

Lady Sandie

International Image Management Specialist



PUBLICITY PORTFOLIO
1986 - 2019

First Impressions 1986
Colour Consultant & Image Designer

Freeland Kotschy Ltd
Advertising & Marketing
184 Histon Road
Cambridge CB4 3JP
Registered Office
Telephone (0223) 312639

First Impressions Limited

11th June, 1986

Sandra McKenzie
Press Release

Headline: Bringing Colour to Life.

Body copy: At the tender age of 28 it can be said that Sandra McKenzie has had a varied and colourful, career. She has had numerous jobs both in England and in America but none have given her the fulfilment she was searching for.

Sandra McKenzie is a 'people' person. She has always liked to involve herself in helping to solve other people's problems often with total disregard for her own, and is now committed to helping others in her position as a director of the West Indian Chaplaincy Savings and Credit Union in Birmingham.

A little while ago Sandra McKenzie discovered the affect that colour has on our attitudes, our emotions and our inner confidence and it is in her capacity as FIRST IMPRESSIONS colour consultant and image designer that she is today addressing the Carribean Afro Society of Hairdressers.

DIRECTORS
Sir K. Kotschy (Managing)
George Freeland (Creative)
D. Kotschy (Co-Secretary)
Mrs N. 1279552 Wales
Ed. B. 10414 No 218 034 710

FASHION PAGE

Chic Looks from Paris

by Sandie Browne

Yes, now you can wear your skirts short, sexy and sassy when you want to flirt. Or long, lean and mean when you want to be cool and chic. This preview will give you a good idea to what's happening in one of the most exciting fashion capitals of the world...Paris.

Trousers make a strong comeback with many silhouettes to choose from; skin tight leggings worn with powerful hip length jackets, golf pants, wide flares and culottes worn with hunting jackets, high waisted pleated trousers and cuffed bermudas teamed with classic velvet or suede trimmed tweed jackets. Fabrics in this casual wear group include lots of luxury fibres; cashmere, camelhair, soft tweeds, shellands, menswear looks, ties prints, paislies, stripes and checks, as well as corduroys and glazed cotton. Predominant colours are browns, camels and khakis for classic styles as well as combination colours like bright red and bottle green, red and black. Pick out collars and pockets trimmed with velvet or suede, short fitted jackets, cable knits, folkloric embroideries, braiding and accessories in natural leather.

For business and professional women, there are two kinds of looks. The clean almost austere silhouettes borrowed from masculine wardrobes, redesigned and feminised with conscious volumes and ultra feminine suites whose looks are softened with short fitted jackets, bouncy boleros, flared, bellshaped or drindl skirts. A delicate balance between a modern architectural shape and retro look inspired by film stars of the 1940's. Look for jackets with shaped waists and round hips, less exaggerated and more controlled shoulders, sexy coat dresses, lots of tulip shaped skirts and high waisted trousers, very feminine blouses peeking out from under strict masculine looks. Also big and short 3/4 length car coats, short trench coats, redingotes and masculine over coats.

City looks are reinforced by menswear drapery designs, pinstripes, glenplaids in dark harmonies, tuxedo fabrics, mohair and alpaca. There are still lots of black, grey, navy, inky blues, dark purples and browns, but moving centre stage are bright colours like bright blue, yellow and sparkling jewel colours. Dresses are soft and pretty with a refined almost innocent elegance due to velvet jackets, underskirts and detailing.

Look out for lace and lots of velvet as silhouettes are fluid, drapping freely from yokes or body skimming waistcoats. Daytime dressing also include looks in-



Spanish folklore. Night-time silhouettes are short feminine and sexy. They are mostly slim fitted bare shouldered tops work over bubble or tulip skirts. Making a strong comeback are high waisted "empire" dresses, bodice with puffed sleeves, ruffles and bows and embroidered bolero jackets. Fabrics are always luxurious lavish and very beautiful. They are enriched with lots of effects, beading, embroideries, quilting, pleating and braiding. Velvet in all forms, smooth, stretch embossed and embroidered.

Tulle in patterns and prints are still quite popular, as well as iridescent taffetas, brocades, puckered silks and rayons, baroque cashmere prints, florals and lots of metallized lurex. Look out for high waists, puffed sleeves, off the shoulder tops and bare backs, bubble skirts and draping, fitted low cut bustlines and hips.

Be chic and feminine, it will now be much easier to dress with flair and style without having the perfect shape. For further information on 'Style Dressing' contact Sandie Browne, Fashion Editor and Image Consultant on 021-633 3778.

