

# WOMEN OF PURPOSE

**THE UK'S PREMIERE SOURCE OF PURPOSEFUL WOMENPRENEURS**

*We have lots in store for you within this issue.*

*Winter brings a whole host of cosy celebrations and special times for friends and families.*

*A new year offers the opportunity to redesign your life and this is what many of us are longing for.*

*Catch up with our wonderful womenpreneurs growing our Foundation and finding their voices.*

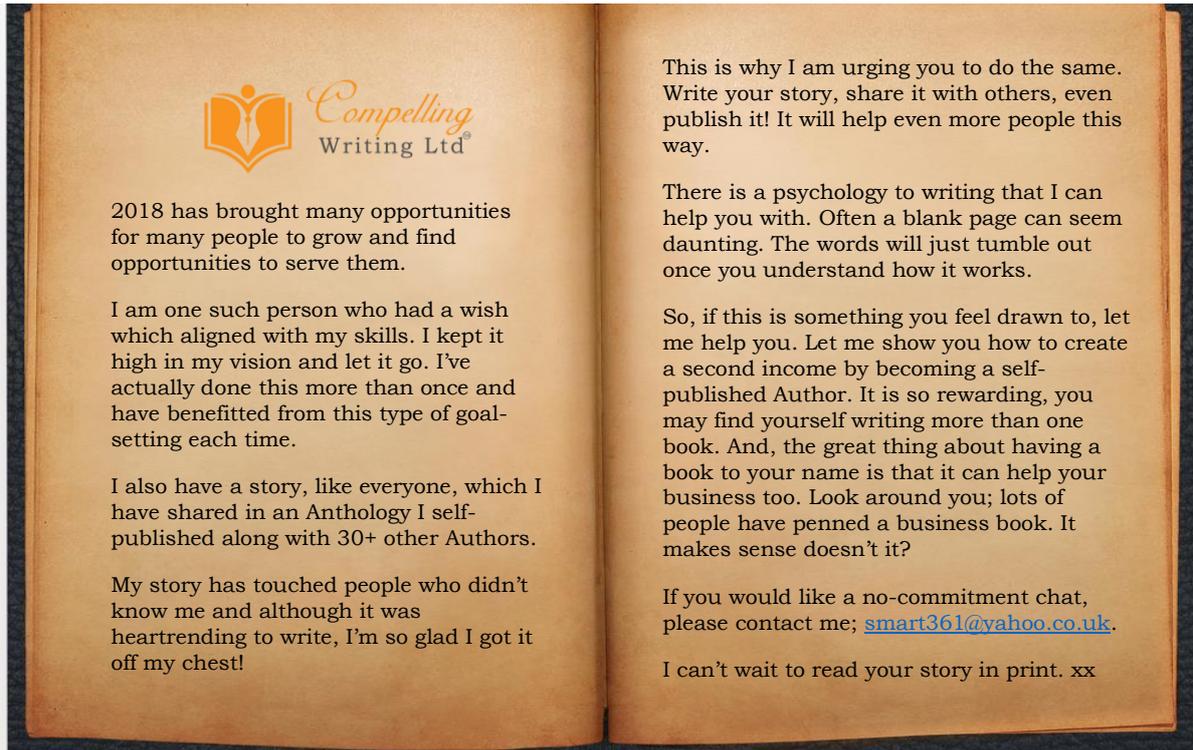
*We are being heard!*



*Photo courtesy of Feather Photography*

**Inside:** Launch Event Celebrations  
Showcasing Womenpreneurs  
How You Can Become Involved





If you would like to touch base with me and get your book started, please contact me directly.

**07570 592243**

Or

Email me

Or

Find me on  
facebook

Hello beautiful.

I am Andrea Nicole Smart, the Editor of this publication and Founder of registered company 'Compelling Writing Limited', the home of some truly heartfelt stories, bringing enrichment to people's lives across the world.

2018 has been a busy year for me, with disappointments, opportunities, hard work and a lot of joy too. It's been a year of preparation little did I know it; as I change my career in 2019. The amazing thing is, that the inner work I've been doing has been paying off in the background. From the redundancy I'd dreamed up, to an exciting freelance gig flying me around the country for which I've been handsomely rewarded, to a timely opportunity to work with animals, all in just 6 months!

