

Spring 2021

RISE



The LEADERSHIP ISSUE

Honing the skills
to succeed

RECHARGE & RESET
Take back control
& build resilience

KELLY HOPPEN
The interior designer
doyenne on
creating an empire

**New season
in style**
A wardrobe refresh for
how we work now

CAPRICE

How to make it as
an entrepreneur

THE DIGITAL MAGAZINE FOR WOMEN IN BUSINESS



*Created for
women
in business

RISE

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Great memories from our International Women's Day events

Welcome to Rise Magazine

For women in business

Rise Magazine is published each spring, marking International Women's Day and Time & Leisure's March event for Women in Business. This edition of Rise, we look at leadership - what that means for women, why we are still not fairly represented at the top of businesses, and how we can be authentic and impactful leaders.

For so long, the number of women in top leadership positions has been woeful. But some progress is being made. The government-backed Hampton-Alexander Review has just announced that the target of women making up 33% of FTSE 350 boards by the end of 2020 has been reached. It's a start, given that as recently as 2011, 43% of the FTSE 350 still had all-male boards. But it's not good enough, particularly when it comes to the highest exec roles, with the Review finding significant progress remains to be made.

Meanwhile, the impact of the pandemic on women paints a worrying picture. Women disproportionately carry the weight of unpaid childcare and the pandemic has only exacerbated that. Analysis by PwC found that even at double the rate of historical progress, the OECD will not catch up to its pre-pandemic equality growth path until 2030. This will surely play out in the stats

on leadership, too, with women's career progression once again being stalled, and the age-old barriers worsened by the effects of the Covid crisis.

Leadership though is so much more than just reaching the higher echelons in the business world. We all, in some shape or form, lead. From soul-trader businesses and entrepreneurs with a new start-up to managing a new project or launch within the businesses we work for, we're all required to show leadership qualities. In this edition, we'll be exploring what makes a good leader and how to hone your leadership skills.

We also hear from several top entrepreneurs on how they made it in business, including interior designer Kelly Hoppen and model-turned-entrepreneur Caprice Bourret. Tenacity is one thing they all have in common. We hope you enjoy the magazine and wishing you a very happy International Women's Day...

Tina x



1 in 3

Only 1 in 3 UK entrepreneurs is female: a gender gap equivalent to 1.1 million missing businesses.

Rose Review of Female Entrepreneurship, HM Treasury 2019



My Business Life
Caprice

The model turned entrepreneur on growing her successful company and mentoring others

Words: Tina Lofthouse

Caprice Bourret's mantra is, 'The harder you work, the luckier you get' and looking at her career, she certainly lives by it. Having shot to fame in the 1990s as a model, gracing more than 350 covers, including the likes of Vogue and GQ, she proved her mettle in the business world. She launched the brand By Caprice in 2006, which she has expanded from lingerie into a hugely popular homeware company. Caprice now works to inspire other entrepreneurs, CEOs and students and has just set up her mentoring & motivation mastermind course.

Born in California, she has called Britain home since her twenties, but she reckons that it's the American in her that makes her ambitious. "My mom, who lives in LA, is an entrepreneur and I take after her," says Caprice, who has big plans to take her company further.

But, as was the case for most businesses, it has been a tough year. "The pandemic brought some challenges to our expansion plans but I'm focussing on taking the brand into international markets and we'll be launching into different product areas, too."

By Caprice has been a big success, and is stocked in Next, Wayfair and very.co.uk and has recently launched in America. It has taken hard work and persistence. She advises other budding entrepreneurs that tenacity and perseverance is everything. "You will get knocked down time and time again. Business is not for the faint hearted and it can feel soul destroying at times when you face hurdle after hurdle. But if you believe in yourself, are dedicated and have passion for what you do, you will succeed."

"If you believe in yourself, are dedicated and have passion for what you do, you will succeed."



And always keep testing your ideas: “If you are launching a new product, please don’t keep your idea “top secret” until you have invested all of your resources into the project. Talk to your friends and family. Use them as a focus group for research and development. They might save you a ton of time and money! Use feedback to enable you to move the business forward in a positive and productive way.”

She worries that there are not the same opportunities in business for women in the UK that there are in the US. “It is slowly getting better here but there are not many women in CEO positions, unlike in America where I know a lot of people who have climbed to the top of the career ladder very successfully. They are all from humble backgrounds, so it is not education or family connections that have helped but their hard work and dedication. Women don’t get as much support in the UK.”

“Use feedback to enable you to move the business forward in a positive and productive way”

Caprice has two seven-year-old sons, Jax and Jett. How does she juggle parenthood with her business? “There is no easy answer and I wish I had a magic wand. We all just have to do what we can. I try and structure my days, so part is dedicated to work and when the kids come home from school (obviously back in the normal world) I dedicate my time to them then. Once they are settled, I tend to go back into the office and finish off my workday. This is the time I usually conference call my overseas factory because of the time difference. I find having a break late afternoon really helps me clear my head and I am more productive for it.”

Jax and Jett are her miracle babies, with one born to a surrogate and one which she carried, after a long struggle to become a mother. She met her future husband, financier Ty Comfort, when she was 39 and they were devastated they couldn’t start a family, with Caprice suffering a miscarriage and several failed rounds of IVF. They found a surrogate to carry their baby and shortly afterwards Caprice also discovered she herself was pregnant. On her struggles, she advises that young women plan ahead: “You have got to look after yourself from a young age. Start taking folic acid now. A lot of my friends are freezing their eggs, so they don’t feel the pressure of having to conceive right now when they don’t have a partner and they are building their careers.”



Caprice turns 50 in October. She looks – and feels – fantastic. “Strangely enough I am quite excited to turn 50. I think most people would want to hide it, but I feel good. In fact, I feel like I am still in my thirties. I love it when people ask me my age and I say I am almost 50! They say, “what are you joking?” it is a real ego booster,” she laughs. And her secrets to looking so fabulous?

“I am all about holistic health and beauty. I am passionate about vegetarian and organic foods. I also take high potency vitamins and drink a green juice packed full of goodness once a day. Meditation can really help reduce any stresses which helps your complexion. Also ensure you drink lots of water as this helps flush out toxins built up in your body.”

As for style, she adds: “Keep things simple. It is great to look on trend, but the trend has to suit you and classic elegance is always the best way to go. You don’t want dozens of dresses in your wardrobe that after 12 months look so outdated. We all have them!”

Caprice lives in Notting Hill and has a home in Burwood Park in Surrey. “I love my Surrey house because I feel like I am out in the country but it is only a 40-minute-drive from my place in London. When I first moved in, a neighbour brought round a homemade raspberry pie...who does that? Wow...”

