

women supporting women

INSPIRE MOTIVATE EMPOWER

Saturday 27th October 2018, Rydges Hotel, Wellington



Four awesome local women coaches have gathered together to bring you this awesome event. In the spirit of women helping raise each other up this collaboration aims to help inspire and empower women to overcome the challenges we face and be their best.

With a focus on helping our daughters in the process with similar struggles – comparison, self-doubt, authenticity, confidence, social media and technology usage as well as self-care, self-love and resilience to enable us to live a life full of meaning and purpose and be our best.

We are more powerful together than we are apart yet our society often teaches us to compete and that our success must be at the expense of someone else's. This event is designed by women for women to help lift each other up.

This month marks 125 years of women's suffrage and to celebrate we're giving the first 125 tickets away for free! AND you can bring your daughter for free (suitable for 12 years and over only).

With up to 200 women expected to attend and press interest likely off the back of the 125 year anniversary of women's suffrage this is your chance to be involved.

There is the opportunity for 15-20 selected business to have stands at this event and sell goods. The aim is to have relevant/complimentary services and products on show as well as provide a platform to support women in business. We're looking for businesses who help inspire, motivate and empower women to be part of this event with us.

Sponsorship packages

- 1) Financial sponsorship available, packages starting from \$500 contact jess@jessstuart.co.nz if you're interested in being an event sponsor
- 2) Donate a prize to giveaway at the event
- 3) Have a stand/banner and a representative at the event \$150+gst*

All sponsors will receive coverage on the event Facebook page, a special mention live on stage during the event and a flyer (that you provide) to be placed in the event goody bags

To apply complete the information below and return to jess@jessstuart.co.nz

Business Name _____

Contact name and number _____

Email _____

Website _____

Describe in one sentence what your business does:

How do you inspire, motivate and empower women:

Indicate level of sponsorship (please tick)

- Financial sponsorship (from \$500)
- Donate a prize to giveaway at the event
- Have a stand/banner at the event (\$150+gst)

If a monetary amount please confirm the amount you'd like to sponsor \$

If you'd like to donate a prize please give a brief description of the item and its value:

If you'd like a stand at the event please read below and tell us a bit about what would be on stand:

*Spaces are 2mx2m locate in the Grand Space Rydges. It is just space alone (any chairs or display tables will need to be brought with you). Venue is open from 8am for set up and all stands and banners must be in place by 930am. Event wraps up at 12:30pm and pack down must be complete within an hour.

Thanks for completing the sponsorship application form, please return to jess@jessstuart.co.nz and we'll be in touch

Agenda and details of those involved

9:30 am – arrival and refreshments

10:00 am – speakers

- Introduction from MC Melissa Bartram, Mamas Mojo
- Keynote Navigating fear & self-doubt, overcoming Imposter Syndrome - Jess Stuart, Author & Coach
- Being your best and role modelling for the kids - Zareen Byrne, Burnt out with bat wings
- Use Technology, Don't Let it Use You. Intentional Tech & Social Media Usage - Jennifer Young, Jen Y Insights
- A new direction; live with purpose and passion - Vicky Evans, Life Mastery Coach

11:30 am – Q&A

12:00 pm – wrap up & close

Jess Stuart, Author & Coach www.inspireyourlife.org

After 15 years in Senior HR positions, Jess decided to follow her passions and became an author and coach. Having lived, worked and volunteered in many countries with some inspirational people she draws her life experience into her work to empower women to unlock their potential. Author of Like A Girl, designed to help women unlock their potential and thrive at life. Giving practical advice and tips for building resilience, leveraging strengths whilst navigating fear, getting over self-doubt and mastering the art of balance.

Zareen Byrne – Burnt out with bat wings <https://www.burntoutwithbatwings.com/>

With a vision to be part of a change that sees women continue to be emotionally empowered. Zareen aims to help put a stop to issues such as negative body image, strained relationships, feelings of inadequacy, lack of personal development, inability to cope efficiently with the stressors of motherhood and life, unfulfilling careers, financial worries, anxiety and burn out. To show women how to start living a life where they set their own expectations in accordance with their true selves and teach this to their children

Jennifer Young – Jen Y Insights <https://www.jenyinsights.com/>

Jennifer ('Jen Y') Young - Mindfulness Educator, Facilitator and Millennial ('Gen Y') Development Specialist. Jen supports the next generations of leaders and people going through change to flourish" Passionate about and committed to elevating people to their definition of success through: mindfulness, mindful results coaching, workplace wellness, mental health first aid and leadership development.

Vicky Evans – Life Mastery Coach <https://www.vickyevans.com/>

Passionate about helping people to set a new direction, to create more balance, greater freedom and even greater success in their lives. For over 20 years Vicky has worked with organizations and individuals, helping them reach their goals. Longing for a greater connection with nature, she gave up corporate life and moved to New Zealand. A deep desire to make more of a contribution in life and to fulfil her own life purpose, led to a career as a Life Coach with the Life Mastery Institute. Vicky has moved beyond her own struggles with anxiety, depression and self-doubt using the tools she now teaches.

Melissa Bartram, Mamas Mojo MC <http://mamas-mojo.com/>

For women who have lost or think they have lost their mojo and want to get it back. How to reclaim the sparkle within you, reclaim your identity beyond motherhood, rediscover self-love and build resilience to flourish in what can be an overwhelming, busy life.