So what have I been up to that has created this life-changing event? I've found my purpose. It's actually been my passion all along, but I didn't realise it could also be a business! What am I talking about here? Animals!

My new business (that will run neatly alongside my writing and publishing mentorship online courses also to be launched in 2019), will be a Franchise of the popular We Love Pets company, located in Sutton, Surrey.

With my lifelong love of animals and experience in pet care, I will be building a business offering dog-walking, cat-sitting and small animal care. It's an exciting turn of events which began simply because I shared a wish to attain a certification in pet care, because I already am a cat sitter having lost my last kitty to a stomach tumour in on 11<sup>th</sup> November 2016. You see how sharing something close to your heart really can reap tremendous rewards? I am living proof that what you align with and set your heart on, can indeed come to fruition.

So, know your passion? Living your passion? If not, share it, however outrageous and let the Universe deliver it. You'll see.

**Andrea Nicole Smart**



## Founder's LETTER

“Welcome to the second issue of the official magazine for the Women of Purpose Foundation.”

*Be Guided, Be Supported, Be You!*

Dear Reader,

I Here we are in December 2018 – lets collectively pause for just one moment and take some time to plug ourselves back into Mother Nature. This is our winter season here in England, so let's imagine we are an oak tree. We have spent the springtime using copious amounts of energy; growing leaves into the most beautiful colours of green. Feeding on the rising sap and water from the ground.

The amazing acorns a glorious addition, the trees seed which can take six to twenty-four months to mature. In summertime we stand tall providing shade from the mid-day sun and providing a home for many creatures or a landing place for passing birds to rest.

Autumn comes the sap stops rising, the leaves wither and fall; leaving a still giant statue to silently take advantage of focusing into the soil. To add more roots to the foundation; all that is unseen is the anchor. The oak tree isn't told what to do, it works with the seasons; all growth is the workings of what goes on within. When the right season comes it stands showing itself in all its glory. Working with what comes, when it comes, year after year after year.

The oak tree is looked upon by many as the wise old tree with much strength to withstand what the elements throw at it. It doesn't harm another tree to better itself – in its naturalistic way it fights back by staying grounded and carries on doing exactly what it was here to do; to play its part in the cycle of life. Take some time for you this wintertime, recharge your batteries ready for spring. Everything is as it should be at this very moment in time.

Many know I am and always will be a psychic medium, I was born to work with the ancestors. In my opinion there are many who are still in fear of allowing this side of them to shine. The paragraph above flowed as I sat to speak to all you wonderful people reading this today. There is nothing fluffy about being given a vision or an idea; even a paragraph of writing that helps another understand that they are amazing just as they are.

*Storms make trees, take deeper roots - Dolly Parton*

Kind Regards,  
Donna

Donna Broomham (Mrs)

# MEET THE MEMBERS

Introducing Winter's Article Authors, showcasing their skills and businesses and providing tips for you to learn from. Contact them directly for more information.

## Article Submissions

If you would like to be showcased here in the Spring issue, please email **Andrea Nicole Smart** on [smart361@yahoo.co.uk](mailto:smart361@yahoo.co.uk) or call direct on **07570 592243**

Articles are subject to acceptance, payment in advance and must be relevant to the Foundation's Vision, Mission and audience.

Rates are staying low at the very affordable:

**Half Page: £5**

**Full page: £10**

Distribution of the Women of Purpose magazine is via email to members, interested parties, sponsors and via the Foundation's website and social media pages.

Coverage of the magazine will be undertaken through direct and indirect marketing, face to face networking and through paid advertising; your investment is expected to achieve a return through reaching a wide range of women, seeking services such as yours.

**Deadlines for the Spring 2019 issue are:**

**Enquiries** – February 30<sup>th</sup>

**Final Approval** – March 31<sup>st</sup>

**Publication** – April 1<sup>st</sup>



Editorials and  
Advertorials

Via

Compelling Writing  
Limited

~

**Andrea Nicole Smart**

**07570 592243**

[Smart361@yahoo.co.uk](mailto:Smart361@yahoo.co.uk)

*'Tis the season to be jolly!*

*Kindness is like snow, it beautifies everything it covers*

*Kahlil Gibran*



To appreciate the beauty of a snowflake, it is necessary to stand out in the cold.