She is a big fan of the shops and restaurants in nearby Weybridge. “I absolutely love strolling in and out of the boutique shops. There are also a few great furniture shops that sell

some amazing one-off pieces. If you are not careful you will spend an absolute fortune! There are also some fabulous restaurants. There is a great tapas place called El Meson De Los Hermanos – very low key but the food is good. La Casa and Cantina⁴¹ also do yummy takeaway pizzas too. Meejana is perfect for a mid-week date night!”

So, what’s next for Caprice? She is eagerly anticipating the lifting of lockdown – particularly for her boys so that they can get back to normality. “I would love to go to my favourite restaurants and visit family and friends. I would also love my boys to get back into a routine and start their favourite after school clubs again, and for them to be able to play with their friends would be amazing.”

She’s a supporter of many charities, including being a patron for Brain Tumour Research, and she helps with local community groups such as the Rugby Portobello Trust. “It has been difficult to undertake as many activities as I normally would because of Covid-19 restrictions but where I can I have donated to a number of charities. It is important to help where we can. I am really looking forward to getting back out there. Just before the last lockdown I donated and visited a local group who help young people. I am looking forward to visiting again soon and helping out.”

“There are always regrets, but you can’t get hung up on them and I cherish the blessings in life”

“And I can’t wait to get stuck back into my acting. I absolutely loved my West End days and was lucky to star as the lead in *Rent* and *The Vagina Monologues*. I also bought the rights to the hit production of *Debbie Does Dallas* which I produced and starred in. More recently I have starred in a number of Amazon Prime films which were really fun. I would love to do more...”

Any regrets as she looks back on what has been an incredible career so far? “There are always regrets, but you can’t get hung up on them and I cherish the blessings in life. I wouldn’t have done anything differently but there were a few big opportunities I turned down during the height of my fame. Did you know I was offered the lead in *Baywatch* after Pamela Anderson left? I turned it down!”

www.capricebourret.com

TO BE A LEADER, LEAD YOURSELF FIRST

Dr. Emma Sedgwick, executive coach, talks to us about her coaching approach and working with leaders.

What is your background and experience and what do you specialise in? I have a rare background for a coach, having trained as a doctor, and having experience in business.

With my medical background, I bring a wealth of experience of people. I have seen people at their best and worst. I now enjoy helping people achieve their best. I know how our brains and bodies interact and so can help people make significant changes to improve their performance.

I have been coaching people in a variety of organisations for the last 14 years. Many of these have been people with huge potential, who don't always recognise this themselves. I often coach leaders facing resilience issues due to increasing work pressures or personal challenges and transitioning to a new leadership role.

How long do you usually work with a client and what happens in a session? The most significant step for most people is to request coaching and either fund this themselves or ask their organisation to sponsor them. A coaching package is usually six two-hour sessions over the course of six months.

I like to gather 360° feedback. I have a conversation with about 10 people the coachee identifies, having devised some simple questions together. I collate all the non-identifiable feedback, which enables us to identify their strengths and areas we can focus on in our work. This process is very impactful in helping people build confidence and self-awareness.

Anxiety is a very common emotion and is the brain-body response to stress. A particular model I use to manage anxiety is the emotional barometer, which



helps people visualise the relationship between their mood and energy. This increases self-awareness and helps people to be more resourceful to change their mindset and create new behaviours.

We all have an inner voice – the stuff that goes on in our heads. It's not unusual for that voice to be critical. I call this the 'barrister for the prosecution'. I help people be more aware of that inner voice and challenge the beliefs associated with it. For example, we may believe we aren't good enough. We can learn to challenge that belief by developing what I call the 'barrister for the defence'. The great thing about our brains is we have 'neuroplasticity'. This is the ability to create new neural pathways, which means we can create new beliefs, behaviours and habits.

What results do you see? People grow in confidence, receive improved feedback from their teams, get promoted and sometimes move to a new career. It's a huge privilege to see people reach their potential. If you'd like to reach your potential, give me a call.

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 in [www.linkedin.com in emmasedgwick](https://www.linkedin.com/in/emmasedgwick)

#1 reason

**Flexibility around family
care is the #1 reason
to start a business for
women with children.**

Rose Review of Female Entrepreneurship, HM Treasury 2019



Unleashing your inner leader

Natasha Mudhar on how to realise your leadership potential...

As global CEO of Sterling Global and founder of The World We Want, Kingston-based businesswoman and campaigner Natasha Mudhar, has built an incredible career. Having worked with FTSE 100 companies, disruptive technology companies, luxury brands, and governments, Natasha believes her calling was always to use her influence to fight for equality in education and business, and now campaigns for the rights of women and girls across the world.

What do you think are the secrets to success for women in business? And what makes a successful leader? The first thing we as women have to do is cultivate the inner leader inside of us, which means being unapologetically bold and confident in our own values, beliefs and worth. Our thoughts and beliefs can be our biggest downfall or biggest elevators since positive thought equates to positive action.

Embracing failure is also an important part of the process – and it’s imperative that we do not take it personally or allow it to define us. Running a business involves taking calculated risks from time to time, and it’s important to understand that occasional setbacks are normal. They are in fact valuable learning lessons that help you to become more resilient to the obstacles we often face.

Finally, I believe a leader in business needs to surround themselves with a strong support system. I’ve seen first-hand instances of women being a destructive force for themselves and for other women, especially when they let their own ego and insecurities blind them.

That’s why we always need strong and authentic female role models to inspire us and bring us together

Success in business boils down to personal acumen and not gender, but don’t hesitate to push back regressive people or policies along the way.

“Embracing failure is also an important part of the process – and it’s imperative that we do not take it personally or allow it to define us”

What kind of support do you think is important to help women in business

succeed? By building networks and not walls! It’s about the power of the pack. I’m a big believer of collaboration over competition and creating and cultivating more communities, networks and projects to empower women to succeed. We can learn from one another’s experiences, opportunities and obstacles – utilising all towards a positive multiplier effect as when you help another woman rise, we all shine.

There is so much talk of a boy’s club which feels totally exclusive of women. We must create more opportunities for knowledge sharing, and make that environment so inclusive that even men would feel welcome

Women need an equal footing in the business world - be it stringent annual reviews on gender pay gap or a push for more diversity in the boardrooms.

The systematic and biased thinking also needs to change, which needs to start early such as during childhood.

What do you think has been the impact of the pandemic on women in business?

Women are being disproportionality effected by the pandemic. A study conducted by the Female Founders Alliance found that before the pandemic, 87% of respondents said they were highly likely to start a company whereas, just six months later, 51% said they had delayed or scrapped their plans.

Across the board, more women are losing jobs or are facing higher workloads than their male colleagues and this shows the gendered line of impact of this pandemic. Even if they are working from home, women tend to do most of the housework.

It is important that we address this unfortunate circumstance and extend support to women around the world to ensure we do not leave them behind.

