

INSPIRING WOMEN NETWORK

Women IN LEADERSHIP & ENTREPRENEURSHIP CONFERENCE

2024



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University
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Cornwall

WOMEN IN LEADERSHIP & ENTREPRENEURSHIP CONFERENCE

Welcome to the Women in Leadership & Entrepreneurship Conference!

We are incredibly proud to bring you our second annual conference, sponsored by the University of Exeter, following the success of last year's inaugural event. The conference brings together another incredible line-up of speakers and facilitators who are committed to sharing their journeys, expertise, and insights with you.

This conference is not just an event—it's a celebration of the strength, resilience, and brilliance of women in Cornwall and beyond. Our aim is to create a space where women can connect, collaborate, and inspire each other. With so many talented women joining us today, we hope you find invaluable resources in their stories, ideas, and advice. We know that developing a career, launching a new venture, or even just connecting with like-minded women can sometimes feel isolating, especially in a place like Cornwall, but we are here to show that you are not alone.

At IWN, we believe in the power of women supporting women. This conference is about celebrating success, acknowledging challenges, and helping each other grow. Together, we can create a stronger, more connected community that uplifts every woman.

Thank you for being a part of today's event, and we hope you leave feeling inspired, empowered, and ready to take your next step.

Enjoy the conference!
IWN Team

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*"When I dare to be powerful, to use my strength
in the service of my vision, then it becomes less
and less important whether I am afraid."*

– Audre Lorde

Charity Gladstone MBE

Charity Gladstone is an accomplished leader and highly skilled Registered Nurse with a wealth of experience in both acute and primary healthcare settings. Originally a Registered Midwife in Malawi, she brings a strong foundation in healthcare and an impressive array of expertise across various fields, including critical care (Cardiothoracic, Neuro, Liver, and Trauma), acute medicine, respiratory nursing, and advanced clinical practice. Charity is also a Non-Medical Prescriber.

Charity has demonstrated a track record of shaping and delivering a powerful and compelling vision for tackling health inequalities through community engagement and service improvement, both locally and internationally.

Key Roles and Achievements:

- Founder and President of the Malawian-UK Nurses Association, a professional organisation of registered nurses, midwives, and allied health professionals of Malawian origin based in the UK.
- Interim Chair for the Confederation of African Nursing and Midwifery Leaders Association.
- Chair for the Ethnic Minority Network at Cornwall NHS Foundation Trust.
- Lead Advanced Nurse Practitioner and former Matron in Cardiology and Respiratory.

Key Milestones

- Part of the Chief Nursing Officer's BME diaspora leadership.
- Collaborative work with NHS England to inform policy and to support international recruitment, and the provision pastoral care.
- Involvement in global health initiatives, including working with the Ministry of Health in Malawi to establish a Model Ward.
- Partnership with the Florence Nightingale Foundation to address issues affecting the diaspora and international nurses and midwives workforce.
- Providing one-to-one coaching and mentorship to ethnic minority professionals both locally and nationally, focusing on professional development.
- Public health advocacy, including leading webinars on health inequalities covering topics like COVID-19, cancer, HIV, hypertension, and mental health.



Helen Kelynack

WWW.HELENKELYNACK.CO.UK

Helen Kelynack

With 16 years of experience in the NHS Helen Kelynack has seemingly transitioned from Nursing into a passionate advocate for positive change as Solution Focused Hypnotherapist and Breathwork Practitioner.

Helen has made it her mission to empower women from all over the world in achieving transformational change in their health and well being through mastering their mindset and harnessing the power of their breath.



The Workshop

The Power of Visualisation is an uplifting guided visualisation to press pause and start the day on a positive foot.

Heartscape



WWW.HEARTSCAPE.CO.UK

Emma Nicholls

Emma is a Polyvagal Informed Holistic Therapist with a Holistic Counselling Diploma and a background in energy healing modalities. She experienced Polyvagal Theory as a pivotal part of her own recovery journey during menopause and furthered her studies with it at the Polyvagal Institute. She integrates its principles into all her work now, using it to inform and support others, helping them take their self-care to the next level and create a physiology that supports all their intentions.

The Talk

Explore how new understanding of the body/mind connection through the vagus nerve can transform how you approach your self-care. Understand how it can help you better support your mental and emotional wellbeing, while revealing a more compassionate path back to you on this epic, midlife journey.