LOOK OUT FOR COLOUR ANALYSIS AND IMAGE DESIGN - NEXT ISSUE



The Gleaner UK & The Voice Newspaper UK 1988
Miss Porsche Club Beauty Contest
Coordinator



Miss Porsche Club 1989, Dionne Joseph (centre), is congratulated by first runner-up Candi Francis (right) and second runner-up Sonia White. (Kevin Small photo)

Student crowned Miss Porsche Club

Eighteen-year-old business studies student, Dionne Joseph, was crowned 'Porsche Club 1989' on Friday, October 6 before a packed audience at the popular nightclub in Small Heath, Birmingham.

The judges' choice was greeted with loud approval as the audience cheered the winner, an obvious favourite. She is the second title-holder of the contest which was launched last year.

Dionne, elated after winning her first-ever beauty contest, said she was only in the contest because her aunt had entered her name without her knowledge.

Dionne's first prize included £100 in cash, hair and beauty products, a £50 gift voucher, one year free membership of the Porsche Club and a portfolio of photographs.

The runners up prizes went to 18-year-old secretary, Candi Francis and 20-year-old tailoress, Sonia White. Their prizes included Hair and beauty treatment from competition sponsor, Bernards Hair and Beauty salon of Dale End, Birmingham.

GLEANER



Dazzling Dionne is No.1

MEET Birmingham's newest beauty queen, the lovely Dionne Joseph. Dionne, 18, (centre) beat seven other girls in the final of the Miss Porsche Club beauty pageant, held at the Porsche Club in Small Heath. Top prize on offer included £100

cash, a package of hair and beauty products and a portfolio of photographs by a top city photographer.

First and second runners up prizes went to Candi Francis, 18, (right) and Sonia White, 20, respectively.

THE VOICE

The Caribbean Times 1990
Sandie Brown Associates PR & Image Consultants
The Launch

CARIBBEAN TIMES *incorporating African Times* TUESDAY 31 JULY 1990

Rep

Sandie goes public

BIRMINGHAM

THE Porsche Night Club in Small Heath, Birmingham, was the venue chosen to launch Sandie Browne Associates, a new public relations company. The guest list included leading community figures, senior civil servants, company directors, PR consultants and the press.

The launch took the form of a mini-production arranged by Sandie Browne, titled 'Images' and featured dancers Dale Gallinski, Cornell John, Lorraine Adey and Max Smith.

The dance routine with a voice-over background was performed to illustrate the essence of public relations as a projecting image.

Projecting

Explaining in her address to the guests Sandie said: "Public relations means public, it means people, it means doing for you and meeting your needs. Projecting your image, your company and your product."

Ms Browne thanked the Caribbean Afro-Hairdressing Society for allowing her to organise their annual show over the past three years and to prove her worth. The consultancy's prime specialisation will be in corporate image and identity work and its contacts with world leading image design



'Images' – what PR is all about



Sandie Browne will project you, your company, and your product's image

companies are extensive.

As the originator of image design within a public relations practice, Sandie Browne has the experience of conducting comprehensive

image and identity programmes. Other activities will include promotional events, receptions, employee relations, public speaking, production, research and evalua-

tion. Additional services available are efficient secretarial, administrative and accounting. For further details Telephone: 021 440 3817.

The Voice Newspaper UK 1990

Sandie Brown Associates

Principal Consultant

GO FOR IT! Buppies vow to think positive and stand their ground

Black professionals are taking Britain by storm, educating and uniting in vast numbers to become an intellectual force to be reckoned with. And last Friday, many of them gathered at the pre-launch party of *Rapport Britain's* first commercial organisation aimed specifically at getting them together.

Ambitious Afro-Caribbean parents should be praised for the new wave of high flying black people, says business consultant Ade Sawyer. "They came over here to do menial jobs and have discouraged their children from doing the same, by making sure they have a good education and a bright future."

Ade, head of the Equinox Associates company in Brixton, south London, explains the current phenomenon changing the images of second generation black people in Britain: "Maning a living these days is getting harder and harder and black people realise this."

He continued: "More and more of them are going on to higher education, becoming qualified and taking up professional jobs,

and commanding high salaries."

Helped

Ron Shillingford of the newly-formed networking association for black professionals, *Rapport*, said networking had helped professionals move forward.

"Black professionals are now confronting institutionalised racism by unifying and forming a tight bond, so we can no longer be ignored. That's what Rapport is all about."

The new international organisation brings professionals together with monthly social events, and forums, where black businesses can address an audience, and drum up extra customers.

"We are out to elevate the status of black professional people. I get so

By Deborah Ward

angry with negative media images, it's about time black morale had a boost."

Another black professional who believes we need to stamp out negative stereotypes if we are to succeed in life is image consultant Sandy Brown.

Bubbly

"Success is all about education and self-awareness", said the bubbly Brummie. "We need a positive attitude that can be taken seriously, so we can smash the negative stereotypes that our white counterparts use to intimidate us."

Spending her days transforming personalities and appearances at the flick of a hand, Sandy has all the necessary knowledge and experience to make a 'black' success out of a 'white' failure.