How did you get to where you are today? I have always been surrounded by strong, powerful women so my journey into activism is something I always believed I was born to do. I live in a household of three generations of women and I'm grateful to have been raised by two courageous women – my mother and my grandmother – their values and courage inspired me from a very young age to carve a path that's purposeful.



Natasha Mudhar

I've always known that my great-grandmother passed away in Punjab in the 1940s from Tuberculosis, which in today's day and age is a curable disease. I learned that she was a teacher who taught young children in Punjab, especially those from underprivileged backgrounds. Her daughter, my grandmother, had to leave school at the age of 10 and marry at 15 owing to various circumstances. I began to wonder, what if my great grandmother was alive beyond the time my grandmother was two? As somebody who placed so much value on equal opportunity and access to education, would she have allowed my grandmother to leave school at such a young age or would she have empowered her to achieve her every aspiration in life?

Access to education shouldn't be determined by a child's gender, yet 130 million girls globally are out of school and 15 million girls of primary school age will never even enter a classroom. This is a reality my grandmother, like millions of girls and women, experienced. Sadly, in our present day this is still a problem and I wish to do whatever I can in my capacity to be the last generation to experience this reality and other inequalities.

“I’m a big believer of collaboration over competition and creating and cultivating more communities, networks and projects to empower women to succeed”

My grandmother's reality inspired me to establish The World We Want, a purpose-driven global social impact enterprise launched to accelerate the achievement of the United Nations Sustainable Development Goals by 2030, through positive action, strategic communication and global connections. If achieved, we could end global poverty, reduce inequalities and be the last generation to feel the effects of climate change by 2030.

Our mission is to unite and galvanise change-makers, organisations, non-profits, governments, businesses, celebrities, philanthropists and citizens to create a world ready and capable of positive action and change. We're strong advocates for the power of dialogue and collaboration and we very much see our role as facilitators of change, bringing global changemakers and changemaking projects together to create incredible impact.

PROFESSIONAL CAREER COACH

Mandy Murphy talks to us about her coaching business

Why did you decide to become a coach?

My professional background in Occupational Health led me to the world of coaching. I trained as a nurse and after a few years I specialised in the field of Occupational Health and Wellbeing.

My 'calling' came when I saw how graduates and newly qualified health professionals, full of ambition and career aspirations articulating a fear of burnout so early in their career journey. They did not know how they could achieve the career they wanted without risking their health. My coaching business arose from working with these individuals to think differently about their future, their potential to achieve their goals and the confidence in their own resolve to get there and be on the career highway.

What is unique about your work and what can a client expect from working with you?

Have you seen the social media photo challenges during the pandemic, where you nominate an inspiring woman and encourage them to post a photo of themselves? The hashtag was 'women supporting women'. Great idea, right? But I've seen so many women who say in their posts that they are touched by the nomination but feel they are not inspiring enough. And, more often than not, those wonderful ladies are the most inspiring and fabulous women I could think of. And usually its when they are just being themselves they are their most brilliant. I get curious about what holds women back from having the career they want, how we can improve the internal dialogue that goes on in our heads, control the inner critic and celebrate and love who we are. If we are to grow the next generation of strong inspiring women, we have to be proud of who we are now, what we have achieved, what we have learned along the way and the depth of courage that is within all of us. And of course feel proud to share that with our next generation. This is partly what my coaching work sets out to achieve, support women to be their authentic self, bring their best selves to the table with confidence and resilience.



Can you tell us how your business has helped people through this year/pandemic.

The pandemic has been a challenging time for many people. Decisions that we would have easily made before seemed more difficult and confusing now. Making decisions based on fear and anxiety is not helpful and I saw a lot of this during the last year. Coaching has provided my clients with a ring-fenced space in the diary where they could work through the challenge, giving them tools to keep going, help them communicate difficult messages and recognise the positives from their own contribution whilst also celebrate little wins of their own, their colleagues and peers. All of this helps build our capacity to handle the stresses of change both in our personal and work lives.

My client last week said this about her coaching sessions "Overall I hope now for increased resilience and a thirst to keep growing, keep learning and keep on encouraging and developing others in order to get the best out of myself, and my team, whilst being the best I can be. Providing a safe, sustainable, not emotion based response to work situations."

For help with confident decision making or smooth transition through your next challenge contact Mandy for a **FREE 20 min discovery call** to see if coaching can help you.

mandy@coachmandy.co.uk
www.coachmandy.co.uk

FASHION

Spring watch

**A new season wardrobe
refresh for how we work now**

Cool Classics

A few key pieces in this season's styles will update your capsule collection. SS21 is all about the wide-leg trouser - super-flattering, and so easy to wear.

Reiss



Think pink

Pink is a top shade for SS21 and it can be powerful too. Colour pops of fuchsia can be particularly striking. Pale pink, meanwhile, can instil a feeling of calm.

Reiss



Timeless black & white

Always smart and stylish, versatile black and white will mix and match with all elements of your working wardrobe. Chequerboard, florals, polka dots, patterns of any kind, we'll be seeing black and white everywhere in the months ahead.

Net a Porter



Soft luxe

With our work and home lines more blurred than ever, we want styles that are comfortable yet chic - perfect for a day at the desk but also ideal for a spring stroll.

Reiss

Statement sleeves

With so many virtual meetings, all emphasis has been on the power top with big collars and statement sleeves and shoulders. And the trend looks like it's here to stay.

Reiss



A quick update

If you want to try out any trend, a simple scarf can bring your wardrobe right up to date. Head scarves are also big news this season – handy while you're waiting for that coveted hair appointment!

Accessorize polka dot scarf
Hobbs Kiara scarf

I THINK SHE'S GOT IT, BY GEORGE! SHE'S GOT IT. MY FAIR LADY (1964)

**Katherine Maccelari - Print designer/creator talks to us
about her exciting print design business, By George!**

**What is unique about your business
and how do you feel about traditional
techniques and sustainability?**

I design and print stationery and stationery items for the home and self. I have always loved the Art of print making whether it be screen printing, lithography, etching, woodcut or letterpress. When doing my Honours in Design I had the privilege of experimenting with all of these methods of printing.

Once I graduated from University I went straight into packaging design, marketing and branding. I then had the opportunity to combine two of my passions, interiors and print design. I worked at ELLE Decoration for 3 years and then freelanced for various publications including Livingetc and Homes & Gardens. After having my daughter Georgina, I decided to return to printmaking and pursue my dream of producing stationery using both traditional and modern methods.

I still conceptualise and design for digital and lithographic printing, but I decided to invest in a Hotfoil press myself. This is the process of heating a brass or magnesium plate that has been cut to my design and then pressing the hot plate to the paper with foil in between. The foil is then pressed onto the paper and the design on the plate is transferred to the paper.



The reason I chose this method is the uniqueness and quality of the final product as well as the fact that I can print small quantities and have nearly zero waste. I print only what is needed. The final product is fantastic for personalised stationery, event stationery and even to be used as interior 'Art' pieces.