SHE'S WORTH IT

INSTAGRAM: @SHESWORTHIT_ORG

CLAIRE HOVEY

Claire started out writing trailers for the BBC and has spent the twelve years since writing and delivering communications training for charities, big brands, start-ups with soul, banks with a conscience and the government. Award-winning learning development professional and behavioural science nerd, Claire's practical and honest approach will bust myths and introduce small – and most importantly FREE – things women can do to invest in our own financial power.

MANDY YOUELL

Mandy is living the dream on the north Cornish coast. A not-for-profit freelancer, qualified community worker and fundraising expert with an epic social conscience. Mandy raises awareness around the impact economic abuse can have on women's ability to make choices about money, work freely and live independently.



The Workshop

She's Worth It is a female founded and led community interest company. Our financial wellbeing workshop is designed to change women's conversations around money. We will create a shame free and supportive space for women to share how money makes us feel, how our behaviours unconsciously influence financial choices and money in the context of relationships we have with others.



CB Tutoring

WWW.CBTUTORING.CO.UK

Chrissi Berry

I left the classroom in 2023 and set up my own tuition business based in St Austell that now works with 30 tutors across the UK. We are approved providers for several councils, work with some local schools and support our home-ed community. In addition, our tutors also support our private students as they prepare for GCSEs. Although new to business, my background is in leadership, which has ranged from banking to schools. My core belief is that there should be opportunities for all and collaboration and supporting others is essential to making this happen.

The Talk:

5 Steps to Successful Growth in
Business.

This talk will explore 5 different things to think about when building a new business based on my own experiences as an educator and business owner.



HMS Shipshape

WWW.HMSSHIPSHAPE.CO.UK

Heidi James

Exercise has been a central part of Heidi's life since she was introduced to gymnastics at the age of 5, competing at the national level for 10 years. Her passion for fitness has continued throughout her life, participating in various sports and activities.

In 2015, she launched her business, 'HMS Shipshape,' delivering dance fitness classes in Praze an Beeble and Truro. With qualifications in gym instruction and personal training, Heidi is eager to share how exercise has supported her emotional well-being and hopes to help others experience the social and emotional benefits of dance fitness.



The Workshop

An opportunity to interact and learn about our own life experiences around exercise and our emotional wellbeing. Thinking about our 360-self-care cycle and how through the creative visuals of a dustbin and a teapot we can make baby steps towards setting more achievable daily life goals.

The Forge

INSTAGRAM: @THEPARKFORGE

George Tregenza

An artist and performer, who is a domestic violence survivor and disabled. She has excelled in front facing inclusive art installations. George has been a resident artist at Glastonbury Festival for 10 years. She is currently working with Life Water, who are a global ethical water brand who also provide clean drinking water around the world with their charity Drop4drop.

The Talk

Looking at women in a traditionally male dominated work environment, their struggles and also their success.



The Workshop

An Introduction to Hot Metal Casting- Using recycled pewter, learn the basics in casting and produce your own trinket.

A fun way to discover metal work whilst recycling.

Lightwithin Coaching

WWW.LIGHTWITHINCOACHING.CO.UK

The Workshop

The Vision Workshop:
Regardless of how your life is
right now, with the right
knowledge, tools and skills
along with the proper structure
of support, you absolutely can
find this level of fulfilment now
and I can show you how!



Colette Hartgill

Colette has been working and teaching as a psychotherapist for the past 9 years, she is highly acclaimed as one of the best in her field. As well as developing and inspiring the next generation of Psychotherapists, she truly lives her life in sharing her knowledge to help others.

Now combining this background with the Proven Brave thinking technology, Colette is helping clients achieve extraordinary results in accelerated time - helping them transform their lives and close the gap between the life they were living and a life they absolutely love living.

Colette offers content-rich, interactive workshops that take participants on a journey in which they design, define, test and experience a crystal-clear vision of the life they would love. A life that is in alignment with their highest purpose. They will have a unique opportunity to step into the life they are imaginaring.

SILVIA CAUSO COACHING



WWW.SILVIACAUSO.COM

Silvia Causo

Silvia is a transformative Trauma and Emotional Release Coach who combines science-based nervous system techniques with energy healing to help women reconnect with themselves, deepen their sense of self-confidence and increase their emotional well-being. Through her unique approach, she empowers women to navigate life with greater ease, addressing the deeper layers of stress and insecurity that can block personal growth and fulfilment.