*Aristotle*



## LIFE IS A WALK!! *By Teena Ackary*

We walk from A to B, but walking can be so much more. Walking can be a meditation. A physical act which helps to put our spiritual and emotional journeys into perspective.

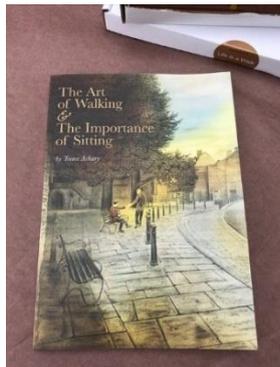
Following a deeply moving experience, at a point where her life responsibilities were changing, Teena Ackary began walking into a new era of reflection and rediscovery.

The Art of Walking and the Importance of Sitting is one woman's personal account of how the simple act of putting one foot in front of the other can help us make sense of our own lives and the world around us.

Introducing...

### THE ART OF WALKING AND THE IMPORTANCE OF SITTING

*A short paperback book which comes beautifully packaged and gift wrapped and is the perfect gift for Christmas.*



#### Some of the feedback:

*"I knew before I started reading the book that it was going to be an interesting journey."*

*"I loved the packaging and it almost seemed a shame to open it! It even comes with a bookmark."*

*"It's not a great thick book that you look at in trepidation of how long is it going to take me and do I have the time."*

*"I loved it as it related to many things that have happened to me in my life."*

**The Art of Walking & The Importance of Sitting** can be purchased directly from the website [www.lifeisawalk.com](http://www.lifeisawalk.com) using credit card or paypal.

Or you can contact Teena at [teena.ackary@btinternet.com](mailto:teena.ackary@btinternet.com)

And please, Follow us on [facebook](#) and [Instagram](#) (click on these links)

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Hello,  
My name is  
Natalie Hillman  
and I am the  
founder and  
owner of  
Whistance  
Hillman Creative.

I have over 16 years of marketing experience and offer a one stop shop of traditional marketing services to small business and sole traders.

With a background in corporate marketing and years in educational marketing, I have always wanted to make a difference, to work towards things that really matter, to support people and to encourage folk to shine in whatever they do.

I have always loved marketing and the creative processes involved. That is why I set my own business to work in the way that I truly believe helps others to thrive and in turn inspires and nourishes me too, which enables me to offer the best of my skills.

I am passionate, inspired, intuitive, brave and sensitive and can see the good and positive in situations as well as the fun. I love to breathe life into a gem of an idea and help to make that idea a reality.

I really examine the core values of a business and help them to run throughout the business as a lifeblood, from what it looks like visually (brand identity) to how they present themselves (branding) to what they write (copywriting) and how that speaks to the world (tone of voice)

I help you to plan your marketing (strategy) I help to promote your business by storytelling - everyone has a story to tell (PR) I can showcase your business visually in a way that attracts your audience through eye-catching artwork (graphic design) and I can also capture the essence of what you do through the lens (photography)

If you so wish, I can then help you to build your presence online (website and social media)

*Did I mention events?*

I can also organise, deliver and manage an event for you! Whether it's a launch party, a seminar, a celebration event, a book signing, an away day or a music event - I've hosted a celebrity chef, a world-renowned organist, famous authors and even a Royal, along with many others in my time and love to do so.

I believe in myself and therefore will believe in you and your business - what a powerful combination!

If you would like some marketing magic woven throughout your business, please do let me know.

Keep an eye out on my Facebook page **Whistance Hillman Creative** and on my website at [www.whistancehillmancreative.co.uk](http://www.whistancehillmancreative.co.uk) for my new Marketing workshops launching in 2019.

