



## 8 Degrees of Inspiration: Darling shows you how to connect with some of Wimbledon's most active networking groups

### ATHENA WOMEN'S NETWORK

The Athena Network in South West London is run by two long standing friends, Julie Eltham and Josephine Williamson. In 2007 they bought their first franchise for the Wimbledon area. This allowed them to open groups in Putney, Wandsworth and Tooting. The following year they purchased the Kingston area franchise, adding Surbiton, Worcester Park and Thames Ditton to their portfolio. Networking works for sole traders, small to medium sized business, as well as larger organisations. Trust, confidence and personality are such important factors when choosing who we do business with.

**Networking allows you to build up that trust and confidence by really getting to know people.**



The Athena groups are lively, committed, and supportive. The members form strong relationships through one-to-one meetings outside the monthly lunches. Training helps to build confidence and it's great to see related businesses joining forces to form affiliations. Monthly lunches are held at Cannizaro House.

**T: Julie 0845 259 0288 or 07980 523030**

### MAXIMUMS GROUP WORKSHOPS FOR MUM - GREAT WAY TO NETWORK IN A SMALLER GROUP

**I know how life can get on top of us and we can all lose sight of what we really want.** I set up the MaxiMum workshops to help like-minded mums seek new focus, clarity and achieve a sense of balance. Everyone comes to the group with different priorities and needs. It might be to rediscover what most inspires them, to remove stress and recover control of their life, to identify the things that steal their time, or to see how to return to work. I use a range of tried and tested exercises to help people get to know each other and understand their priorities better. Mums with children of all ages work together to explore what they will do to make life better. The 2 hour workshops are frequently run with The Parent Practice but as the groups evolve they are being hosted by mums all over South West and West London – with groups of typically 8-14 people so select and supportive!

**T: Frances King at [frances@coachingperformance.co.uk](mailto:frances@coachingperformance.co.uk) [www.coachforperformance.co.uk](http://www.coachforperformance.co.uk).**

### WIMBLEDON PARK BRANCH of the NATIONAL WOMEN'S REGISTER (NWR)

Book club, guest speakers, eat-ins/outs, theatre /cinema trips, bat walks, games/ quiz evenings etc. **Novel ideas on how to spend a dull moment welcomed.** Informal, informative, affordable, occasionally drunken fun. New members contact : [office@nwr.org.uk](mailto:office@nwr.org.uk) Speakers please contact local co-ordinator Geraldine Skeens at [gerryskeens@waitrose.com](mailto:gerryskeens@waitrose.com)

### BUSINESS MUMS' NETWORKING LUNCH

After I launched my business approximately two years ago. It didn't take me long to realise what a lonely and isolating experience it was being a mum that ran her business from home. In response, I developed the Business Mums' Networking Lunch as I figured if I felt this way, maybe other women would to. They did. I managed to get approximately 45 mums to my first event and they have been well attended ever since. Held roughly every two months (depending on school term) the event offers mums the opportunity to network for an hour before a two-course lunch featuring a guest speaker, usually a highly successful businessmum. To date, speakers have included Lizzie Vann, founder of Organix, Laura Tenison, founder of JoJo Maman Bebe and more recently, Saira Khan, runner-up in the first Apprentice and now also a mumpreneur. The lunches are held in Wimbledon and the aim is to provide networking opportunities, inspiration and information. They are also to assure mums that they are not the only crazy ones trying to make business calls in between baby changes, school runs and the dishes! **T: Alli Price [alli@motivatingmum.co.uk](mailto:alli@motivatingmum.co.uk) 0784 001 6774**



### WIMBLEDON WOMEN IN BUSINESS (WWIB)

Now in our sixth year, WWIB was the first networking group in Wimbledon to fill the gap needed for a friendly networking forum for local business women. We are a non profit making group run by the members for members and our fortnightly meetings in the Business Centre of the Ursuline High School are included in the annual membership of only £70. **Our overriding common interest is to share experiences, discuss and resolve common business issues, whilst at the same time building a reliable network of business contacts.** The diverse membership includes well established businesses, as well as new enterprises and the combination provides inspiration for both. We also hold informal open networking evenings in The Common Room and take a stand at the Wimbledon Village Fair to raise the profile of the group, as well as funds for the Wimbledon Guild. For more details about our goal orientated group committed to promoting and expanding our businesses amongst like minded people, contact - [meetings@wwib.org.uk](mailto:meetings@wwib.org.uk) or go to [www.wwib.org.uk](http://www.wwib.org.uk)



### NAUGHTY MUMMY - A "TAKE A BREAK" KIND OF NETWORKING.... WITH FUN DEFINITELY INCLUDED

Naughty Mummy is 'a wickedly exciting and much-needed night out for the mothers of all young children in SW19'. We appreciate that, when you leave work, you leave your social life. If you miss the fun you had before babies came along, if you are bored of competitive mothering, if you are 'over' the yummy mummy, then come and join in with a social event that is about flexing your fun muscle, not exerting your mum-muscle. **The idea is to build a friendship because of who you really are - not who your babies are or who you wish you were - just you.** Get back to being a happy woman and it will make you a happier mummy. Come on your own and know that you will make lots of friends. Come with your mum friends and be assured of a great night out. Mums do everything for their kids and hardly anything for themselves. That has to change. Eclipse Bar is the place to be - so be NAUGHTY! **T: Jo Reynolds 07811 432698 [www.naughtymummy.co.uk](http://www.naughtymummy.co.uk)**

### THE GRAPEVINE

A few business people in Wimbledon who'd known each other for a while thought it would be fun to meet for breakfast and **chew the cud!** We found a lovely venue Wimbledon Park Golf Club and through word of mouth The Grapevine was born and continues to grow. We meet once per month and it is extremely friendly and a great deal of business passes around the table with no pressure. We also have found it very supportive particularly in the troubling times of the last year. If you would like to come and join us please call **Catherine Green on 020 8542 7966.**

### BEST OF WIMBLEDON AND MERTON

Regularly hosts highly popular evening networking events at **Cannizaro House**, often attracting up to **100 local business** people who take the opportunity to expand their network and win new business. Highly sociable and informal, the next such event takes place on Weds 25th Nov, tickets online for just £20 **[www.eventelephant.com/thebestofchristmas](http://www.eventelephant.com/thebestofchristmas)**