Tell us about the art of Wabi Sabi?

I have always been drawn to and influenced by Japanese aesthetics. Wabi- Sabi is about the acceptance of transience and imperfection. Appreciating beauty that is not based on perfection. This is what my print business is based on, each printed card is slightly different to the other pieces due to the use of handmade paper. I love the uniqueness and character that this brings to the final product. In a world of mass production where uniformity is the ideal it is extremely satisfying to be able to take a breath and produce bespoke, handmade unique items which can or should be kept forever.

Where do you wish to take your business in the future?

It is a fledgling business at the moment and with Covid I have had to prioritise home schooling my daughter. Going forward I intend to design and print more off-the-shelf stationery items and interior prints, as well as bespoke stationery to order. I will also continue to produce my limited- edition diaries which are handmade and bound here in England as well as developing new stationery products through collaboration with like-minded artisanal creatives.

If you are looking for a bespoke design or print for any event or for you personally. Please get in touch.

Katherine Macclari

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Etsy UK shop: [ByGeorgePrintDesign](https://www.etsy.com/uk/shop/ByGeorgePrintDesign)

**“In the future,
there will be no
female leaders.
There will
just be leaders”**

Sheryl Sandberg

Feel the fear and do it anyway!

Impact guru Esther Stanhope on how to overcome anxiety to get your voice heard



A few years back, I had a lightbulb moment...

I felt that familiar feeling of fear, and I realised I had to flip my mindset into focussing on my mission. It changed my life. I overcame my fear of public speaking by around 30% on that day alone!

You can flip your feeling of fear too.

I was asked to speak at a women's networking event at the global law firm Squire Patton Boggs. They are a great firm and fantastic group of women and they had invited some of their clients to this lunch and learn seminar 'Get Your Voice Heard'.

I hadn't been speaking long at the time and I started feeling the fear as I walked to their office in London (it's only a 10-minute walk from Spitalfields so I didn't have long to sweat, shake,

panic and do all those things you well know. The obstacles that stop you from public speaking).

I was crippled with nerves and by the time I arrived, I was beginning to think all those thoughts like:

- Why did I sign up for this?
- What if I forget my lines?
- What if they hate me?
- Oh gosh, shall I pretend to be ill?
- I am crap, I am terrible, why am I here?
- etc etc etc

Yes, I still talk to myself on a daily basis.

However, when I arrived I bumped into a few of my clients (I had already run some masterclasses at the firm so I knew a few of the sparky women there who were all really up for it and eager to learn).

One woman came up to me looking really excited.
 “I can’t wait to hear your tips on how to look more confident.”

Her colleagues continued.
 “I wish I had the confidence to speak up more in meetings, my voice goes all funny!”
 “Yes, and I think I’m too quiet when I don’t know the people in the meeting, sometimes I don’t say anything at all.”
 They were genuinely really engaged with the confidence tips and they had NO idea I was trembling inside.

At that moment I realised something. ...
 My mission.

I want to help as many women as possible speak up in meetings and have the confidence to get their voices heard and climb that slippery slope to career success. That’s why I’m here, that’s my mission.

I have tips and techniques I have learnt from my 20+ years in broadcasting, at the BBC and as a senior producer in live TV and Radio studios for half of my life. My mission is more important right now than my fear.
 I must do this one thing...

Feel the fear and do it anyway
 (Thank you Susan Jeffers, she’s written a book with this title)

So I did!

The masterclass in front of 40-50 women lawyers was a hit. Everyone was engaged and loved the tips. The tips were more important than my inhibitions.
 I did it, I worked through my fear.

Practical tip for you.
 When you feel fear before speaking in a meeting, a pitch, a presentation or a job interview and you could easily avoid it altogether. Don’t. Don’t miss out on opportunities to speak up and be heard.

Feel the fear and do it anyway. Some mentors call this – stretching yourself. Some say you know when you are stretching yourself, it’s when you are in a state of fear.

So go on. Think about your mission, focus on that, and throw yourself into it.

Yes, it’s a bit like diving into a swimming pool and getting used to the cold water, once you’ve done it, you feel GREAT!

www.estherstanhope.com

ESCAPE TO A CHATEAU

Luxury All-inclusive sports, wellness and creative breaks
in Pays de la Loire, France



Reader Offer
15% off
on all retreats



Founder Becky

Who we are Group Evolution delivers premium, all-inclusive retreats from the luxury of Chateau de la Motte Henry, in the Pays de la Loire, France.

We partner with leading coaches and health professionals to deliver our retreats, each well-respected in their field.

Our Retreats

Retreats focus on three key areas; endurance, wellness and creative. The endurance sports program covers cycling, running, swimming and triathlon, while the wellness program addresses personal fitness, women's health, and luxury pamper breaks. Creative retreats, covering photography, writing, fine art and life planning will launch in 2021.

What makes a Group Evolution retreat different Our retreats are unique, tailored

to each guest prior to attending, allowing coaches to spend more time helping and less time analysing. We cater to our guests likes and dislikes (not just allergies) and to complement their training where appropriate. Retreats leave guests relaxed, inspired and re-energised. Many of our guests keep in touch with us, and each other, long after retreats have ended – even supporting each other at events!

We have exclusive use of the Chateau estate so all facilities, including the gym and 25m pool are only used by retreat guests. Our guest numbers on retreats are limited allowing a more intimate experience.

We also offer a comprehensive COVID guarantee throughout 2021: a £1 deposit with the balance due just 7 days before retreat. If guests cannot attend due

to COVID, Group Evolution provides guaranteed full cash refunds within 7 working days on all packages.

Getting to know the Founders: Barry and Becky. Barry worked in the civil service, then in the city, before renewing his love of sport. He always has something on the go – currently an MSc in Sports Biomechanics, along with undertaking sports assessments through our sister company, Performance Evolution. Becky is a former lawyer, who took a career break to raise children, but really loves running, cooking, entertaining and socialising.

Why did you start hosting retreats? We hope to offer guests the holidays we wish had been available to us when we first started taking our fitness a bit more seriously and participating in events.

We wanted holidays where Barry could train and I could dabble, but it still felt like a holiday, ideally spending the evenings and our free time together. We did not want to be in basic digs, cooking for ourselves, nor eating rich restaurant food – but wanted fresh, healthy cuisine, and a comfy bed with crisp linen!

Why sports and wellness? For Barry, as with many athletes, his path to the start line was beset by injury and (fortunately) recovery – and that journey really sparked his interest, leading to a BSc and now a MSc in Sports Science. He has a triathlon coaching

qualification and using this knowledge and expertise helped friends achieve their sporting goals, whether it be a first triathlon or a sub 3hr marathon. He coached me to my first marathon and half-ironman. His main focus is injury prevention, realistic goal setting and a varied training schedule.

