

WOMEN OF PURPOSE

THE UK'S PREMIERE SOURCE OF PURPOSEFUL WOMENPRENEURS



Makeup by Donna B using Tropic Skincare

Spring has sprung and so has the scope for our growth; just as seedlings burst through the soil and bloom into beautiful flowers, so are we Women of Purpose driving our careers forward and upward.

Exciting times!

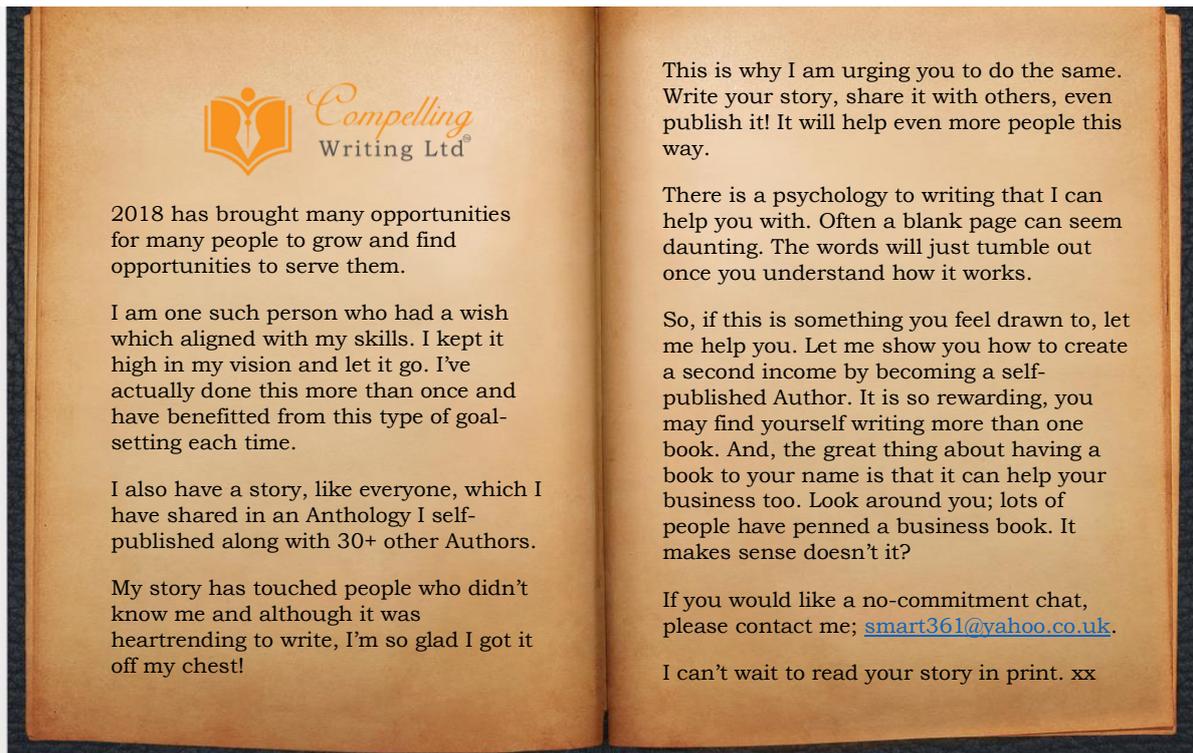
Catch up with our wonderful Foundation members who are finding and celebrating their unique voices.

We are all being heard!

Inside:

Beth James (Cover) & Jo Reese - Womenpreneurs
VEGAN Recipes
TROPIC: What's the Story?
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Psychology: the 2mm Shift
Book Club: How to Become a Money Magnet
URGENT REQUEST: Please help Jane & Kale





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

07570 592243

Or

Email me

(above)

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 was a busy year for me, with disappointments, opportunities, hard work and a lot of joy too. It was a year of preparation (little did I know it) as this year, I quit 4 decades of office work and completely changed my career and lifestyle.

Supported by the inner work I've been doing since 2007, coupled with the dreams I had of a life free of the proverbial 6-sided box, I wanted desperately to work with animals. But how?! I really had no clue until after I was headhunted and secured a senior freelance position in commercial bid writing. The package was substantial and I began to wonder what the money was actually for! I soon found out, as the **We Love Pets** franchise opportunity came my way.

My new business in pet care located in Sutton, Surrey, launched on 1st February 2019 and runs neatly alongside the writing and publishing mentorship online courses which I am building and launching later this year.

But wait...that's not all!

I didn't realise it, but having been coached in building multiple streams of income by some of the major players in financial security, I embarked upon yet another business. I joined Donna Broomham's TROPIC Skincare team.

I have long been an avid user of good skincare, makeup and sunscreen. I found that the 100% natural tropical plant-based VEGAN products, aligned with my environmental ethics and gave my skin food free of chemicals. This was an opportunity in many ways, better than anything I could have imagined.

So, I now have 3 flourishing businesses great friends and fun all the way! What a wonderful life!

Andrea Nicole Smart



Founder's LETTER

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

Be Guided, Be Supported, Be You!

Dear Reader,

April 2019. Spring is well on its way as life's beautiful colours erupt from Mother Earth in all their glory. The cycle of life never for one moment standing still. Plants and trees once barren, shoot new growth and become larger and stronger than the year before. Like sunflowers, daffodils and such they always face the light of day, our sun. Some flowers close tight for the evening and only reopen for the light and heat of the next morning.

