



Grab a cuppa business friend, because here we share up-to-date industry news and events to keep your business thriving.

We've got some exciting updates from members which enables you to network with like minded business owners to buy and sell. And we know you'll find valuable.

This month we include;

1. Our latest article What Entrepreneurship is and how to utilise this knowledge/strategy in your business.
2. Hot topics on the Insiders you don't want to miss. (Share your knowledge and learn something new.)
3. Local Businesses at the Hart of the Community with the cutest baby at a networking event ever. Well that's what we think of James and Gabriella from Koala Digital. (Lenny and Beckett are adorable too - just so we don't upset any other cute little people that attend our events.)
4. Competition winner for May.
5. Congratulations Sharon Jenn from all of us Insiders.
6. New members - welcome! Don't forget we need your image, links and bio for our site.
7. Kate Nudd's Insider and Career Coach speaks about her involvement in the Empower Women Suffolk event this May. And we have events from Chris Penhall on writing and Michelle Shavdia on ADHD.
8. More from the blog - how to save money.
9. And most importantly free virtual, face to face networking and webinars - with an exclusive one.

What is Entrepreneurship is and how to utilise this knowledge/strategy in your business.

The latest advice and ideas from Founder Mandie Holgate. We believe this will be a valuable resource for business owners, and anyone responsible for the growth of an organisation, and we encourage you to give it a read.



Insiders will tell you that no subject is off limits with us.

This month we've some hot topics or in the words of one Insider - Wow this is on fire!

They include;

- How to make customers feel special and why it matters.
- Wedding Industry - how to get the most out of this and what to avoid.
- Overwhelmed - how to fix it fast.
- Artists, crafters and creatives - innovative ways to make money.
- Corporate work - how to take your creative, therapy, wellbeing business into this lucrative fast growth (into 2025) market.
- Public speaking - how to overcome your fears with many exclusive extracts from Mandie's course on how to excel at public speaking - anywhere.

We always over deliver.

It's great to be networking face to face again, for free.

We meet ad hoc (keep an eye on the confidential mastermind group to learn more). This is in addition to our monthly events.

We also featured in the local news, speaking about member's Michelle from Find your spark winning an award, Sharon Jenn from Timeless Furniture and her beautiful new SEO enabled site thanks to Koala Digital and Lydia Adams from Belhus Property talking about this Summer's Hot Property Show. [Read the full article here.](#)

Congratulations and Winner

We send all our love and happiness for newly wed Sharon Jenns from Timeless Furniture. Congratulations.

And Congratulations to May's Insider Winner Angela Hogg on winning the monthly competition. Just add your name to the monthly post to be entered.

Which would you choose?



New members;

Christine Penhall is a best selling author, freelance radio and podcast producer and writer. Also hosting an event on the 20th of May in Chelmsford for buddy writing events and training.

Bev Hepting. Anneka Phakey. Eliana Keen. Linda Rollason and Bernie Hughes. We look forward to sharing more about new members.

And you can read about Chris in our digital marketing too (since they were mega organised with sending us link, images and content for our award winning website. Thank you.

17th May. Upcoming event in Suffolk aimed at empowering women.

Kate Nudd, a prominent figure in the Suffolk business community, will be hosting a fantastic event. We highly recommend attending to meet like-minded individuals and gain valuable insights to help grow your business. Kate also attends our face to face events in Essex. [Learn more here.](#)

19th June. For anyone with an ADHD diagnosis, for a parent or family member

Who would like to know more about this misunderstood and stigmatised condition join Michelle Shavdia from Find your spark for this supportive and educational session. [Click here to join.](#)

How to save money for the fun things in life.

Experts in saving you money through innovative energy solutions, Louise Howlett, has provided some valuable insights into heat pumps and their benefits. You can [find more information here](#) or ask Louise on the Insiders. And here Caroline Beament, The Money Saving Mum and an active member of the Insiders, shares the best ways to have fun, save money, and make every penny go further. In her new Money Mindset Course, Caroline shares all the mistakes she made that stopped her from saving enough for big holidays and the things that matter in life and guides you through how to save without feeling the pinch. [Learn more here.](#)



Did you know...

- That all members can feature in our newsletter and on our award winning blog for free.
- They get promoted through our social media - check out how many thousands of people that is!
- They get free networking events and webinars and training.
- We make sure they get the free PR and event opportunities first.
- They get 50% discount on business growth, writing and communication courses.

And that's not everything they get. We grow businesses, no minimum sign up time. We grow because we know how to help you. And we would be honoured to welcome you too. Your expertise is anticipated!

Join us

Loved this read?

Who could you forward it to?

The bigger we are the more experts we have, the more buying power we have, the more sales that get made and every Insider gets more successful and profitable, achieving goals and reducing stress and worry.

What's not to love?

So share, share share!

You know we welcome all experts.

We believe in abundance and enough for everyone.
Not scarcity and block some out!