Wellness compliments this. Our aim is sustainability, whether that be in terms of nutrition or physical and mental resilience.

The venue

Named after Henry II, who stayed in the grounds in the 12th century, Chateau de la Motte Henry is nestled in over 27 acres of glorious parkland. The recently renovated 19th century chateau provides luxury accommodation, delicious food, high quality leisure facilities and tranquil chill-out zones, for the ultimate wellness break. With exclusive use of the Estate and great travel connections to both Paris and the UK, the breaks are ‘corona-safe’, exclusive and enjoyable. The chateau is even mentioned in the Times Top 20 Chateaux.

The chateau and estate is available for private let during July and August.

Offers: For all bookings made before 31st May 2021 we are offering Rise Readers a 15% discount on all retreats using code TimeandLeisure15

Group Evolution www.groupevolution.com
Contact: becky@groupevoution.com

**“Don’t ever make decisions
based on fear.**

**Make decisions based
on hope and possibility.**

**Make decisions based
on what should happen,
not what shouldn’t.”**

Michelle Obama

RISE INTERVIEW



My Business Life
Kelly Hoppen CBE

The designer to the A-list talks to Angela Sara West
about how she created a business empire



BAFTA-nominated Kelly Hoppen's unique flair has won her abundant accolades, including a recent Luxury Lifestyle Award and the 'Oscar' of the industry, the Andrew Martin Interior Designer of the Year Award. She tells me her greatest achievement, however, was receiving her much-coveted MBE for her services to interior design, recently followed by her CBE.

"It was a huge honour to meet the Queen and be presented with such awards!" she says. Her CBE for services to the government's GREAT campaign recognises Kelly's exceptional contribution to the UK as an entrepreneurial and self-made female business owner, and as a powerful example of the talent and forward-leaning nature of global Britain. "I am truly humbled and thrilled to be honoured for work that I feel so passionate about. Working together with the GREAT campaign has been rewarding and exciting, and I look forward to continuing to support and mentor UK SME's and entrepreneurs, which is more important now than ever!"

Kelly Hoppen's cool 'n' contemporary signature stamp is emblazoned on homes worldwide, as well as hotels, private jets and superyachts. Having achieved iconic status, the interiors queen is THE go-to designer to the stars, counting close friends the Beckhams, and the Chelsea-based Lampards among her A-list clientele.

Kelly's big break came at 16, when her father's friend asked her to design his kitchen. "It was my first assignment and I haven't looked back since," she says. "The passion grew stronger and the projects bigger!"

When she's not donning her interior design hat, popping up on our screens as an interiors expert or championing and mentoring entrepreneurs, she's designing products for her collaborative home and commercial ranges including Joseph Giles, and her modish homeware line for QVC. Her furniture designs can also be found at Andrew Martin's flagship Chelsea showroom.

Oh, and she's also often busy writing books, despite her struggles with dyslexia. Penned in lockdown, she's just announced she'll be releasing a new title in the spring, *Essential Style Solutions for Every Home*.



Over the years, she's collaborated with Lord Alan Sugar, Samsung and L'Occitane, designed bowls for Wedgwood, an exclusive collection of fireplaces with Chesneys, premium baths for apaiser and an upmarket carpet collection for Brintons. Always keeping her core values of high quality, simplicity and timeless elegance, there have also been cutting-edge fabrics for Richloom.

With such a busy schedule, how does she look after her wellbeing? "I work out every morning... it helps set me up for the day. Starting off with exercise and without my phone is a non-compromise. Sleep and drinking loads of water are also essential with my workload. And, my daughter, Natasha, is a cooking author, and has taught me many delicious and healthy recipes."

Kelly's an avid campaigner for antibullying and supports The Diana Award, the only charity set up in memory of the Princess of Wales,



© Mel Yates

**“Starting off the day
with exercise and
without my phone
is a non compromise”**

with her belief that young people have the power to change the world. The charity fosters, develops and inspires positive change in the lives of young people.

She also plays her part in protecting the planet. “I was thrilled to become an ambassador for Cool Earth and to be working closely with people such as Dame Vivienne Westwood to help halt rainforest destruction and climate change,” she says.

She adds that sustainability is hugely important to both her and her business. “Sustainability is a running theme, and we are likely to see consumers move more away from throwaway interiors, and just like fashion, people will lean more towards timeless investment pieces.”

As a dedicated supporter of good causes and the championing and nurturing of young entrepreneurs, Kelly is also an ambassador for the Prince’s Trust and sits on their committee, cultivating young talent and inspiring young people to pursue their business ideas. “Helping young people to realise their dreams and be mentored to live the lives they deserve has been one of the greatest achievements in my career,” she says.

www.kellyhoppeninteriors.com

The Home Office

Make your work area into a productive and stylish space to be

Zone it

If your office set up is in an area of your home used for other purposes, look at clever ways to zone it so that it feels separate and gets you in the right frame of mind for work. Plants, book cases and screens can all help. Meanwhile, desks that can be shut up at the end of the working day are also a good way to help you switch off.

Be seated

A comfortable chair is an absolute must. There are so many gorgeous options around that look good but will also ensure you have the correct posture while at your desk.



Wren



Furniture and Choice



The right light

Let in as much natural light as possible to keep your working environment uplifting while also keeping in mind what shade you might need to avoid glare on your screen. Add desk lighting too for those close reading tasks.

The desk top

Look at everything you need to do at your desk – does it need to accommodate a laptop or desktop computer, will you be sketching designs, charging electronics, needing to have stacks of research papers and books open? Make sure your desk is fit for purpose.



The Dormy House



Breakout areas

A home equivalent of an office breakout area is nice to have – a space where you can sit with a coffee, quiet the mind and let the best ideas form. Bring in plants, comfortable seating and, ideally, a view on to the outside world.

Storage solutions

From pen caddies to vast modular shelves, look at space-saving ways to store everything you need easily for your work. A tidy and organised working environment will clear your mind and help to make you more productive.



Go Modern Furniture

AMSCHELA

THE BRAND TO WATCH

**Keri Andriana founder of Amschela talks to us
about her motivation and success**

Tell us about your journey so far?

Growing up my Grandmother was a seamstress and as a child I would spend weekends with her. I became fascinated watching her sew and use the sewing machine. She made clothing and it just used to amaze me. She was also a great lover of handbags and as I grew up she would give me her old bags and I would revamp them to make them current. In 2016, after 15 years working in the legal profession I became redundant. I have two sons who encouraged me to turn my hobby into a business. Everything was so challenging as at the same time my relationship was failing and within 6 months of losing my job, I also lost my home. I wanted to go to handbag design school and learn the trade formally, but I could not afford it, so I turned to free courses, books and YouTube tutorials for one whole year and taught myself how to make more functional bags for the consumer. It became my full time job. I was scared but I already had the basic skill and I knew if I just applied myself correctly I could do it. The brand launched from a makeshift kitchen in April 2017.