~

*"I help you to plan your marketing strategy and promote your business by storytelling"*

~

Whistance  
HILLMAN  
CREATIVE

# The Ancestor

THE ESSENCE IS OUR IDENTITY  
IT DEFINES WHO WE ARE  
THE ENERGY IS WHAT CONNECTS US  
NO MATTER HOW NEAR OR FAR

WE SENSE ANOTHER'S FEELINGS  
WITHOUT A SPOKEN WORD  
DISTANCE IS NO BARRIER  
OF SENSING WHAT'S NOT HEARD

A DEEP SINCERE KNOWING  
UNDERSTANDING BREATHS BELIEF  
HEARTFELT EMOTIONAL TRAUMA  
DEALING WITH ETERNAL GRIEF

TO GRIEVE IS TO HAVE LOST  
TO GRIEVE IS TO BIND  
FREEDOM IS TO LET GO  
OF ALL PAIN LEFT BEHIND

THE SPIRIT OF OUR ANCESTORS  
THEIR ESSENCE AND ENERGY LIVE  
ACKNOWLEDGE AND FEEL IT  
WHAT FREEDOM IT CAN GIVE

ALLOW SPACE AND THE TIME OF DAY  
LISTEN IN THE STILL SMALL HOURS  
HEARING WHISPERS FROM THE UNIVERSE  
FROM OUR LOVED ONES WHO EMPOWER

GIVING US THE FREEDOM NEEDED  
TO SEE CLEARLY AND LOVE  
THE ESSENCE AND THE ENERGY  
THAT IS AND ALWAYS WAS  
THE ANCESTOR

IN THE STILL SMALL HOURS ~ CONSCIENCE WRITES



## Yule Log

### For the cake

3 eggs  
 85g golden caster sugar  
 85g plain flour (less 2 tbsp)

2 tbsp cocoa powder  
 ½ tsp baking powder

### For the filling & icing

50g butter  
 140g dark chocolate broken into squares

1 tbsp golden syrup  
 284ml pot double cream  
 200g sifted icing sugar  
 Holly sprigs for decorating - don't forget to remove the berries

### Method

- ✚ Heat oven to 200C/fan 180C/gas 6.
- ✚ Grease and line a 23 x 32cm Swiss roll tin with baking parchment.
- ✚ Beat 3 eggs and 85g golden caster sugar together with an electric whisk for about 8 mins until thick and creamy.

- ✚ Mix 85g plain flour (less 2 tbsp), 2 tbsp cocoa powder and ½ tsp baking powder together, then sift onto the egg mixture. Fold in very carefully, then pour into the tin.
- ✚ Now tip the tin from side to side to spread the mixture into the corners. Bake for 10 mins.
- ✚ Lay a sheet of baking parchment on the work surface.
- ✚ When the cake is ready, tip it onto the parchment, peel off the lining paper, then roll the cake up from its longest edge with the paper inside. Leave to cool.

### To make the icing,

melt 50g butter and 140g dark chocolate together in a bowl over a pan of hot water. Take from the heat and stir in 1 tbsp golden syrup and 5 tbsp double cream from a 284ml pot. Beat in 200g sifted icing sugar until smooth.

- ✚ Whisk the remaining double cream from the 284ml pot until it holds its shape.
- ✚ Unravel the cake, spread the cream over the top, scatter over 2-3 crushed extra strong mints, if using, then carefully roll up again into a log.
- ✚ Cut a thick diagonal slice from one end of the log. Lift the log on to a plate, then arrange the slice on the side with the diagonal cut against the cake to make a branch.
- ✚ Spread the icing over the log and branch (don't cover the ends), then use a fork to mark the icing to give the effect of tree bark. Scatter with unsifted icing sugar to resemble snow and decorate with holly.

From -  
<https://www.bbcgoodfood.com/recipes/8767/yummy-chocolate-log>

# Crafting...



## Christmas Decorations

What you will need:

- + *Allium Schuberti*
- + *Cristophil* or *Purple Sensation*
- + Silver, Gold or Crimson Spray Paint
- + or all three if you decide to make a few
- + Ribbon - optional
- + Gloves
- + Newspaper

*These once painted can be stored year after year as painting them will make them stronger.*

*It would be a good idea as always when using paint spray to be creative in a well-ventilated room.*

*Spray your seeds once you have them situated on the newspaper. You will need to leave them overnight to dry.*

*Once dry, you can hang them on the tree with ribbon. You could be adventurous and have a bit of fun and just throw them at the tree (tree and seed ratio would need to be considered here) it may not look as effective if you have a 3ft tree however, many seed heads that are smaller could be used in place of the *allium* such as the seed head of a poppy.*

*You might like to use these decorations to spice up your table for that special Christmas meal.*

*If you forgot to use your gloves (Tut! Tut!)  
try cleaning your hands with a mixture of  
Sugar 2 tbsp, Lemon Juice 1 tbsp  
and Olive Oil 1 tbsp*

# Natasha Anscombe brings you TROPIC Skincare...



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- 2 Receive your business in a box, plus training
- 3 Begin your own Tropic journey!

