going to the St John's Ambulance. Dress code is business wear.
  - iii) The next meeting of WIN is not a business meeting but will be "champagne and strawberries" in Frances Kelly's garden at "Ulverscroft" 86 Gainsborough Road, Winthorpe from 6.00 to 8.00 p.m. Proceeds will again go to St John's Ambulance and tickets are £8.00, available from Frances Kelly, Elaine Ellison, Charmaine Fenton or Ann et Vin.
  - iv) There were various leaflets available:
    - Newark Show
    - Newark Jazz Festival
    - "Strawberries and Scream" (an MS Society event to be held in June at The Bearings)
    - Networking at the Galleries of Justice
    - Newark Organ Restoration Appeal

- v) The next Newark Business Women's Lunch will be held at The Navigation on Thursday 11<sup>th</sup> May from 12.30 until 2.00 p.m.
3. Linda Clark then announced two further events:
- i) The 5<sup>th</sup> Annual Chattertons Golf Day in aid of the Air Ambulance will be held on 30<sup>th</sup> June at Boston West Golf Club
  - ii) There is to be a mock tribunal at the Town Hall on 20<sup>th</sup> July from 4.30 to 7.30p.m.

4. Anne Robson then gave an update on the Charity Appeal. She first thanked everyone who had contributed to making the Ball such a success.

Future events are the Open Garden in North Muskham and an "It's a Knock Out" event for 24 teams to be held during the Bank Holiday weekend in August.

5. Charmaine then drew attention to the availability of photographs from the Ball. For anyone wishing to view photographs, these are available online at [samanthahookphotography.com](http://samanthahookphotography.com)

6. There was then a summary of plans for future meetings:

- ❖ 13<sup>th</sup> JUNE Champagne and strawberries hosted by Frances Kelly
- ❖ 11<sup>th</sup> JULY It is hoped that we will link up with our sister group in Grantham, LOGIC ("Ladies of Grantham Commerce"). The venue is still to be confirmed.
- ❖ 8<sup>th</sup> AUGUST Wine Event at Ann et Vin.
- ❖ 12<sup>th</sup> SEPTEMBER Meeting to be hosted by Holdens.
- ❖ 10<sup>th</sup> OCTOBER Yoga specialist.
- ❖ 14<sup>th</sup> NOVEMBER Tools for Education.
- ❖ 12<sup>th</sup> DECEMBER Dining at Christmas

7. There is to be a literary event at Compton House on Friday 29<sup>th</sup> July. Tickets are £25.00 to include dinner and readings by author of historical novels, Elizabeth Chadwick.

8. Dawn then introduced Kim Argyll of Nurtural Success who gave a very interesting talk on "Body Language in Business".

Kim's background is in management, in which she has 25 years experience, and she now runs Nurtural Success with a friend. They believe that people are a key element in business and specialise in "soft skills" training.

Encouragingly, Kim began by commenting on the friendly atmosphere at WIN.

She explained that most people already know something about body language but they deal with that knowledge subconsciously. Body language is any form of face to face communication that does not involve the spoken word and most people will make up their mind about a given issue on another person's body language rather than what that other person actually says to them. Kim encourages people to think about body language consciously so that they are able to "read" how other people are reacting to them.

Members took part in an exercise where they divided into pairs, talking first about something they felt passionately about and then about something that made them either angry or sad. They were then able to discuss the difference in body language they had noticed.

Kim then talked about the difference between how men and women react. She also touched on other factors which involve how people are judged including dress, bearing and handshake.

There were questions from members, including whether body language came over on the telephone. Kim believed there was still a lot of information to be obtained from the tone and manner of the speaker.

Kim was also asked if she had any tips for dealing with aggressive men in business (the trick is to defuse the situation rather than matching their aggression!).

9. The next meeting is "Champagne and Strawberries" (see above).