The Talk

Did you know that regulating your nervous system could turn you into a more impactful communicator? Discover how your nervous system is the hidden key to connecting with clients, staff, colleagues, and even your competition. Understand how a calm nervous system fosters better connections making you a more impactful and trustworthy leader in any business setting.

Tides Business Coaching

WWW.TIDESBUSINESS.COM

Rebecca Loto

Rebecca Loto, is a Certified Business Strategist, Coach and Mentor, networking fanatic, international multi-entrepreneur, public speaking lover, passionate about helping others succeed, all things property related and the ocean.

Rebecca is on a mission to bring out the brilliance in small business owners and entrepreneurs, so they gain clarity on what they really want and have the confidence to change and create calm in their lives, instead of always feeling overwhelmed. She wants those she works with to have more money, free time and fun and has worked with over 1,000 happy clients.

Rebecca is fondly known as “Bossy Becky” as she uses a sprinkling of “tough love” to challenge you to be the best version of yourself, while supporting you all the way. She has successfully founded and managed 3 businesses in Mexico and 2 in the UK, so she has been in your shoes and really understands the ups and downs of business life!



The Workshop

The “Money Magic” workshop is for business owners and entrepreneurs who want more profit in their business, so they have less stress and more time for doing fun things. Get ready to look at your offering, see what needs to change, examine your money mindset and make a plan to move forward to success.

Conscious & Calm

WWW.CONSCIOUSANDCALM.COM

Navit Schechter

Navit is a highly experienced CBT therapist, mental health writer and parent. She has worked both in the NHS and in private practice, supporting parents and families for over 20 years.

Navit regularly writes for publications such as Netdoctor and provides expert commentary in the press including The Guardian, The Telegraph, Harpersbazaar, Prima and Goodhousekeeping.

Navit is the founder of Conscious & Calm where she helps parents feel less stressed and anxious, become more present and raise happier and more connected kids. Conscious & Calm was awarded GHP's Parent & Child Mental health experts of the year UK in 2023.



The Talk

Discover how self-compassion can transform the way you approach business challenges, your emotional wellbeing and work-life balance. We'll explore practical strategies from compassion-focused therapy that can change the way you relate to yourself and your business, reduce stress and aid productivity and personal and business growth.

Going Coastal Blue

INSTAGRAM: @LIZZY_L

Lizzi Larbalestier

An award winning ICF professional executive coach and coach trainer specialising in Blue Health, Lizzi primarily works with a range of clients in coastal locations, facilitating “meaningful conversations”. Applying a range of environmental psychology and partnering with nature encourages a creative mind-state and the additional coaching modalities she brings into play- in order to enable decision making to be balanced for a healthy ecosystem.

Her Masters thesis studied “leveraging ambiguity for productive outcomes” and she regularly supports business leaders seeking to grow and evolve their organisations in an aligned way. Her emergent coaching approach enables leaders to navigate complexity, and discover a new level of clarity.



The Workshop

Join Lizzi to explore some beach wisdom, questioning how connecting with nature and paying attention can influence our mind, our mood and our behaviour. Come ready to reflect on the health of your business ecosystem.

Ultraviolet Consulting



[HTTPS://WWW.LINKEDIN.COM/IN/TRUDY-WARD/](https://www.linkedin.com/in/trudy-ward/)

Trudy Ward

Neuroinclusion advocate and disruptive HR leader Trudy Ward is on a mission to make organisations suitable for humans. When the pandemic saved her life and introduced her to neurodiversity in a very personal way, Trudy focused her efforts on improving inclusion in the Cornish sector - eventually narrowing her gaze to the field of neuroinclusion.

The Talk

As awareness of neurodiversity grows, we need to stop focusing on our brain-based differences and start co-creating cultures and communities that put inclusion and belonging at the heart.

Through the dual lenses of lived experience and coaching neurodiverse individuals, this myth busting talk will address the narrative of neurodiverse 'superpowers' and provide tried and tested life and work hacks that can dismantle silos that unlock everyone's potential.