## CONTACT ME TO DISCOVER MORE

Natasha Anscombe  
Senior Manager

email address

[natasha.anscombe@starreach.co.uk](mailto:natasha.anscombe@starreach.co.uk)

phone

07970 277495

shop

[www.tashastropic.com](http://www.tashastropic.com)



## TROPIC *Beauty that Works for You*

By sharing the products they love most, our Ambassadors go from beauty lovers to business owners.

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- We've won over 100 awards, including a Sunday Times Virgin Fast Track 100 listing two years running, and their Emerging Brand award
- We've empowered thousands of beauty lovers to build their own businesses as Tropic Ambassadors
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If you are looking for the perfect gift for a loved one, or some inspiration for your own wish list, let us introduce you to our new and improved Deluxe Collection, and enjoy savings too ✨

Inside you'll find everything you need to cleanse, tone and moisturise, plus your choice of a FREE face mask (worth £20) and targeted skin treatment. You'll even get a FREE Super Greens Nutrient Boost Oil too!

**Need some help choosing the perfect combo?** Simply get in touch. We are happy to recommend the right products for you or your loved one for whatever event you are celebrating.

## And for our MALE Contingent.....

### A Brief Encounter To HGV Driving Now & Then by Steve Broomham



Lorry driving 35 years ago was a time when lorries had to be driven; the engine blocks were similar in size, but the horse power was less.

The lorry in the above picture will climb a hill on a motorway at 56 miles per hour; fully loaded at 32 tonnes. Whereas in the past I would have struggled to get 30 miles per hour out of an eight-wheeler back then.

It is not visible in the picture but there are eight wheels on the back and four wheels on the front however, the lorry is still classed as an eight-wheeler.

Brakes back then were drum brakes, you had to be careful not to get them hot; otherwise you had a job to stop the lorry. The gearbox needed to be used to help slow the vehicle down. Now most lorries have disc-brakes which makes stopping a lot easier.

I personally still use the gearbox to help slow the vehicle down, but I only need to change down two gears now, whereas before it could be as much as six gear changes.

*Right: Donna & Steve on their Handfasting Day.*

Log books were used to keep a driving record by manual entry; now it's all done for me with the use of a digi-card attached to the lorry. It records driving time, breaks, other work when not driving and daily rest.

Sitting in my lorry is like sitting in an armchair. I have an air suspended seat, air-conditioning and temperature-controlled heating system along with a digital radio and CB. Whereas before I would be sat on a fixed seat, minimal heating and had to open both windows for air conditioning and carried a portable radio which often lost signal. It wasn't unheard of for me to sing!

Years ago, camaraderie was part of the job, everyone mucked in together. If three lorries turned up at the same time, no one would load or unload without first helping each other. Work was mostly manual then, there weren't many forklifts about.

I enjoy driving throughout the countryside, seeing the changes in the seasons and getting to see different places off the beaten track. I consider myself fortunate to be in a job that I enjoy doing, and have done since the day I started back in 1978. Not many people can say that in this day and age.



# Celebrating the Women of Purpose Foundation Launch Day September 29<sup>th</sup> 2018 *by Donna Broomham, Founder.*

26 Friday, October 5, 2018

News

wiltshireretimes.co.uk

The Launch Day was an exciting day for me as the Founder of the Foundation.

With over 30 exhibitors and 10 speakers presenting their businesses, products, services and indeed stories, it was due to be a busy day indeed. And then the Wiltshire Times dropped in to get the highlights for this article.

Feeling humbled by everyone's efforts and by the steady tread of customers passing through, I must give thanks.



Donna Broomham, co-ordinator of the Women of Purpose Foundation, a networking event for women in small businesses Photo Trevor Porter 59911/1

The challenges we faced on the day only made us stronger, pulling together to ensure the show went on regardless.