We are no different – ever changing and growing. Growing in age and wisdom – growing away from what once served us. New seasons bring new friends and or relationships – new ideas, jobs, creativity, hope – endless opportunities if we care to see them and take that huge leap of faith to dare to be and do what you love.

It always excites me when serendipity happens – you know the accident with a purpose. I have had a couple of decluttering events over the last three months, as you do! Very recently I was encouraged to seek out Bruce Lipton, Joe Dispenza and Gregg Braden. They have done many YouTube video's and I was hooked – scientifically proving and scientific papers written to give evidence, that the essence and energy of who we are continues when we die. Quite easily put “When a TV dies the broadcasting still exists”. I was drawn to Gregg Braden, I felt I had seen him somewhere before. In the decluttering I found a 2-DVD Set called ‘Walking Between The Worlds’ I had purchased this in 1998 – you've guessed it – by Gregg Braden! At the time of purchasing it I wasn't ready to acknowledge his words – but I am ready to listen now.

There have been huge amounts of people waking up across the globe for many years now, however that awakening is growing larger and stronger day by day; realising that they are here for a reason. Some spend years in jobs where they feel like a square peg in a round hole. Others move homes regularly, constantly change colours inside their homes trying to fill that something that is missing. Rebecca Campbell's book ‘*Light is the new black*’ talks about Coming Home to Yourself, this is about those who spend their lives searching, only to find it was inside ourselves all along! Placing my hand on my heart this year and saying “I am home” took a great weight off my shoulders. No more searching “I am that, I am” (*Dr Wayne Dyer*). I AM HOME!

Aligning to and accepting yourself brings a beautiful energy and fantastic things happen – “It's a New Dawn, It's a New Day and I'm Feeling Good!”

“The world is beautiful outside - when there is stability inside” unknown

Kindest Regards,

Donna Broomham (Mrs)

MEET THE MEMBERS

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

Summer Article Submissions

If you would like to be showcased here in the Summer issue, please email **Andrea Nicole Smart** on 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 is 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.

Be the change you wish to see and step into new, bold and exciting areas this Springtime. Then tell us all about it here.



Editorials and
Advertorials

via

Compelling Writing
Limited

~

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Deadlines

for the
Summer 2019 issue
are:

Enquiries – May 31st

Final Approval – June 30th

Publication – July 1st



A STORY OF THE ROAD FROM FEAR TO LOVE

By Beth James

This is a picture of an intensely happy (apart from rare but fierce though swiftly shifting moments of grumpiness!) and by her own definition - which is the only one that is important - hugely successful middle-aged woman.

I do not measure my success in terms of pounds in the bank but rather in the attainment of happiness; Contentment; Being at peace walking in my own shoes.

My name is Beth James and two years ago I created my business Oneness Therapy offering Holistic Therapies - Massage, Aromatherapy, Reiki (treatments and teachings),

Astrology, Tarot and increasingly now, Life Coaching.

Almost exactly five years ago to the day, the story was very different.

I woke up on the first Sunday morning of April 2014 in floods of tears. I had no idea what was wrong with me; apart from the fact that I was deeply unhappy, fed up, following a diet of despair and misery, alcohol and anti-depressants and married to a man who was unable to help himself let alone his wife and family. My children were suffering. I hated my work. Life was pretty bleak to be fair and had been for most of the past 10 years. The rest of that month - when it rapidly became clear I was having a breakdown of sorts - is something of a blur in my memory now. I know I wrote a lot but no idea what. Words just flew out of my pen. I shared my writing with others but all I got were strange looks and muttered words of sympathy before my 'friends' quickly scurried off.

Somehow, I held onto the fact that I knew out of chaos came order. I knew deep down that I was breaking down in order for something new and wonderful to be born. I remembered moments when I had felt at peace and content with my life. I recalled how all I had ever really wanted since being a small child was to be happy. To be able to sit in my own company and feel comfortable.

So what was holding me back? **FEAR!** That worst of four letter 'f' words. **Fear** that if I left my home and husband I would never be loved again. **Fear** that I wouldn't be able to support myself. **Fear** of not having any friends, not even bad ones. **Fear** of being an abject failure at life. **Fear** of just about everything. I was frightened of life. I had lost the ability to trust my inner being. In fact I had totally lost contact with my inner being, full stop. I had no idea who I really was any more. What the point of being me was. What my purpose and journey were about.

Fear really is such a tragic thing. It holds us back. It stops us from creating, from going with the flow, from allowing ourselves to be the incredibly powerful co-creators of life that we truly are.

Of course it serves the construction of our current society well to have most of its members subjected to this state of fear but that is a story for another day.

Finally by the middle of June 2014 my eureka moment arrived. I knew that I had to go. I had to let go of everything that had held my world together - even though it had stopped serving me long since. You know that saying 'If you keep on doing what you keep on doing you'll keep on getting what you keep on getting!' So I packed my bags and left. Just like that pretty much. But I vowed to myself that I had to make it worthwhile. I had to create a life without fear. I vowed to enable myself to be the very best version of myself I could. When I was faced with challenges I would simply say "What is the worst that could happen? Oh yes, right, you could be back at that day you woke up crying - hopeless and afraid. Nothing will ever, ever, be that bad again."

I decided that I felt better. I decided that life was going to work out for me. I decided that I could choose to feel however I wanted and I was choosing to feel good. Healthy. Confident. Positive. And this was still some time before I ever heard of the Law of Attraction!