Conscious & Calm



WWW.CONSCIOUSANDCALM.COM

Navit Schechter

Navit Schechter is the founder of Conscious & Calm, a resource for busy parents who want support to stop shouting at their children, break generational patterns and find more calm in their busy lives. As a CBT therapist, her award-winning programme has helped many parents overcome deep and difficult thought patterns, stressful triggers and overwhelm, so they can parent consciously and calmly.

With a bank of helpful and CBT based resources, Conscious & Calm is becoming well-known for affordable and effective tools to help parents find joy in parenting and connection with their kids.

The Workshop

Nervous System Reset: In this experiential session, you'll be guided through a series of specially curated breathwork, meditation and visualisation exercises that will guide your nervous system from a state of stress to a state of soothe. When we're in a state of soothe we naturally feel more grounded, are able to think more clearly and have more energy to take care of ourselves, our family and our businesses.

The Stalls



Cornwall Women's Fund is dedicated to investing in the women and girls of Cornwall and the Isles of Scilly. Working together our members give as a collective. They INVEST their time, skills and money in this fund and share knowledge, understanding and the responsibility of deciding which organisations to support. We seek to IMPROVE lives, INSPIRE hope and nurture ambition. Anyone can join and support the future of our communities.

www.cornwallwomensfund.co.uk



Thrive! has 3 strands, creating and selling, Workshops, and providing support to other makers. My mission is to "tread lighter on the planet", I am passionate about sustainability and use rescued or recycled material in my creations giving them a second life. I ensure that no harm to people or planet through the ethical and local sourcing of my materials wherever possible. My pieces show how discarded items can be made beautiful and given a second life with a little imagination.

Instagram: [@thrive_with_craft](https://www.instagram.com/thrive_with_craft)



The Fish Factory is a female led community arts space based in Penryn, Cornwall. We have a diverse programme of community focused events, including workshops, exhibitions, film screenings, talks, live music and much more. We welcome both local, national and international artists who resonate with our core values of inclusivity, accessibility and diversity. We champion affordability and those under represented in the arts. We are a distribution point for food donated from local supermarkets, farms and Cornwall Gleaners.

www.fishfactoryarts.com



The Sunflowers & Choughs Club have a variety of crafts including earrings, bracelets, knitted toys, beeswax candles, pins & brooches, keychains, eco shoppers, postcards, and paintings. All profits support Ukrainian relief efforts.

Instagram: [@sunflowers_and_choughs](https://www.instagram.com/sunflowers_and_choughs)

The Stalls



Louise Daykin Prints creates planet positive homeware and artwork taken from her original lino print designs. All products are ethically sourced and the majority printed either by hand or in Cornwall. Her range includes organic cotton tea towels, cushions and fine bone china mugs while her bespoke range features handprinted napkins, tables runners, tote bags and original prints.

www.louisedaykinprints.co.uk



Our craft shop is located in Lostwithiel where we have built a crafting community where we run craft workshops. We often head out and about to lead workshops, run Craft Fayres and as of 2025 we will be running our own Craft Retreats. We create our own Craft kits which we will be bringing on the day, which are full of creative ideas and clear instructions.

www.lilyboocornwall.co.uk



Replenish Natural Health is all about keeping things simple - to boost your health & get you well! Natural/herbal medicine and their practice is holistic; meaning that the whole person is focused upon, not just their symptoms. Emotional, psychological, & social factors are taken into account because illness does not stem from the body alone, and overall well-being is not just determined by physical health.

www.replenishnaturalhealth.com



Sara, an 11-year-old with a passion for creativity and a budding interest in business, launched Sara's Beads in the summer of 2024. She handcrafts her own beautiful jewelry, each piece designed with love and care. Part of Sara's mission is not only to share her art but also to make a difference in the world. All proceeds from her Palestine themed collection is donated to Medical Aid for Palestine, combining her entrepreneurial spirit with a heartfelt commitment to supporting those in need.

Instagram: [@_saras_beads_](https://www.instagram.com/_saras_beads_)



Ringrose fabric endeavour to encourage anyone and everyone to use and reuse recycled textiles finding innovative ways to work with what we have already got on this beautiful earth. we sell vintage clothes as well as haberdashery and textiles to be made into things by our seamstress or to be taken home and used by you!

Instagram: [@ringrose_fabric](https://www.instagram.com/ringrose_fabric)

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Our Contact



contact@inspiringwomennetwork.co.uk



www.inspiringwomennetwork.co.uk



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