Is it ever the way you imagine it going? No, I don't think so. But you know what? It was definitely a day we will all remember, and this was only the inaugural event. There will be more, and indeed the WoPF workshops are proving popular, so what 2019 has in store will be HUGE!

## Women share business ideas

By Amy Pantall  
amy.pantall@newsquest.co.uk  
@AmyNewsWits

BUSINESSWOMEN from across the county and beyond came together to network at the first-ever meeting of the Women of Purpose Foundation.

The free event held at Trowbridge Civic Centre saw visitors network with each other in their areas of expertise, whether they have an established business or are looking to start up on their own or simply want to meet like-minded women.

People enjoyed a programme of inspirational talks by purposeful women on becoming the real you, from surviving to thriving, acknowledging your calling to write and be published and other motivating subjects.

Professional women gather at the first-ever all female meet

More than 30 companies showcased areas such as IT support for the over-60s and social media training.

The Women of Purpose Foundation is the creation of Donna Broomham to bring together like-minded women who want to be heard and be given a voice.

Mrs Broomham, from Trowbridge, who has worked for Women's Refuge and Action for the Homeless, said: "By organising this event, I truly wish to help women discover their truth, potential and ultimately their purpose, whatever that may be."

"It was a fantastic day and it was great to meet everyone."

"Often there is always something holding us back and this can be anything from confidence, motivation, lack of support or something that has happened in the past."

"This day will provide a warm and friendly space to move beyond these barriers."

"As someone great once said, when women get together, magical things happen."

For more information on Women of Purpose Foundation please visit [www.womenofpurposefoundation.com](http://www.womenofpurposefoundation.com)



Thank you to everyone who turned up, braved nervous talks with a somewhat dysfunctional microphone and kept us all going with friendship, wit and miles of smiles. We had a blast, didn't we?

# The Six Human Needs

*Understand the significance of the most predominant of your Human Needs.*

*Credit: Tony Robbins & Chloe Madanes*

Use this guide to understand more about your most predominant Human Needs, and what you can do to live with more harmony and balance. Usually one or two of these needs will be foremost, and will have an over-arching influence on your behaviour.

As humans we all have basic needs that we try to meet in our everyday lives. Whether consciously or unconsciously we will try to fulfill the needs which are most important to us. However, our quality of life can be affected by how we choose to do that. We can try to fulfill our needs either in a negative and harmful way or in a positive and empowering way. If the way we try to meet those needs is not in line with our values then we will experience conflict and discontent. When we are able to align our needs with our highest values then we will feel more competent and fulfilled.

According to Human Needs Psychology there are six basic needs which are universal and that we all try to fulfill in varying degrees:

1. **Certainty.** The need for security, stability, and reliability.
2. **Variety/Uncertainty.** The need for change, stimulation, and challenge.
3. **Significance.** The need to feel acknowledged, recognized, and valued.
4. **Love and Connection.** The need to love and to feel loved, and to feel connection with others.
5. **Growth.** The need to grow, improve and develop, both in character and in spirit.
6. **Contribution.** The need to give, to help others, and to make a difference.

Discovering which needs are most important to us and how we try to meet those needs is an essential step towards having more harmony in our lives and our relationships.

Which needs are most important for you?  
What do you do to meet those needs?

Are you meeting those needs in a way which is empowering or in a way which is destructive?

## **Certainty**

**Your beliefs:** I need to feel secure, safe and comfortable and I need to make sure that I will be secure, safe and comfortable in the future.

Avoiding pain is very important to me. I can't be happy when I'm uncertain about things.

**How this belief serves you:** I avoid risks and I carefully plan for the future. I'm careful and I take care of myself. People know I am predictable. I know how to be organized.

**The principles you lose sight of:** The future is unpredictable; all we have is the present moment. Where there is no risk, there is no gain. It is possible to be uncertain about the future, yet happy in the present.

## **Variety/Uncertainty**

**Your beliefs:** I believe that happiness comes from having many different experiences and challenges that exercise my emotional, intellectual or physical range. My emotional wellbeing requires uncertainty, suspense and surprise. I need the excitement that comes from variety.

