

SATURDAY 14TH MARCH

# **EMPOWERMENT!** *live!*

*sarah hulme*

*heather rose*



Programme Sponsored By

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WELLBEING

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With a blend of deep NLP coaching and practical visibility strategy, I'll help you feel unstoppable inside and out—visible in your business, confident in yourself, and free to shine in every part of life.



### **1:1 Coaching & Mentoring**

Unlock your confidence and visibility with my mentoring and coaching sessions — personalised, trauma-informed support to help you show up authentically, grow your business, and step into your power.



### **Bold & Visible - The Membership**

If you've ever felt like you're doing all the things, but still not getting the visibility your business deserves, this space was created for you. No more staring at a blank screen wondering what to post. No more second-guessing your voice. No more doing it all alone.



### **Group Workshop Sessions**

Step into a supportive, high-impact space with our Workshop Sessions — in-person and online sessions designed to help you gain clarity, boost confidence, and create bold visibility alongside like-minded women in business.



# HEATHER ROSE



Bringing women together in real, welcoming spaces where they can build confidence, grow personally and make powerful connections without judgment or pressure. Our events, coaching and products have become known for their warmth, energy and, most importantly, REALNESS.



### **Covem Networking Groups**

A space where women come together to share stories, spark ideas, and build each other up without the pressure or practised pitches. Step inside and embrace connection, collaboration, and the kind of support that lasts a lifetime.



### **Franchise Opportunities**

As a franchisee, you'll step into a proven model that's already sparking confidence, connection, and collaboration for women across the UK. With full training and ongoing support, you'll have everything you need to hit the ground running and build something powerful in your own local area.



### **Coaching Sessions**

Tired of spinning your wheels? In a one-to-one with Sarah Hulme, we cut the fluff, smash through the barriers, and get straight to the good stuff; a clear plan and the fire to run with it. Stop overthinking, start moving, and finally back yourself with confidence.



# SARAH HULME



# KP FINANCIAL WELLBEING



## Helping you with your financial wellbeing

*For over 25 years I have been helping my clients, their families and business owners achieve financial wellbeing.*



### Protection planning

*Ensuring you and your loved ones are protected should the worse happen*



### Retirement planning

*Planning for a happy and fulfilled retirement*



### NHS Pension Specialist

*Helping you navigate the complexities of the various schemes*



### Investment planning

*Looking at your goals and aspirations and planning for them efficiently*



### Intergenerational planning

*Ensuring the right people inherit your wealth*



### Financial education in the workplace

*Let us help support your workforce with financial education through face-to-face workshops or online training*

*Planning for financial freedom both now and in the future is one of the most important steps you will ever take. That experience needs to be positive in every way. I truly care about providing you with a clear professional and jargon free service.*

***Let's sit down and talk about how I can help you feel better about your financial wellbeing.***

**Feel free to get in touch for a no obligation financial health check**

**Kaye Price DipPFS CeMAP**

*Financial Wellbeing Planner*



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SJP Approved 23/04/2025

## ***Guest Speakers***

### ***Namita Chopra***

As well as being an estate planning consultant I also host in my kitchen an Indian supper club for ladies regularly on a Friday night. A wonderful opportunity to engage and bond over an array of Indian culinary food. I offer cookery classes, demonstrations, gift vouchers, venue hire for photo shoots

Namita's Kitchen

Email: [namita1chopra@yahoo.co.uk](mailto:namita1chopra@yahoo.co.uk)

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### ***Clare Bradley***

Clare Bradley is the founder of The Anger Management Coach, specialising in behaviour change and domestic abuse work. She works predominantly with perpetrators of domestic abuse, supporting accountability and lasting change that empowers women.

The Anger Management Coach

LinkedIn: [clare-b-8b417213a](https://www.linkedin.com/in/clare-b-8b417213a)

Facebook: The Anger Management Coach





## ***Vivienne Joy***

Most women aren't enjoying life, they are holding themselves back, pleasing others and under-estimating their true potential.

Isn't it time that you start to understand and RESET what is keeping your mindset stuck and start confidently stepping in to your empowered future to truly ENJOY LIFE!

She-Enjoys Life

Facebook: viviennejoycoach Instagram: viviennejoy

Web: <https://viviennejoy.com>

Tel: 07921 040474



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## ***Lisa Musso***

With 10 years of experience, I empower women to feel strong inside and out. I support women through perimenopause, menopause, and GLP-1 meds, and help with mental health, boosting confidence, resilience, and strength.

