



Mum's The Boss!

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Coming soon - Mum's The Boss Business Surgeries!

We are delighted to announce that from October Mum's The Boss will be running monthly Business Surgeries from Bedford i-kan in Mill Street. For some time now we have felt that a month is too long to go between meetings, particularly from a support and motivation point of view. So we have decided to introduce an informal, drop-in style meeting in a different location to allow people to meet up more regularly if they wish, and maybe attract a new set of mums who may be put off by the idea of a 2-hour networking meeting.



At each surgery there will be a variety of business professionals or agencies on hand (a schedule of which will be published in advance) to answer your questions. The sessions will run from 10-12, will be free to attend and you can stay for 10 minutes or 2 hours - it's up to you! Even if you only pop in, say hi and have a coffee and cake it is a good way to keep in touch. Although we will not have a creche at these meetings you are more than welcome to bring your children along. If you fancy coming along and trying the new format then the dates to put in your diary are **Tuesday 20th October** and **Tuesday 24th November**.

Moreover, to kick-start this new Surgery format we will be holding 3 Start-Up events at i-kan in September. The idea behind this is to target mums who are perhaps dealing with 'empty nest syndrome' for the first time, as their children have just started school, leaving them thinking "what now....?". These meetings are going to be held on **Tuesday 15th, 22nd and 29th September** between 10.00-2.00 so they fit in around the school run etc. We will have a mixture of business advisors and services as well as MTB members who already have their own businesses to give the 'real' view on what it is like to run a business around a family.

We would be very grateful if any members would like to volunteer to come along to one of the sessions on 15th, 22nd or 29th to talk to other mums who are thinking of starting their own business. Please contact us if you could spare some time to impart your experience and wisdom to our visitors.

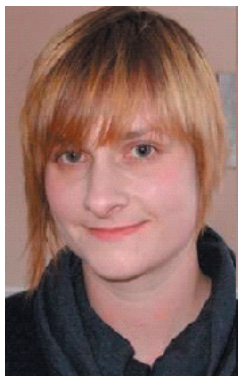
Also, if your business is of a professional or advisory nature and you would like to attend any of these events as one of our business professionals then again please get in touch and we can add you to our schedule.



For more details about Bedford i-kan please visit www.bedfordi-lab.com/home/i-kan

www.mumstheboss.co.uk

Pippa Moss - Barefoot & Pampered



Mum's The Boss member, **Pippa Moss**, found that holistic therapies and yoga had such a positive effect on her first pregnancy, birth and postnatal experience, that she decided to give up a stressful career in television and re-train in something more down the earth.

After another baby and an apprenticeship with the internationally renowned Active Birth pioneer, Janet Balaskas, Pippa now teaches Yoga for Pregnancy in Bedford. Based on Hatha yoga, there is an emphasis on working naturally with the breath, spine and gravity - particularly relevant and helpful for pregnancy. Also interwoven into the classes are physical and emotional preparation for giving birth, and information is shared in a relaxed and supportive environment.

The Reiki and massage therapies that Pippa offers promote relaxation, rejuvenation and a sense of general well-being. Available to clients in the comfort of their own home, costs are kept to a minimum and there is no need for arranging childcare or traveling home after their relaxing treatment. Oils used are organic, specially formulated, and safe for use in pregnancy and postnatally.

Pippa says: "As I have experienced it myself recently, I especially enjoy treating new mums and mums-to-be. I appreciate what a special, but sometimes vulnerable time it can be. I also try to keep my approach as sympathetic and flexible as possible. For example, if a baby needs to be with his mum while she gets a Reiki treatment, he can be in her arms and receive a relaxing dose too!"

For more details on yoga for pregnancy classes, reiki, massage or indulgence events, **call Pippa on 07903 838 006**, or email **info@barefootandpampered.co.uk**. Alternatively more information is provided on the website: **www.barefootandpampered.co.uk**

Meeting Report - July

We were delighted to welcome yet more new members to July's meeting and some new children to our noisy creche!

July's speaker **Teri Baker** gave a frank and inspiring account of how she started in business and how she has weathered the ups and downs of being a businesswoman. From children's clothes to hairdressing, chip shops to intimate beauty treatments Teri has never lost her passion and determination to succeed in business, despite sometimes colleagues or the economy letting her down.

Teri's latest business venture Minikini is still in its early stages but Teri has achieved so much already by getting her product into both niche and international markets, as well as setting up several training schools internationally. Her marketing and promotional material was an excellent example of why we need to 'speculate to accumulate' to give off a polished and professional first impression in business.

There will be no meeting in August but don't forget to let us know if you would like to come to the social event at The Kiln on 14th August. And please remember that if you would like to join for the year and pay your meeting fees up front you can have your business featured in the newsletter and on our website, as Pippa has above. Have a great summer and see you in September!

Any other business

Blog Contributions

I hope by now you have found the time to have a peek at our blog at <http://mumstheboss.wordpress.com/>. The whole point of blogs is to keep them up to date with relevant and interesting content, which in turn prompts people to visit your website and hopefully do business with you. We would like to invite our members to submit guest posts to our blog on any subject you like, as long as it is in some way relevant to other work at home mums. In return, if you would like us to contribute articles for your blog then please get in touch as we would love to help.

Book Reviews

In addition to general articles we are also looking for members to carry out reviews on the books in our Business Book Library. All our books have been donated free of charge by publishers and authors in the hope that we will review them. So if you have borrowed a book and thought it was useful then please write a short review - it may help us to get more books in the future!

Photo Shoot

Finally, thanks to everyone that came to the photoshoot. Fingers crossed our pictures all turn out well and look forward to seeing your new portraits on your websites very soon!

Next Meeting

Thursday 19th September - 10.00-12.00

Caldwell Community Centre, Althorpe St, Bedford, MK42 9HF

Speaker: Jules Surtees - founder of www.mindfruit.uk.com

Topic: Looking at social styles and how we interact with others based on our personal preferences

Please contact us asap to book your child's place in the creche