**How this belief serves you:** I have many interests. People usually see me as entertaining, dynamic, interesting and fun to be with. I can always find new things to do and new adventures. I have many friends from different backgrounds. I interact well with people of all ages and all walks of life. I am trusting and think the best of people. I'm not easily bored because I can always find something interesting to do. I'm fun loving and carefree. I'm usually upbeat and I like to enjoy life to the fullest.

**The principles you lose sight of:** To have balance in life there are times where the priority is stability and responsibility in relationships. Sometimes it's necessary to focus on subjects and tasks that are not particularly interesting in order to obtain rewards later on. You can't always trust everyone.

## Significance

**Your beliefs:** I believe that happiness comes from feeling respected and important. I need to be considered unique and special. I need for people to look up to me and even fear me to a certain extent.

**How this belief serves you:** I work hard at being different, special, and unique. I strive to be a leader. I do whatever is necessary for people to look up to me, respect me and admire me. I never want to be a follower.

**The principles you lose sight of:** Sometimes love is more important than respect. It's difficult to love someone who has to feel important all the time. Humility is an important virtue. Being admired by many but loved by few may not be conducive to happiness. "Heavy lies the head that bears the crown." – *Shakespeare* –

## Love/Connection

**Your beliefs:** In order to feel worthy I need to love and be loved. I need to have meaningful connections with people. If I'm not loved and I can't give my love, I'm worthless.

**How this belief serves you:** I'm kind a generous to those I love and I can be fiercely protective of them. I'm nurturing and responsible.

**The principles you lose sight of:** You must love yourself first. You are not indispensable to others. To be loved is not equal to being needed.

*The first 4 needs are defined as Needs of the Personality, whilst the last 2 are identified as Needs of the Spirit*

## Growth

**Your beliefs:** I need to constantly develop new skills, learn new things, and improve at what I already know. I have to develop myself physically, emotionally, intellectually and/or spiritually. I need to be constantly growing.

**How this belief serves you:** There is always a new challenge and something new to learn. I'm not dependent on others in order to find joy in learning. I'm self-sufficient and active in my pursuits. I'm not attached to material possessions. It's not about what I have; it's about what I know and what I'm able to do.

**The principles you lose sight of:** Connecting and giving to others can be more fulfilling than acquiring new knowledge and skills. There can be more pleasure in sharing than in accumulating.

## Contribution

### Your beliefs:

Life is incomplete without the sense that one is making a contribution to others or to a cause. I have to go beyond my own needs and give to others. I want to give back and to leave a mark on the world.

### How this belief serves you:

By focusing on something beyond myself, most of my problems and sources of pain become less significant. I get certainty because I know that there is always a way to contribute. I have variety because there are many different ways of making a contribution. I have significance because I know I am helping others. The spiritual bond that develops by helping others gives me a sense of connection. I grow and develop by helping others.

### The principles you lose sight of:

I lose sight of the fact that charity begins at home. I care for so many people or for such an important cause that I sometimes neglect taking care of myself and my loved ones.

## Needs of the Personality

The first 2 of the 6 core needs (**Certainty** and **Uncertainty**) work with each other (ie: a paradox). If there is an imbalance in one need, (eg: certainty) you could experience boredom and crave adventure.

**Significance** and **Love & Connection** are also paradoxes. If you spend too much time gaining significance, you may have trouble finding deep, intimate relationships that thrive on love and connection.

The final 2 needs **Growth & Contribution**, provide the structure for fulfilment and happiness.

**Question:** How are you meeting your 6 core needs? It may serve you to work through this.

# BOOK CLUB – “What is your ‘Chimp’ Saying to You?”

By Andrea Nicole Smart

There is an increasingly sound knowledge that we exist with multiple personalities. Of course, when you look at our various emotions, this is most logical.

Anger, fear, joy and sadness are examples of our emotional states and with each one, comes a different personality.

However, what we often don't factor in, is the unstable state of mind when our emotional intelligence is low.

What I mean by this, is that when our emotions are high or extreme, our intelligence is often low. At this time, there is a subconscious side of us that steps in to guide us based on our beliefs. However, it is not always to our benefit and our 'autopilot' or alter-ego may take us on a journey which could be less than functional.

There is another way to look at this...