Over the past five years I have learnt that when I trust life it offers me more of what I want.

I have learnt that when I say "Yes please", life says "How much?!" When we take a step forward to meet life it takes two steps forward to meet us.

I have learnt that life has my back. Life wants me to succeed. Life wants me to be happy. It is a choice you see.

Slowly I learnt that the path I was on was the path of love.

When we start to learn to love everything - every person, every situation, every outcome, changes happen. Great shifts in one's inner being occur. Lives change. Families change. Society changes.

We are seeing this happening right now. In the aftermath of events in New Zealand and Sri Lanka. (Read more at www.huffingtonpost.co.uk)

An outpouring of love. Not revenge. At first, not even giving the perpetrator a name. Not feeding their notoriety. Not feeding hatred towards folk who haven't had the benefit of love in their own lives.

My wish for you is to let love into your life. Let it be your compass through the sometimes stormy waters of this life. Let it be your comfort. Always.

Please feel free to contact me regarding my services at bethjames@therapist.net





TAKE BACK CONTROL OF YOUR LIFE

By Jo Reese

We all struggle with some things. It could be a difficult relationship at work, a sense of feeling lost at home. Maybe you need to feel more confident about a situation, figure out some solutions.

My job is to coach you to find your solutions. I help you to move forward, regain your sense of balance, your feeling of being in control. I will never tell you what to do. All your decisions are *your* answers.

Coaching works because it moves you forward. Coaching helps you understand the strength and knowledge you can draw on. It builds you up, enables you to make changes in ways which work for you. It's completely private and confidential. It can be done face to face, on the phone or Skype. Coaching can be one session or several. It's up to you.

If you want to make some changes, you need to find the right person to work with. Call me for a free no-obligation chat to see if we are a good fit for each other. Start now to find *your* solutions.



About Jo Reese

I've been coaching and developing people for over 30 years. Career, work situations, communicating, relationships and how to manage them. I've got coaching qualifications and I'm a member of a professional coaching organisation called Long Horizon.

At Long Horizon, I focus on enabling companies to achieve growth by aligning people management with business objectives. As an experienced, qualified trainer and coach, I design and deliver creative training, coaching and mentoring for business managers and leaders. I have a strong commercial and quality background and am a strategic thinker who asks all the difficult questions.

I am skilled at helping managers and leaders find the best in themselves and encourage people to develop confidence and competence in their work. I know how challenging it is to lead and run a business and believe success is easier when everyone is working to deliver business success. My focus therefore is on ensuring you, your people and your company's processes and management approach, do what is needed in the way that works best, so your business thrives.

Throughout my Personal Life, I've been through most things and have a wealth of experience so there is nothing you can throw at me which will surprise me. I am always on your side, to help you move forward. I will never judge or criticise you. I will create a safe, confidential space for you to work on moving forward in the way that is best for you.

DISCOUNT FOR WOPF MEMBERS

Women of Purpose members get a 25% discount on coaching sessions

Quote Donna B19

Sessions are 75 minutes long and usually cost £60.

With the discount, that's £45 to start changing your life.

What are you waiting for?

Call Jo on

07850 466649

ONE EASY WAY TO RAISE PRODUCTIVITY TODAY



By Jo Reese

I was talking to a businessman recently, who said, “No one who works for me will ever have the same commitment to my business, as I do. They just won’t have the same passion.”

I disagreed. And I told him so.

Most days your people will walk in aiming to do a good job. **They want you to notice and be pleased about it. They want to make a difference.** They often want to learn, do more, make a contribution, get excited about their job. Most of us do. So yes, they really can have the same passion as you do about your business. They can be every bit as committed as you.

So how do you make that happen? **You need to set up a positive loop.** They do something right, you tell them they are doing it right, they become motivated to do more ‘right’ things. You notice, you give them more opportunity and so it goes on.

OK. Now you need to practise telling your people when they are doing something right. That’s feedback, right? For most of us ‘feedback’ means we did something wrong and now someone is going to tell us off. It’s a horrible use of the word and telling someone you ‘need to give them feedback’ usually puts them on the defensive.

If the only time you comment on someone’s performance is to tell them they made a mess, then it’s not surprising we dislike giving or receiving feedback.

You can change that.

The first thing you do is make a point of telling someone when they’ve done a good job. For this to work, you need to:

- ❖ **Relax.** This is just everyday conversation. You don’t need to go to an office. You can talk when you’re passing, or in the kitchen, or at the end of a meeting. Remember it’s still a private conversation so don’t shout across the room or say it in front of an entire group. That’s not helpful.
- ❖ **Give a detailed comment.** Try not to say, “John you did a great job on that sales report”, **Do** say “John, that sales report was excellent. You focused in on the customer’s needs, made it clear we were paying attention to what they want. The structure was clear and concise, the summary was about them, not us. I think we might incorporate some of your style into our template for customer proposals.”

John now knows what he did right and believe me, he *will* do it again. He will be walking with a spring in his step all day because not only did he get it right, **you told him** he got it right. **You also gave enough detail so he knows you meant it.**

It’s hard! Yes, I know. It gets much easier with practice. The more you tell people what they are doing right, the more you encourage good performance, the more responsive they are to you and the easier it gets to tell them how well they are doing.