I think appearing in British Vogue, which we have now featured in twice (June & Sept 2018) was our breakthrough moment that took my breath away. The feedback was amazing and led to us appearing on BBC Points West and some amazing opportunities started to come our way. The brand is very human, and close to my hometown roots of Bristol and is actually named after my adorable 6 year old grandson, Amschel; Amschela being the female variant of his name, meaning 'Angelic Child' in Hebrew/Jewish. The brand has since gone on to



Keri Andriana

win several awards and nominations, the ultimate being a nominee at the Fashion Awards 2020 and receiving British Fashion Council Designer Member status in October 2020.

We have also ramped up a loyal celebrity following, such as: TV Presenters; Naomi Isted, Sarah Mulindwa, TI Media & Former Global Entertainment Head of the Telegraph; Denise Parkinson, UK Soul Singer; Beverley Knight, Neighbours Actress Emily Milburn; BBC Strictly



Head Judge; Shirley Ballas and most recently our bags have been worn by Emmy & Brit Winner Michelle Heaton and TV Personality Imogen Thomas. I lose count but I am so honoured each time one of our bags is worn, and seeing them in the press or on the Red Carpet always feels surreal, especially as we are such a young brand.

Despite some of the obstacles that life has thrown at me, there is strength in overcoming them and Amschela the brand is a reminder to women that no matter what happens 'you are not your circumstance', you just have to believe in yourself.

What is the most important business decision you have made?

To open as an e-commerce business prior to the pandemic not realising that a force of nature would make it almost essential to



be able to operate in the digital world. The scary side of the effects of deciding whether to close the brand or to pivot in an unprecedented time when no one knew what the outcome would be. Thankfully, I chose to pivot and streamline the business, without losing any of our quality of products or our consumer base and was able to retain all of the brands staffing. Which was quite a feat in itself. Overall, it was a hard decision but one that I am proud of. Another important decision was to transition the brand to be a fully vegan brand, which is still on the cards by the end of the year.

What advice would you give to young entrepreneurs? Keep going until the brakes literally fall off, you have come too far to give up. Pace yourself, operate at your own speed and stay true to your vision. The universe will do the rest if you just have faith in yourself and your capabilities. Never be afraid to also ask for advice and where you can, look back and help others. Research your chosen area well but ultimately don't be put off if there are others doing what you do, just do it better.

What does 2021 hold for the business? We are two years into a three year pledge with Peta to be a fully vegan brand by 2022. That is still on board for the brand and although I will be sad to say goodbye to our amazing leather products, I wholly want the brand to be sustainable and more considerate of the earth, animals and people in general. We have one more leather product to launch shortly as the final goodbye,

as we couldn't just pull out of the manufacturing deal but I am happy with it and in all honesty it's a beautiful piece. We are scheduled to introduce her within the next month or so. Maybe in the future we can relaunch it with the vegan rebranding of the brand. I guess it's a fitting way to say goodbye to the old and in with the new. We have also been approached by some stockists and I am looking at all options to expand the brand to new consumers.

From the brand's creation, I have wanted the brand to have it's own bespoke/brand print and I felt that now having watched our consumer base take shape it was time to do that, so we are currently working on preparing for our Signature Lines. I cannot tell you too much about it but I will say that I worked with an amazing American textile and graphic designer from Philadelphia who took my vision to a whole new level of excitement. We are online for the Signature to be ready by the end of the year.

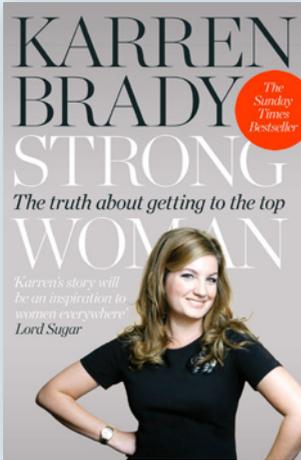
Last but not least, this year will see us move into movies, with our first film product placement of our handbags in the super anticipated "On the Other Foot" starring Peter Andre, Quinton Aaron and Lee Charles and Lady Leshurr. It will be exciting to see the bags on the big screen. With the lifting of lockdown looming, I am just super excited for the future and new opportunities.

www.amschela.co.uk
 📍📱📧 @amschela

17

**Across the FTSE 350
there are just
17 female CEOs.**

BoardEx, The 30% Club



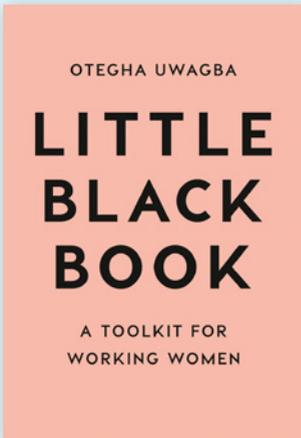
Books to read now

Advice and inspiration for women in business

STRONG WOMAN: THE TRUTH ABOUT GETTING TO THE TOP

Karren Brady

An inspiring read for female entrepreneurs, Karren Brady shares her story of how she became a hugely successful businesswoman, and how such works it with her personal life.



LITTLE BLACK BOOK: A TOOLKIT FOR WORKING WOMEN

Otegha Uwagba

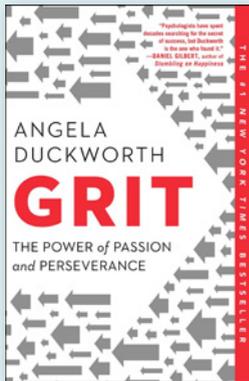
This Sunday Times bestseller comes highly recommended for all women in business, but particularly those in creative roles. There's plenty of practical tips, on everything from networking and creating a personal brand to overcoming a creative block and negotiating a payrise.



GOODBYE GLOSSOPHOBIA: BANISH YOUR FEAR OF PUBLIC SPEAKING

Esther Stanhope

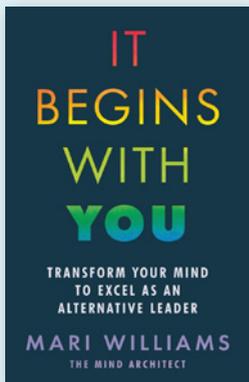
Packed full of tips and advice, this is essential reading to build your confidence in public speaking. Given that Esther once suffered from glossophobia and is now speaking to audiences all over the world, she really knows all the tricks to transform how you come across and how you feel about doing it.



GRIT: THE POWER OF PASSION AND PERSEVERANCE

Angela Duckworth

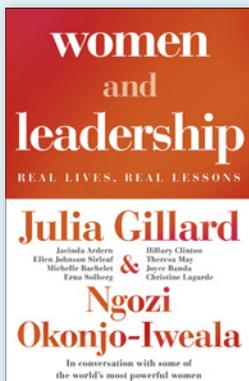
Psychologist Angela Duckworth shows how the key to success is not innate talent but sustained perseverance and determination and the ability to overcome setbacks. She has also done a TED talk on grit as a predictor for success.