07921 040474

LM Personal Training

Facebook: LM Personal Training

Instagram: lmusso\_PT



## ***Victoria Bowers***

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# Market Expo Stalls



## FOR WOMEN WHO'VE BEEN HIDING ...

I help women who are ready to feel more confident, visible and comfortable being fully themselves, in life, in work and in the spaces they walk into.

Together we build real confidence from the inside out so if you've ever felt invisible, overlooked or like you've lost a bit of yourself... you're not alone.

I see you. I get it. I've been there.

**Ready to be seen in a way that feels like you?**

Come and say 'hello' or let's connect online.



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[www.wendihylandsmith.co.uk](http://www.wendihylandsmith.co.uk)



# Today's Running Order

All times are approximate

9.00am	Arrival - Time for Breakfast - Visit the Expo Stalls and Network
9.45am	Welcome from your hosts:- Sarah and Heather
10.00am	Empowerment Body Confidence Catwalk
10.30am	Sarah Hulme The Day I Decided To Be The Main Character in My Own Story
10.50am	Clare Bradley Why Working with "Bad Men" if the Most Empowering Thing I've Done
11.10am	Break - Take a Visit to the Market Expo Stalls / Treatments / Networking
11.45am	Lisa Musso Finding Strength in the Struggle
12.10am	Heather Rose Shatter the Stories That Hold You Back
12.30pm	Lunch - Shopping and Treatments
1.30pm	Empowerment Fashion Catwalk
2.15pm	Vivienne Joy Is Your Self Worth Stopping You?
2.40pm	Break - Sweet Treat Ice Cream Cart / Shopping /Treatements / Networking
3.20pm	Victoria Bowers Becoming You
3.40pm	Namita Chopra Finding Strength Through Lifes Toughest Moments
4.00pm	Close and Thank You
4.00pm - 4.30pm	Treatment Appointments





With a blend of deep NLP coaching and practical visibility strategy, I'll help you feel unstoppable inside and out—visible in your business, confident in yourself, and free to shine in every part of life.



*Everything I offer is designed to help women in business feel confident, supported, and safe to be seen. Through my **1:1 coaching and mentoring**, I provide personalised, trauma-informed support to help you show up authentically and grow your business in a way that feels aligned. Inside **Bold & Visible, my membership**, you'll find consistency, encouragement, and clarity — so you're no longer doing visibility alone. And in my **group workshops**, both online and in person, we create space for clarity, confidence, and bold action alongside like-minded women who truly get it.*

# HEATHER ROSE



Bringing women together in real, welcoming spaces where they can build confidence, grow personally and make powerful connections without judgment or pressure. Our events, coaching and products have become known for their warmth, energy and, most importantly, REALNESS.



*I support women to build confidence, clarity, and strong connections, in business and beyond. Through **Covem Networking Groups**, I bring women together in relaxed, welcoming spaces where real conversations happen, ideas flow, and no one feels the pressure to perform or pitch. For those ready to lead something of their own, my **franchise opportunities** offer a proven framework, full training, and ongoing support to create powerful communities in their local area. And in my **one-to-one coaching**, we get straight to the heart of what's holding you back, create a clear plan forward, and help you move ahead with confidence and momentum.*

# SARAH HULME



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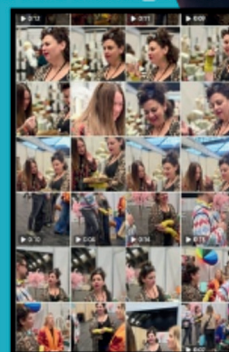
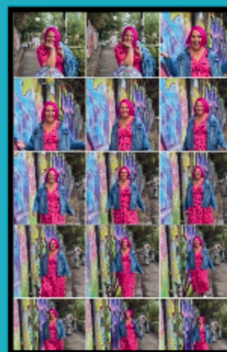
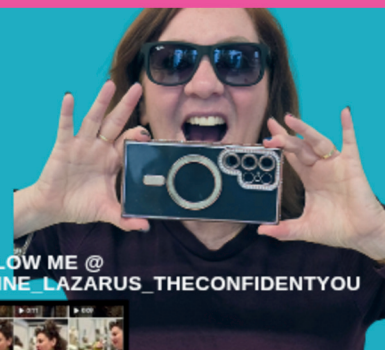


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To Sarah Herron and Lisa Adams for being our catwalk compères

To all our amazing models for our catwalks and for being brave

To all our expo holders

To all our treatment providers in the wellness room

Thank you all so much



# **EMPOWERMENT/** *live!*

*sarah hulme*



*heather rose*