This week, see if you can catch three different people doing things right. Go tell them. 😊



VEGAN Nut Roast

Ingredients

300g/10½oz mixed nuts, such as almonds, hazelnuts, walnuts, pecans or Brazil nuts
 1 vegan-friendly vegetable stock cube
 2 tbsps extra virgin olive oil, plus extra for greasing
 1 onion, finely chopped
 2 celery sticks, finely chopped
 1 leek, trimmed and thinly sliced (about 100g/3½oz prepared weight)
 2 carrots, coarsely grated (around 150g/5½oz prepared weight)
 2 garlic cloves, crushed
 4 tbsps cashew butter
 180g/6oz cooked chestnuts, broken into small pieces
 75g/2½oz dried cranberries
 20g/¾oz bunch fresh parsley, finely chopped
 1 lemon, finely grated zest only
 4 tbsps soya milk, such as soya
 1 tsp sea salt
 freshly ground black pepper

CRISPY VEGAN ROAST POTATOES

Ingredients

-  Albert Bartlett Red Potatoes (prepare more than you need)
-  Coconut Oil
-  Seasoning (Salt, Pepper, Chilli powder or Turmeric)
-  Lightly brush a heated oven dish, with melted coconut oil.

Method

1. Put the nuts and stock cube into a food processor and blitz on the pulse setting until chopped into small pieces, but not fully ground. If you don't have a food processor, chop all the nuts as finely as you can.
2. Preheat the oven to 200C/180C Fan/Gas 6. Lightly oil then line the base of a 900g/2lb loaf tin with baking paper.
3. Heat the oil in a large frying pan and gently fry the onion, celery, leek and carrots for 5 minutes, or until softened, stirring regularly. Add the garlic and cook for a few seconds more.
4. Tip into a mixing bowl and stir in the cashew nut butter. Add the chopped nuts, chestnuts, cranberries, parsley, lemon zest, almond milk and salt. Season with lots of ground black pepper and stir until thoroughly mixed.
5. Spoon the mixture into the prepared loaf tin. Press down with a spoon firmly to compact the mixture. Cover with foil and bake for 30 minutes. Remove the foil and bake for a further 20 minutes, or until the loaf is hot throughout and lightly browned.
6. Remove the tin carefully from the oven and cool for 5 minutes before loosening the edges of the loaf with a table knife and turning out onto a board or platter. Cut into thick slices and serve hot with vegan gravy.

Credit:

https://www.bbc.com/food/recipes/vegan_nut_loaf_99997

Method

Most who love roast dinners know how to make roast potatoes. Often it's with vegetable oil or butter or animal fats. Here, I'm using Coconut oil which is sold in jars and is usually white in colour and set. It will melt easily.

Par-boil your peeled potatoes until the outside is soft. Drain and put 2 tablespoons of coconut oil into the hot saucepan, with your choice of seasoning and/or herbs. Place the lid on and vigorously shake the contents up, down, and sideways. Some will smash and that is perfect.

With a metal spoon, take each potato and place into the pre-heated oven dish. Spread any mashed potatoes over the whole potatoes like a coating. Cook on a very high heat for 45 minutes or until browned, turning once halfway through. Serve and enjoy your crispy roast potatoes.

Crafting...



How to Build a Hanging Basket

(The key is building the sides as well as the top)

1. 'The Line' coleus (*Solenostemon scutellarioides* 'The Line', USDA Hardiness Zone 11)
2. Feather grass (*Stipa tenuissima*, Zones 7–11)
3. Diascia (*Diascia* cv., Zones 8–9)
4. Million bells (*Calibrachoa* cv., annual)
5. 'Black Heart' sweet potato vine (*Ipomoea batatas* 'Black Heart', Zone 11)
6. Petunia (*Petunia* cv., annual)

A hanging basket can serve a variety of functions, from accenting a front porch to filling an empty wall. No matter what the purpose, they offer an opportunity to play with plant combinations to create a riot of color. Today's ever-shrinking landscapes mean fewer places to cultivate. Planting a hanging basket may be just the ticket for expanding your gardening realm. It is also one of the easiest ways to connect your garden with your home.

Trailing plants are traditionally used in hanging baskets with three plants of the same variety planted in the top. Another way to craft a hanging garden is to use an open-sided basket and plant the sides as well, a technique that allows me to use three to four times the number of plants in a traditional basket. I usually use a jumble of clumpers and trailers to create the illusion of masses of colour and texture. I also mix in a few plants with great foliage to add interest throughout the growing season.



1. Choose a Basket

When it comes to baskets, size—or in this case, volume—does matter. The volume of the basket is directly related to the amount of water your hanging garden can retain; if you select a basket that is too small, you'll have to water daily, if not more often. A larger basket can make taller columns or posts look more in scale with your house or landscape. I use baskets that have open sides so that I can cut slits in the liner in a checkerboard pattern for planting.

2. Insert a Liner

To fully cover large baskets, you may need to overlap two rectangular sections of liner. While the exact lengths depend on the size of your basket, allow enough extra material so that, when the basket is filled with soil, some will still spill over the edges. Over-lapping the liner in the bottom of the basket has the added benefit of slowing water flow out of the basket. **Supamoss (pictured)** is a relatively new product that combines the best of both worlds. It is made of dyed, recycled cotton fibers that are sewn to thin green plastic sheeting. The tiny needle holes allow for water to drain, yet the plastic membrane conserves the majority of the water for the plants. It is easy to poke holes into this material for planting, and the green, mossy look is appealing.