IT BEGINS WITH YOU: TRANSFORM YOUR MIND TO EXCEL AS AN ALTERNATIVE LEADER

Mari Williams

With the idea that your unconscious mind could be holding you back, leadership coach and therapist Mari Williams' powerful book explores how to change your thought process so your unconscious becomes a superpower, enhancing your self-confidence and decision-making.



WOMEN AND LEADERSHIP: CONVERSATIONS WITH SOME OF THE WORLD'S MOST POWERFUL WOMEN

Julia Gillard and Ngozi Okonjo-Iweala

An interesting insight with the former prime minister of Australia and the former Minister of Finance of Nigeria looking at gender bias and why there are not more women in leadership roles.

Take back control of your life

Mari Williams, author of 'It Begins with You', explains the importance of taking time to pause and reflect

Sometimes, life reminds me of a water slide.

You jump on, ready to enjoy the thrill, the twists and turns, the splashes of water on your face. You look forward to hurtling out at the end - drenched, but full of endorphins and a sense of achievement. But sometimes the ride doesn't stop, and you are stuck - forever thrown around, splashed in the face, and never reaching that end point where you can take a breath and remember the ride fondly. We need an 'end point' to reflect and change direction. I know that in this last year many of my clients felt they wanted to stop their rides and get off!

I'm a business owner, and a parent of five children. I understand what it feels like to be under pressure and overwhelmed; to have a mental to-do list of at least 50 things a day, and to feel immense guilt when I only tick off five of them - less when I'm helping to home school; to feel like I'm failing as a leader, as a parent, a partner, and failing myself.

It's vital to change this.

When we stop leading and living our lives intentionally, we stop making good decisions. The decisions we make (estimated at 36,000 a day) are crucial to everything from our career and parenting to our self-worth. These everyday decisions create our future lives. When we start



making them from a stressed or anxious state, our lives veer off-course; we may experience confidence wobbles, Imposter Syndrome and fear of failure, and see our relationships start to flounder.

How can we stop this cycle and regain control? Do something entirely counter intuitive: P.A.U.S.E.

Take a half-day out of work to re-plan. Take an hour away from the kids. Take ten minutes to stand outside... your pause is unique to you. Give your mind space to reflect on your ride down your slide - which bits do you like? Which bits don't you like? What new segments would you add? How could you create a softer landing?

Research shows your brain does creativity and problem-solving best when it feels like it's not doing anything (ever had a great idea whilst walking, or in the shower?).

If you never give it time to be still... it can't be creative for you, and it can't get you off your slide.

My P.A.U.S.E. model will help

- P** - Pause. Stand back, take a breath, review the situation.
- A** - Assess all your options.
- U** - Understand and explore the consequences of those options.
- S** - Strategise. Confirm the option you want to take, and how you will implement it.
- E** - Effect. Put your choice into effect, and action your decision.

You can use this model in any situation, from parenting to high-pressure work scenarios. By pausing, you'll take back control of your decisions - and in doing so, take back control of your present, and, most importantly, your future. Pause. It's time to get off your slide.

Mari Williams is a Leadership Coach and Therapist, a mentor on the Enterprise TechSTAR entrepreneur accelerator at The Judge Business School, Cambridge University and a regular speaker on BBC radio and event speaker.

Mari Williams, The Mind Architect,
www.mari-williams.com

Subscribe to **The Weekend** to read Mari's monthly column on building your confidence and leadership skills www.timeandleisure.co.uk/newsletter

TAKING BUSINESS OWNERS BY THE HAND AND GUIDING THEM

Dionne Sherwood talks about her business.



What is your background and how do you help businesses? I am a qualified accountant and I have spent my entire professional life working with small and micro businesses. Many people who set up their

own business go in completely blind. There are so many things that can trip people up, whether that is legislation (loads of that to catch you out), managing their time, finances, customers and suppliers and that's before you have even thought about growing your business and taking on additional help. It is my role to help them understand the implications of what they want to do, and also what they are not doing.

But it's not just about following rules and regulations. I work with my clients to help make them more efficient which in turn makes them more profitable and that means business owners need to systemise everything. Sometimes a system develops without realising it, but if you want your business to grow you need to document that system so that anyone else can pick it up.

How has your business changed through COVID-19? COVID-19 has affected everybody's lives. My own business holds everything in the cloud, so 1st lockdown, setting up the team to work from home, was a very quick process - up and running in about an hour. Many businesses had to do a lot more but did it successfully, others have

had to diversify to keep going and others have just mothballed their businesses until this is all over.

What this has highlighted is people's lack of disaster recovery plans. I often say to people "what happens if this or that goes wrong". Very often the reply is "Oh that's not a problem, it won't happen". If I had said 2 years ago, "what happens if the Government tells you to close your business now", I would have been laughed out of the room and understandably so. But that is exactly what happened and very few people had a plan in place to minimise the impact. Yes, it's extreme, but it highlights the possibility of the unlikely occurring.

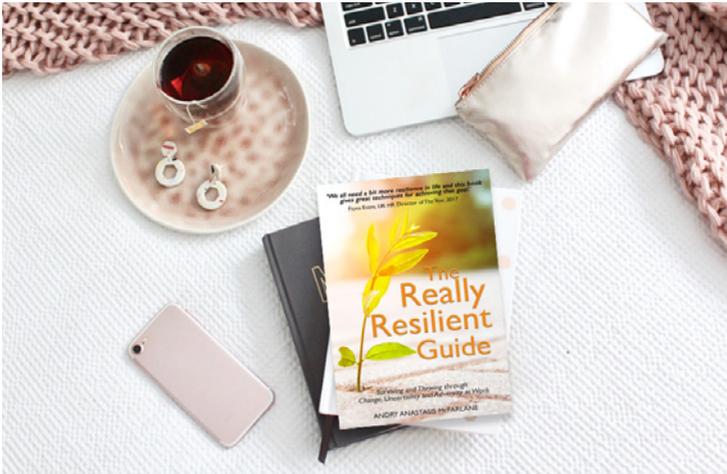
We have spent a lot of time, making sure our clients know which of the various government schemes they can access. The Furlough scheme, as it has become known, has proved very popular but very time consuming for those operating it.

Where do you see your business growth in the next 2 years? What we have seen are a lot of people losing their jobs and many of those will decide to set up their own business. We have started to see new clients coming from this sector. People want to be in control of their own destiny, and many see self-employment as that route.

Our aim is to help as many businesses as possible, by leading them through the maze of running a business.