If you've ever read (and I suggest that you do) The Chimp Paradox, Professor Steve Peters discusses the 3 areas in our brains through which we communicate and indeed respond to life. The HUMAN, the COMPUTER and the CHIMP.

His book takes the reader on a journey so they may understand how they respond to life, how to manage those responses and ultimately, how to get the best from life.

There are seven different areas to work on:

- ❖ Your inner mind
- ❖ Understanding and relating to others
- ❖ Communication
- ❖ The world in which you live
- ❖ Your health
- ❖ Your success
- ❖ Your happiness

To help you understand and visualise these areas better, each is represented by a planet, some of which have their own moons to stabilise them.

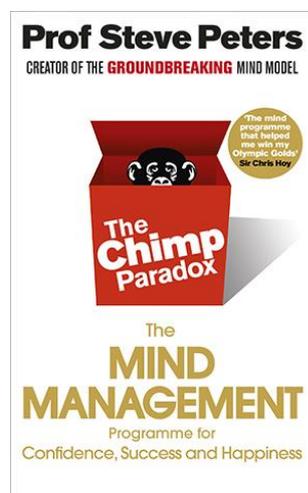
The seven planets and their moons come together to form the Psychological Universe within your head! Each planet will be introduced as you go through the journey across this Universe, which, of course, strictly speaking, is a solar system.

The Chimp Mind Management Model is based on scientific facts and principles, which have been simplified into a workable model for easy use.

It will help you to develop yourself and give you the skills, for example, to remove anxiety, have confidence and choose your emotions.

The book will do this by giving you an understanding of the way in which your mind works and how you can manage it. It will help you to identify what is holding you back or preventing you from having a happier and more successful life.

Each chapter explains different aspects of how you function and highlights key facts for you to understand. There are also exercises for you to work with. By undertaking these exercises you will see immediate improvements in your daily living and, over time, you will develop emotional skills and practical habits that will help you to become the person that you want to be, and live the life that you want to live.



Having read this book from cover to cover, I can share with you that his theories will astound and resonate with you, teaching you and guiding you to becoming even more emotionally intelligent.

I highly recommend this book to all those who want to grow emotionally.



# Events

**December 21<sup>st</sup>** - Women of Purpose Solstice Christmas Get Together

**January 26<sup>th</sup>** - Working with the Ancestors in business (workshop)

**February 23<sup>rd</sup>** - Sacred Space with Donna B (workshop)

**March 30<sup>th</sup>** - Speaking from the heart (event)

You may trial a monthly group meeting once for free.  
if you feel the benefit of what is on offer and want to join, a membership fee will apply.

For further details, please contact me and/or visit the Website:

## Sacred Space In association with Women of Purpose Foundation

Providing a 'Space' in this day and age is  
so important and is 'Sacred.'

I wholeheartedly believe in making a  
place available for people to learn.  
Where every individual soul can be  
themselves and feel safe. I am a teacher  
of life skills, tarot, mediumship and  
more. I encourage intuition and the  
development of psychic abilities in all  
areas of life, it is an integral part of me.

<http://www.donnab.co.uk>

## Contacts

### Founder

Donna Broomham  
07725 989 778

[womenofpurposefoundation@gmail.com](mailto:womenofpurposefoundation@gmail.com)  
[www.womenofpurposefoundation.com](http://www.womenofpurposefoundation.com)

### Editor

Andrea Nicole Smart  
07570 592 243

[smart361@yahoo.co.uk](mailto:smart361@yahoo.co.uk)  
[www.compellingwriting.co.uk](http://www.compellingwriting.co.uk)

The Women of Purpose Foundation helps you to build from the ground up. Metaphorically I have tried building many houses on sand and it doesn't work! Strong 'Foundations' need to be in place to work from. You are your foundation first, let the Women of Purpose Foundation be your scaffolding.

I provide 3 group meetings per month all at differing times and days. You may attend as a member just once or all 3. You will network with like-minded women who have either been where you are or are in the same place.

The group sessions will involve coffee and a chat, most importantly they will be informative as well as productive. You will need your phone, iPad or pen and paper will suffice. Always bring your business cards if you have them.

We hope you enjoyed this Winter issue. Please tell us what you'd like to see in the Spring issue which will be available on  
April 1<sup>st</sup> 2019