3. Build a base layer of potting soil

Start with a base layer of good-quality potting soil in the bottom of your basket. Press it against the bottom and sides of the basket so that you have a firm background to cut against when making the slits for the first row of plants. The soil level should be about 4 to 6 inches above the bottom of the basket when you complete this step.



4. Insert a water reservoir

To help with aeration and watering, I insert a vertical 8- to 10-inch section of slotted black drainpipe, available at any hardware store. I adjust the length so that 2 to 3 inches are exposed above the final soil level; this ensures that the drainpipe does not fill with potting soil during rainfall or waterings. I place the pipe so that the end sits about 4 to 5 inches above the bottom of the basket. If the drainpipe hits the bottom of the basket, water will simply drain right out of the basket instead of filling the surrounding area. The pipe directs the water toward the bottom of the basket, which is the first place to dry out.



5. Cut the liner and add plants

Using a sharp object, make small incisions in the liner just below the current soil level and carefully poke the root-balls of the plants through from the outside. Small plugs or cell pack-size annuals work best because they minimize the size of the openings in your liner; larger holes will let potting soil spill out and may even cause young plants to wash out during watering. If you must use larger plants, gently wash most of the potting soil from the root system and carefully compress the root mass into a torpedo shape and slip it through the liner.

Note: Stagger your plants

To ensure maximum coverage while preserving visibility, place plants in a checkerboard pattern. After spacing plants evenly in the bottom row, create the next row so that its plants fall between, not directly above, those below.



6. Continue planting to the top

Keep adding layers of potting soil, cutting slits, and inserting rows of plants in a staggered pattern until you reach the top of the basket. Top off your planting with a few upright annuals or perhaps even some small grasses. Trim the liner to about 1 to 3 inches above the final soil level so that a small amount peeks over the edge of the basket. This reduces the chance of potting soil being washed out of the basket when watering. Then, give the whole basket a good soaking.



Credit:

<https://www.finegardening.com/article/how-to-build-a-hanging-basket>



So, what's the story? Why are so many people joining the TROPIC family and enjoying the products?

We believe that skincare has taken a new and exciting turn. If you like, it's an about-turn, back to when skincare was made fresh from natural products, not tested on animals!

The simplicity of this concept is also complicated within the beauty industry, as mass-production and global churn, means chemicals need to be added as preservatives, with the products sitting on retailers' shelves for longer. This itself is a story waiting to unfold. (Why produce more than demand?!)

So, with TROPIC skincare being freshly made with just 18 months shelf-life, skin can be treated with respect and nurtured through nature's gardens. In addition, TROPIC products are cruelty-free and Vegan.

The company is Carbon Neutral, giving further testament to the ethics of Founder Susie Ma, who having competed in Alan Sugar's TV show The Apprentice but not chosen as THE Apprentice, went on to become Alan's partner in her business, because Mrs Sugar tried and loved the products and urged Lord Sugar to get involved. *(Perhaps controversially, when men listen to women, great things happen!)*

Donna's team is growing, with Beth James, Andrea Smart, Shirley Warren, Laura Malek, Lynda Jarvis and Amanda Thomas, all active Ambassadors. Will you be next? Try the products and see for yourself, how different you feel.

**For more information, contact:
Donna Broomham on 07725 989778.**



BUILD A BEAUTY BUSINESS IN 12 WEEKS

How much extra spending money could you enjoy if you joined as a Tropic Ambassador today?

HOLD 1 PAMPER	a week and earn	£840
HOLD 2 PAMPERS	a week and earn	£1,890
HOLD 3 PAMPERS	a week and earn	£2,970

CONTACT ME TO DISCOVER MORE

*Earnings based on a 2 hour Pamper with average sales of £250 over a 12 week period.

And for our MALE Contingent.....

My Journey, My Life, My Career Choices

by Rhod Evans



Hi my name is Rhod Evans and I am 75 years old. Over the years my career has changed direction several times. When I left college in Welwyn Garden City, I started work at Peter Harpers Garage in Letchworth as an apprentice mechanic, and was earning the princely sum of £7.50 per week. I moved on from there to start my engineering career at Hydrosteer in Luton, manufacturing parts for power assisted steering gears.

My next move was to Clevedon where I secured a position with Cam Gears where we were manufacturing manual steering gears. I continued moving down south and found myself in Trowbridge, where I started working for Ben Nevis. Ben Nevis produced egg grading equipment. With this company, as service manager I travelled to several European countries demonstrating our equipment. After a dispute with the Managing Director I moved on from there to work in the Blower industry. I grew in this industry and was soon an engineering sales executive. I was sizing and selling Positive Displacement Air Blowers.

These air blowers have multiple uses, from Cadbury using them to pneumatically convey chocolate powder up pipe lines, to Sewage Treatment works who use them to blow air through the sewage to keep the bugs alive that help break it down. I was in this industry for 25 years.

The next change was something totally different. I attended the British Chauffeuring Guild training course in Wimbledon. I completed this training and was awarded a Silver Cockade. I remember back then petrol was running at about 77–79p a litre and the road conditions were not as busy nor as aggressive as they are today.

I drove several celebrities during my time as a chauffeur; Shirley Bassey, Robert Carlisle, John Hughs the Manager of The Cors girls group. I used to take guests to events at Highgrove on a regular basis. I also had some very interesting people who used my services regularly and many became friends. One evening I was contracted to drive a stretched limousine for a hen party. The girls soon became very drunk and started to destroy the inside of the car. I quickly locked the doors and brought up the screen between myself and them in the back of the car, I then just drove them to the police station, where they were dealt with. That turned out to be a very expensive hen night for them all.