● Those interested in contacting *Rapport* should telephone 071-723 8716.



RON SHILLINGFORD: "We are out to elevate the status of black professionals."



SANDY BROWN: "Success is all about education."

THE VOICE 30th October 1990

The Voice Newspaper UK 1991
The Eagle Public House
Licensee



CHEERS: Sandie drinks to her future. THE VOICE 25 JUNE 1991

Here's to you!

Brainbox Sandie Brown won't be short of ideas for running her new pub.

The marketing consultant has turned landlady and decided to use her wealth of experience to run The Eagles at Nechells, Birmingham.

Sandie, 30 has been responsible for launching many black business men and women throughout the West Midlands.

And judging by the support from customers, she won't be having too much time to say cheers!

The Eagle

NECHELLS PARKWAY · NECHELLS GREEN · BIRMINGHAM B7 4PT

☎ 021 - 333 6441

MON to SAT
12.00 noon till 11.00 p.m. All day

SUN
12.00 noon till 3.00 p.m.
7.00 p.m. till 10.30 p.m.

Your Host: SANDIE BROWN-McKENZIE
International Image Consultant

The Birmingham Evening Mail 1995
Continuous Professional Development
Management Certificate NVQ Level 4

WOMEN IN EDUCATION

EVENING MAIL, THURSDAY, MAY 25, 1995

LEARNING WAY BACK TO WORK

MANY thriving businesses are today run by women, and many women are at the top of Britain's largest companies.

Yet there are some who have been out of work for years, often to have families, and are nervous about getting back into employment.

Returning to education helps to build up self-confidence, particularly for those who have not had previous opportunities, and can lead to National Vocational Qualifications.

An NVQ is tangible evidence of lifetime

By **DAVID WHINYATES**

education which can be shown to a prospective employer.

★Taking the Management Fast Track Programme at the University of Central England's Management and Business Development Centre will enable Sandie Brown-McKenzie to gain a management certificate at NVQ Level 4, the equivalent to a degree.

Two years ago she decided to re-focus her career and, having taken the UCE course, is now ready to embark on her own consultancy in image management, a combination of PR and

image consultancy.

★A course at Kalamazoo Training played a major role in Anne Bally finding a job as a customer service adviser with the Alliance & Leicester Girobank in Hagley Road, Birmingham.

After 14 years out of the workplace she began a course in information technology and computer applications.

"It was a thorough course and without it I would not be in a job which I enjoy," she said.

The Jamaica Gleaner, Flair Magazine 1997

The Image Academy Jamaica

Image Consultancy Feature

FLAIR MAGAZINE

FEATURE

□ *Loulette Brooks*



worked for several leading international image companies including Toca International (the world's premier image company), Gloria Munde International, Pierre Lang International and Nutri-Metics International.

Her work involves assessing current trends and professional ethics, as well as developing image management programmes, both at the organisational and personal levels.

Given the specific needs of the Jamaican woman, she is focussing on helping women project a positive and vital image; dress confidently for every occasion; explore new image possibilities; enjoy flattering attention; and make the most of the clothes they own.

Sneak preview

To address these issues on an individual basis, Sandie will be hosting a special personal image seminar at the Terra Nova Hotel on Saturday, May 10. She could not resist giving Flair a sneak preview of what is in store for the woman who wants to create the right image at all times.

Working with models, Tagera and Nikki, Sandie did a colour analysis to help the ladies decide on the colours that best complemented their skin tone, eyes and natural hair colouring. First the hair is covered up, and all makeup stripped so that the "real person" can come through.

The four seasonal colour system was used to determine whether warmer or cooler colours work best for each model. The colour spectrum, she explains, are highlighted under warm and cool. Winter colours have cool undertones, and are bold and dramatic. Summer colours are also cool, but are more muted; Autumn colours are warmer than summer and are rich and bold with lots of gold; while Spring colours have the same warmth but are a little lighter and crisp.

Select shades

"Anybody can wear any colour, but the key thing is to select the shades that best enhances the skin tone," Sandie advises.

For Tagera who has a warm undertone, dark eyes and dark brown hair, Sandie recommends gold, cream, and beige. Nikki, who has a warmer undertone, darker eyes and hair, is advised to concentrate on the cooler colours such as reds and burgundy.



Karl Smith
Nikki looks good in white as this colour contrasts with her dark complexion. Outfit courtesy of Right Stuff, the Springs.

Deciding what colours to wear each day and for specific occasions can be very worrisome. To make it easier, after you know which shades work

for you, the next step is to evaluate the mood you are in, or the mood you want to create for that day. Black, she reminds us is very authoritative, it sends off a serious message and also symbolises depression. Full black, especially in pant suit is very good for business. Navy also shows authority, and is a conservative colour; while purple is a spiritual colour.

