



Where? The Public, New Street,
West Bromwich B70 7PG

When? Monday 21 September 2009,
9:30am – 4pm

Itinerary

9:30am Registration and refreshments

10am Welcome speech from Sandwell's Mayoress, Mrs Beryl Lewis

10:10am Opening speech from CEO of Sandwell Council, Allison Fraser

SEMINARS

11am Jo Cameron: Inspiration and motivation

11:30am Melanie Dudley: Inspiration for young entrepreneurs

12pm Jackie Ashworth: "Having the courage"

12:30pm Marverine Cole: Media skills masterclass

1pm Lunch

2pm Winner of the 'best business plan' announced

SEMINARS

2pm Sammy Rose: Marketing and presentation skills

2:30pm Jenny Long: Web marketing and SEO

3pm Sue Cartwright: Networking

3:30pm Gillian Bestwick: Finance

You can network in:

The Marketplace

Meet a host of fantastic local businesses.

stressfreesandwell

Pamper yourself and learn to maintain a healthy work/life balance. There will be a workshop on 'visualising success' at **10:40am**, then a series of 20-minute stress-management workshops (run by Sandwell PCT) at **11am, 11:40am, 12:20pm, 2:20pm, 3pm** and **3:40pm**.

setupinsandwell, incorporating:

Mentors' Corner, offering guidance in starting or growing your venture

Springboard, helping you to market and promote your business effectively

Money Box, helping you to access funding and manage your finances.

4pm Event closes, with the drawing of the charity raffle for Sandwell Women's Aid.