Having retired in 2010, I briefly came out of retirement in August 2017 for the Hand Fasting Wedding of Steve and Donna. I enjoyed doing this very much, but then, I always did enjoy doing weddings best of all. It was a pleasure preparing the car, with the little extras and spoiling them ie:-- Champagne for them after the ceremony on the way to the reception.

As a couple we decided to change direction yet again. We applied for a joint managerial post with a company called English Courtyard Association, who built & managed retirement sites. We were successful at the interview and were offered a site, at Malthouse Court in Towcester, Northamptonshire, which consisted of cottages and apartments.

When we were on duty it was our place to respond to any alarm call, then deal with the situation at any time, whether we needed to call an ambulance, or just to sit with someone having a panic attack. Our residents on the whole were very good and where



Above: Malthouse Court in Towcester, which consists of 100% sheltered housing, with independent living encouraged, whilst our responsibilities for the entire site including the grounds, incorporated security, care of residents & general management. It was our duty to be on call 24hrs a day as all residents had an emergency panic button.

possible, they would not disturb us at night.

We enjoyed this work, and would organise events in the gardens at every opportunity, The residents got great pleasure from these events. It was also possible for me to continue with my chauffeuring. Lots of the residents used me for theatre trips, airport runs, and holiday destinations.

When we retired we missed the work and all the residents. Some remained as friends and are still in touch today.

And so to retirement; after getting used to it I enjoy this more than any other period of my life. Lots to do, but we still find time to spend quality time together and with our friends.

Mother's Day TROPIC Facial

By Donna Broomham

This year my Mum Irene, was given a special Tropical treat for Mother's Day along with a bunch of flowers. Killing two birds with one stone as Mum was going out for the evening. I thought it would be a nice treat to help her feel good about herself - we used her own war paint (that's what Nan would say).

I must confess I put the head band on ready to start the facial and forgot the before picture, hence the wings above the ears after removing the headband to take the picture! Armed with the **Deluxe Deep Hydration Collection Box** (below) the ABC Collection was used with the Super Greens serum.

We used Mum's collection of makeup. (Not saying a word here!) We'll keep TROPIC makeup for another day perhaps, and finished off with hair tonged. Not one for many words, I knew Mum was happy with the outcome when she asked me to forward the before and after pictures to show a friend.

A bit of Mother Daughter bonding doesn't go amiss at times hey?





Learning the Medium of ACRYLIC

By Donna Broomham

“Beauty is in the eye of the beholder” Nan would say. I happened across this beautiful image amongst a garden that was let’s say – unmanageable for the owners. Walking my pup Indi B, I had to stop and capture the berries showing themselves through the hedge.

Telling myself I would recreate the image one day on canvas, the details on my phone state 23 August 2018 @ 14:58. How it would happen I had to let go of because I wanted to use acrylics, something I had no knowledge of. Using a pencil as a medium to create images was easy for me, colour was a different story.

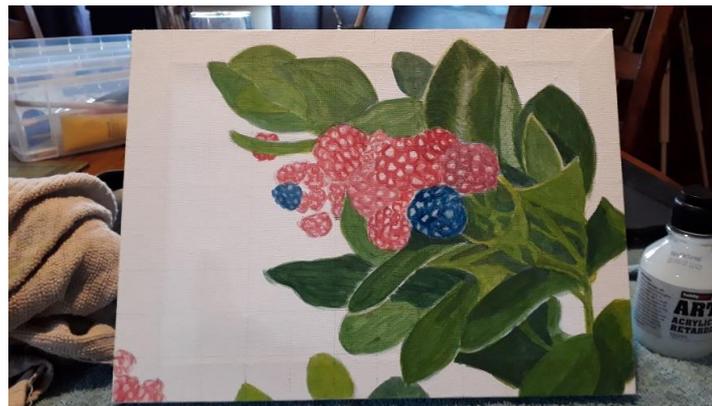
In recent months I have got to know Ruth McGrady a serial entrepreneur whose energy I enjoy being around. Learning of her ability to paint as an exceptional artist, Ruth offered to help me understand the acrylic medium just 229 days after I took the image above.

Hours of pleasure followed, after adding an app on my phone that creates a grid over the image which enabled me to; as Ruth put it “draw what you see”. And so I did!



The idea was to build layers of paint and understand the tone that would create similar colours in the image. The bottom layer for the greens were a blue wash, seen in the image above. Layer upon layer of green washes were added (washes are a colour diluted with water) with a touch of blue in some and yellow in others. Red washes for the berries with perhaps a tiny bit of white to the bottom layer.

Many thanks Ruth for your patience. I really need to make the time to finish what I have started! You can take a look at Ruth’s work here <https://www.facebook.com/Ruthmcgradypetportraits/>



The 2mm Shift by Andrea Nicole Smart

Does change seem daunting? Concentrate on just a tiny 2mm shift in consciousness and approach. The results are momentous.

Credit: Tony Robbins of Robbins Research International Inc

When you're really focused on what you want but things aren't working, you might start hearing a voice inside your head say, "Nothing's going to work!" But here's the truth: When it looks like you're a million miles away from where you want to be, you're usually only 2 millimetres away from victory!

When things aren't working, one of two things could be the problem: Either your vision isn't focused, clear and compelling – or you have the wrong strategy. All it takes is a little shift in your psychology or strategy in order to maintain momentum and get the result you're after. So whenever you're stuck, or things aren't working, know this: Victory is near!