Dionne Sherwood FCCA - DS Small Business Help Ltd, Chartered Certified Accountants & Business Advisors. 01970 582008, dionne@dssbh.co.uk, www.dssbh.co.uk

Five ways to embrace change and build resilience



By **Andry Anastasis McFarlane**, author of **The REALLY RESILIENT Guide: Surviving and Thriving through Change, Uncertainty and Adversity at Work**



With all the current uncertainty in life, there's never been a better time to build our resilience. Narrower, more traditional perceptions of resilience, such as being resistant, thick-skinned, or being a heroic mountain climber, are often unhelpful and unrelatable. In the last few years a more humane resilience has emerged: determined and adaptable, underpinned by paying attention to your wellbeing. For women in business in 2021, resilience is imperative not just for career success but for our health and wellbeing.

When COVID-19 struck, I had to act fast to save my business. Using 25 years of coaching knowledge, practising resilience-building and learning from stories all over the globe, I moved my entire business model to online learning in just 10 days – and succeeded.

When I applied the first two of these three qualities (being determined and adaptable) at the beginning of the first lockdown in 2020, I was moving at super speed. I was determined to move my entire business online quickly. I was adaptable; I attended 10 days of webinars and online seminars. I observed and listened and learnt to facilitate online courses. My business survived because I was determined and adaptable and able to motivate myself to move and take action quickly. It was later that I fully understood that second part of the definition: resilience is also taking care of your wellbeing.

Whatever age you are, or stage you're at in your career, there are many things you can do build your resilience. On International Women's Day 2021, I would like to share five with you:

1. **A resilient mindset** - initial stressed reactions to change and challenge are natural and to be expected. But what matters is how you respond after that initial stage and the small steps you take. Visualise yourself seeing challenge or change in an adaptable way: as an opportunity to innovate or learn. Imagine yourself facing adversity calmly and asking, 'what skill could I learn to navigate this?' and 'what service or product can I develop next?' See yourself taking small steps for change, inspired by this way of thinking. Visualising like this, when combined with well-thought-out action, builds your mindset as a resilient businesswoman.
2. **Build a network** - research shows that resilience is enhanced by strong networks of people that you trust. As a well-networked leader and businesswoman, you'll have more spaces to discuss leadership challenges and ask for work-related guidance. Ideally, it's worth being part of a range of non-competitive networks,

with different demographics, both professional and personal, where you can both give and receive support, ideas and learning.

3. Calm decision-making - decisions can be life changing.

As leaders we can change the rules around how we make decisions. The best business

decisions are often made when you are feeling calm and clear, and tap into your own inner wisdom. These decisions enable you to embrace change, adapt and keep going. And these decisions tend to have the best impact. (Research by Senior Lecturers at MIT backs this approach up).

The best business decisions are often made when you are feeling calm and clear, and tap into your own inner wisdom.

4. Learn how to feel grounded, quickly – cultivating a calm technique enables you to feel grounded in three minutes, wherever you are. You can do this by stopping and taking time out to be mindful of the changing clouds above you, or build a mini breathwork activity you can return to time and time again. From that more grounded space, ask yourself decision-making questions such as, ‘What feels like the best direction?’ and ‘What does my intuition tell me is the best next step?’.

5. Remember, it’s all within your reach - research now shows us that resilience is learnable. As we globally celebrate being women, take a moment to cultivate your determination or adaptability at work. The results will be visible and powerful.

Andry Anastasis McFarlane is an experienced learning consultant, executive coach, international workshop facilitator and keynote speaker. She has blended her career with over twenty years of researching and practising resilience-building in some of the world’s leading charities, universities and innovative start-ups.

thelearningmoment.org

39%

Women are less likely to believe they possess entrepreneurial skills: Only 39% of women are confident in their capabilities to start a business compared to 55% of men. This is a perceived gap in ability, rather than an actual gap in skill sets.

Rose Review of Female Entrepreneurship, HM Treasury 2019

By Lucy Kane

The Resilient Leader

Resilience has been the buzz word for businesses and entrepreneurs' survival during the pandemic. As owners, managers and leaders running teams and financial spreadsheets, we've been digging deep during these difficult times. But where do you go when you're in short supply and need a top up? Lucy Kane, Owner and Publisher for Time & Leisure Media for over 20 years, shares her top tips for leadership resilience.

Invest in Yourself

You might be feeling more pulled in different directions than ever before, so it's even more important to carve out time for yourself. Booking an appointment time in your diary will help you commit to this time. I set an alarm that reminds me to join meditation sessions morning and evening and has been my absolute saviour during #lockdown3. Prioritising yourself is similar to the aeroplane oxygen mask advice. You can look after others better when you look after your own needs first.



Footsteps

As a nation, we've walked our socks off during lockdown, learning to appreciate our neighbourhoods and local green spaces with a new vigour. But did you know that walking reduces visceral fat (the hard to shift fat around your vital organs) and exercising outdoors has more health benefits than indoor exercise. Plus, there is the added benefit of getting your vitamin D and the boost to your endorphins, all helping us to build a healthy resilience. Follow health practitioner Dr William Bird on Twitter or YouTube for more motivational scientific reasons to prioritise walking as part of your lifestyle.

Connect

Working from home has its stresses, in particular having less interaction with colleagues during the day can be isolating. The five-minute catch-up whilst making a coffee has been replaced with... well, what? A fifteen minute daily catch up with an accountability buddy will help you start the day with 1. A Plan 2. Personal connection 3. Commitment. The guidelines are simple – ask questions and listen, keep it short and sweet so it's an effective use of your time. It's also great to connect with someone else's challenges and give back. Giving is one of the key attributes to positive self-esteem and building resilience.

Recover and Grow

Tap into some of the funded training schemes for self-development and

growth, and gain some additional support and skills to tackle the challenges during the crisis. London Hub are running a course designed to support London-based business leaders, and are particularly looking to support female entrepreneurs. Join a supportive network of fellow business leaders and entrepreneurs to work through an interactive online programme and you'll receive 18 hours of tuition, business clinics and coaching. Ideal if you are ready to invest the time in looking critically at your business and identifying your vision for the future. If this doesn't float your boat then your local chambers of commerce will be able to access other funding and training schemes. www.businesshub.london/resource/recover-and-grow/

The Mayor's Resilience Fund

If you have a great idea that could help solve one of the challenges identified by the Resilience Partner and the Mayor of London, including health and wellbeing, food insecurity, air quality and more, then you could secure up to £50k. You'll get to test and validate your solutions directly with market leaders, access the knowledge, expertise and insights of the network and join a programme of expert advice and training. First round of applications are open until 1st April 2021. Visit the website for further dates and announcements.

tech.london/resilience

Luey Kane, Owner Publisher of Time & Leisure Media, www.timeandleisuremedia.co.uk

In Pictures

Time & Leisure's previous celebrations of
International Women's Day



RISE EVENTS



Sally Warren and Nicola Davenport,
WhoSki.com, Lucy Kane



RISE

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featured in the
next issue?*

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