Have you ever tried playing golf? Then you know that the slightest adjustment in your swing can mean the difference between slicing and shanking the ball and driving it perfectly down the green. And it's the same in business — because what it comes down to is the fact that the smallest changes can yield the biggest results.

When business isn't going according to plan, and your brain keeps telling you "nothing is working," it can feel like you are a million miles away from where you want to be. But the truth is, you're really only 2mm away. This is true even if you are performing above your standards, because there is always another level. And to break through, it comes down to the little things. Because it's those tiny little habits that add up — a week from now, a month from now, a year from now — to make a profound difference.



Above: Tony Robbins

It was Tim Hurja who introduced Tony Robbins to the concept of the 2mm Shift. *"In golf your clubface must be square to the path you're swinging on to hit the ball straight, it's less than a 2mm shift that makes all the difference,"* he said. *"A small, 2mm shift may not seem like much at all, but as you carry that small shift out further and further it has a dramatic impact on your outcome."*

When playing golf, (or anything else competitive) if you're relaxed and not thinking too hard about it, your tension is down and you tend to play pretty well. But, as you try harder and tense up, your game actually gets worse, not better.

Business Application of the 2mm Shift

Tony Robbins immediately got it. Not only was he able to improve his golf, but he has taken that lesson into his world-class events over the years, helping his audience understand how the smallest change in their business can have a substantial impact. He illustrates it through a powerful process where he shows how just a handful of 1% to 20% improvements consistently delivered, can grow your business as much as 72.8%.

Your Slice of the (Pizza) Pie

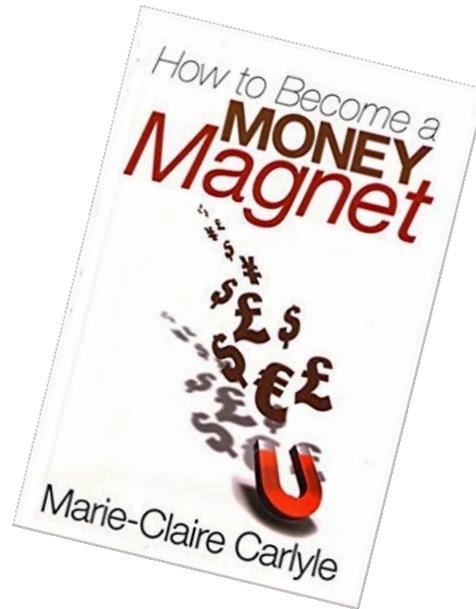
If you don't play golf, or don't see how the 2mm shift works, just take a pizza and a knife. As you place the knife in the middle of the pizza and draw the first cut, move the knife back to the middle of the pizza and prepare to cut a slice. As you swing the knife round to choose the size of your slice, how much do you need to move the tip of the knife, to get a larger slice at the base of the knife? 2mm? 4mm? 10mm? Here's where you can literally see the effect of a slight movement. And, that's just what it is. A movement. A little energy, a little thought, a little action and what happens? You get a larger slice of the (pizza) pie!

Well we have to have a little giggle don't we, so whether you like pizza or not, whether you play golf or not, the point is, do you get that a slight change in actions dictates a healthy change in direction?

BOOK CLUB

How to Become a Money Magnet

By Andrea Nicole Smart



I have chosen to review this book because of 2 reasons:

- 1.** *The strategies Marie-Claire writes about have been proven to be effective by many, and,*
- 2.** *Marie-Claire Carlyle is the Diamond Ambassador of TROPIC, a brand of skincare completely on-trend, further proof that her strategies are not only effective, but that she herself lives and breathes them!*

This book helped me to change the way I felt about money. My altered state allowed me to attract lots more of it, effortlessly, quickly and without me physically doing very much at all. It took me completely by surprise and I'm still in awe of the whole process. Rock on Marie-Claire!

There are 7 basic steps and these are based on Marie-Claire's original workshops, which were developed out of a combination of factors, one of which was being trained as a 'Transform Your Life' teacher with Diana Cooper's School of Transformation. With further training in Feng Shui, Marie-Claire learned how we can change energy through the use of ritual and intention. Interestingly, she writes that she only ever focused on money when she went into debt. Earning money was relatively easy she says, as she'd find a job that she really wanted to do, prepare well and expect to get the job. This strategy worked, the motivation of which, was needing more money to improve her circumstances. However, she'd then lose interest in the money she was earning, happy to spend it and empty the proverbial bucket as fast as she was filling it. This became her repeated cycle and reflected how much she valued herself. She came to realise that she had to make money her friend, and even more important, she had to make herself her friend!

The book contains case studies of real people who have achieved fantastic results. Below I have listed the full contents which should be enough to tempt you to get yourself a copy right away.

Part 1 – Understanding the Basics

1. The science of attracting money
2. How do you feel about money
3. How much money?

Part 2 – Changing Habits (*We don't attract what we want, we attract what we are*)

4. Breaking the pattern
5. Expecting more money
6. Becoming rich

Part 3 – Exploring your potential

7. Clearing space
 8. Following your passion
 9. Working with the FAB principle (Focus, Action & Belief)
 10. Once a magnet, always a magnet!
-

The one thing I have learned from Marie-Claire’s insights, is that when I am casual with money, it becomes casual with me! I have needed to reign-in my spending habits and respect the money I am earning, as if I am accumulating friends rather than pounds. This works for me.

Here’s one exercise from Part 1 as a teaser; (although Marie-Claire recommends going through the book as it has been written, as if you were participating in a workshop).

EXERCISE: Increasing Your Self-Worth

Write down 5 ways in which you are not valuing yourself. What could you do differently?

- 1-----
- 2-----
- 3-----
- 4-----
- 5-----

Now, write down 5 ways in which you currently value yourself. How could you do more to value yourself?

- 1-----
- 2-----
- 3-----
- 4-----
- 5-----

Note: By completing the above exercise, you will have taken a good hard look at yourself and at your level of self-worth. Through identifying these points, you will be well on your way to clearing out any resistance to attracting more money.

How Clearing CLUTTER creates more Energy

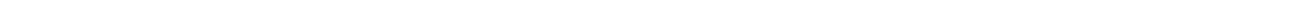
In part 7, Marie-Claire writes about clearing space. She says that CLUTTER is the stuff in our homes and in our heads that gets in the way of living the life we desire. For many people, clearing their clutter is the turning point towards becoming a Money Magnet.

What is CLUTTER?

The definition of clutter as defined by the Feng Shui Academy is:
“Anything that is not loved, not useful or not kept in an orderly manner.”

If it helps, keep this definition posted somewhere in your home until you have cleared all your clutter.

I hope you have found this season’s book to be of use. Please let me know what you would like to see here in the Summer issue. Just contact me at: smart361@yahoo.co.uk Thank you.





- STOP PRESS - URGENT REQUEST

Please Help Jane & Kale

One of our members and a very close friend Jane Benison, has suffered immense pain and tragedy in her young life.



After being unwell for many weeks throughout the summer of 2018, on the 7th September Jane's 14-year old son Kale, was finally diagnosed with a brain tumour located on his brain stem. He was immediately admitted to Bristol Children's Hospital where they began to prepare for surgery to remove it the following week.

Unfortunately, before the operation could take place, Kale suffered a bleed on the brain, and was taken to surgery immediately where they were able to remove all of the tumour. The tumour was tested and thankfully was benign. The bleed had caused some brain damage, but Kale was able to communicate using his eyes and was having daily therapies to help him recover and day by day he was making progress.

That progress sadly came to a halt on the 21st of October, when Kale was back in surgery to have a new drain put in, and he suffered another bleed on the brain that caused him to fit.

The future is uncertain for Kale and it is currently unknown how severe the brain damage is and what his recovery prognosis is. What we do know is that this will be a long journey and one that will change Kale and his family's lives forever. Any money donated will be used in the following ways:

- ✚ Jane's house was assessed, in preparation for Kale's return, however it has been found unsuitable for his needs. Because it is highly unlikely that Kale will ever return to the family's current home, the main aim is to raise £150,000 so that Jane is able to buy a house that is better suited to her son's needs.
- ✚ Jane is a self-employed Counsellor and is unable to work right now, because she spends every day with Kale. Money is needed to help Jane in her everyday living costs. Luckily she has a room at Ronald Macdonald House near the hospital. However, the whole family is going through so much and the last thing that Jane needs to be worrying about is keeping a roof over her head, as well as that of her other son who is 19-years old and living at home.
- ✚ Any extra therapies / equipment that may benefit Kale.

If you can spare any amount, however small, please click on the Go Fund Me link below, to make a donation. If there is any money left over that is not needed then it will be donated to the Grand Appeal for Bristol Children Hospital, who have been providing such fantastic care for Kale.

<https://uk.gofundme.com/help-kale-and-jane>

There is another Fundraising Event on Tuesday 25th June at the Assembly Rooms in Frome, Somerset. Further details will soon be added to the website at: <http://www.donnab.co.uk> Thank you from all of us.





Events

May 4th - Bath Artisan Market - 10am to 4pm - FREE entrance

I will have a table selling Tropic Products - taking bookings for Business and Pamper Sessions.

See Facebook event page for more info:

<https://www.facebook.com/events/1501845263284901/>

June 15th - Understanding Tarot (Venue tbc) 10am to 3:30pm - £45

Anyone wishing to brush up on their tarot/mediumship skills, learning to work with the ancestors or wish to understand tarot more. Fee £45 - from 10am until 15:30pm - you will need to bring a packed lunch. Refreshments will be provided. Ideally you will need your own Tarot Deck but isn't absolutely necessary.

There will be used Tarot Books for sale on the day. Limited spaces available requiring a £20 non-refundable deposit

to secure your booking, via PayPal @ donnab2028@icloud.com.

<https://www.facebook.com/events/468118143927192/>

July 13th - Happy Face & Feet (Venue tbc) 10am to 3:30pm - £45

The human body is the best picture of the human soul. (*Anthony Robbins*) Ever wanted to learn how to do reflexology or facials? Come and have a hands-on go at either or both, in the style of a taster session with qualified practitioners. Not interested in having a go and just want to have the treatments, this day is for you too. An ideal time to prepare yourselves for that long deserved holiday.

<https://www.facebook.com/events/2426119204286863/>

Limited spaces available requiring a £20 non-refundable deposit to secure your booking, via PayPal @ donnab2028@icloud.com. You will need to bring a packed lunch. Refreshments will be provided.

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>

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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.

For further details, please contact me and/or visit the website: www.womenofpurposefoundation.com

We hope you enjoyed this Spring issue. Please tell us what you'd like to see in the Summer issue which will be available on July 1st 2019