Apart from colour, the shape or cut of the clothes we select is either complimentary or uncomplimentary to the image we want to project. Details such as collar, neckline and degree of fullness are important. Working with the models, Sandie suggests that someone with an oval-shaped (near perfect) face such as Tagera should avoid deep Vs, and concentrate more on slightly rounded curves which are less sharp. Nikki, on the other hand with more fullness on her jawline, can wear V necklines with confidence, as it takes away some of the fullness. Square necklines, she emphasises, does not do much for someone with a round, full face.

The image specialist also gave some useful hints on creating balance when outfitting yourself. "Shoulders should be slightly wider with gradual tapering off to the bottom to give balance to the hips; waistline should always be nipped in, pleats either detract or enhance the waistline - those turned on the inside give a

Sandie Brown-McKenzie

HELPING WOMEN PROJECT POSITIVE, VITAL IMAGE

tapered look and help you lose a few inches, while those turned out add fullness; for heavy thighs, open pleats down the leg won't work, an open pleat in the front, down the middle is better as this style works best for most figure types," Mrs McKenzie details.

A personal style file is absolutely necessary for the woman who wants to succeed both personally and professionally. This is presented to each client after consultation. The style file is complete with swatches of the colours best suited for that person, as well as a guide for makeup and jewellery. But, Sandie emphasises, the choice one makes should be based on her lifestyle and whether you are trying to achieve the fashionable or classic look.

If all your bath gets you is clean... Move up to



Bath Soap can only get you clean. Radox does much more.

Slip into a Radox Herbal Bath, and immediately 13 all natural extracts and herbs go to work to relax tired muscles, soothe aches and relieve stress. Radox Showerfresh, the original two-in-one shower gel and shampoo, is specially created to revive both body and hair any time of day. Radox Showerfresh & Go includes conditioner for 3-in-1 convenience. Move up from soap, and treat yourself to Radox today. Trust Radox to Relax and Revive Body and Mind.

Distributed by

CARL MED LTD.

20 Lady Margaret Road, Kingston 8
Telephone: (018) 810-810-4, Fax: (018) 810-810-5
(Inland) 017-3088-6, Telex: 307-0807

Warm shades such as gold work better for Tagera than silver.

TODAY'S woman is very confident. She is relaxed in her femininity, knows what she wants, and how to get it. However, there are those women who do lack the confidence that is important to keep them on the winning edge. One sure way to make it to the top and to stay there is by projecting a very positive self image.

"Image building," according to Sandie Brown-McKenzie, international image specialist, is enhancing and projecting the true personality of the individual. We do not put an

image on a person as some people think, we work from inside out, projecting the way a person thinks and feels. One's self-image is expressed by her personality and lifestyle which is reflected in the clothes she wears, and what she feels most comfortable in. Clothes are your "second skin", and should reflect and project you at your best.

"Because we often influence people more through our appearance, voice and manner rather than what we say, image management is invaluable. It is that fashion 'instinct' that will enlighten you to the impression you make and will

Tagera in a warm, cream pantsuit which complements her skin tone and hair colouring. Outfit courtesy of Right Stuff, The Springs.

help you to create the best possible lasting impression," she said.

Sandie, who is English, now lives in Jamaica, and is in the process of setting up consultancy services here. An image specialist since 1986, she has worked in the field of image design and is a specialist in professional image management.

It was in her travels to America, Canada, France and then on to studies in Cambridge, England, that she first discovered the art. She has



Karl Smith
Sandie Brown-McKenzie (right) discusses colour combinations with models Tagera (left) and Nikki (right)

The Daily Observer (Jamaica) 1997
The Image Academy Jamaica
Professional Image Seminar

Page 14 THE DAILY OBSERVER Monday, June 30, 1997

ALL WOMAN

Careers



CREATING A PROFESSIONAL IMAGE

BY SHERINA RUSSELL

THE Image Academy recently presented a professional image seminar for women at the Terra Nova Hotel.

International Image specialist, Sandie Brown-McKenzie tutored the women on planning a working wardrobe as well as in body language appropriate to proper business etiquette.

McKenzie stressed the importance of a good firm handshake upon meeting business associates, along with direct eye contact and a smile. In relation to respect for another person's space, she noted: "make sure you operate at arms' length, or a little more when holding a conversation."

The participants were coached on how to walk confidently into a room or make an entrance, with an upright posture, and comfortable strides.

She emphasised the importance of having a working wardrobe, saying: "clothes should be long-lasting, shouldn't go out of fashion". "They should be flattering to you and appropriate to your lifestyle. Choose clothes which emphasise good points and draw attention away from areas that need to be camouflaged."

"Every working wardrobe should consist of: 2 suits,

three or four skirts to mix and match with jackets; four blouses to tone and co-ordinate with jackets and skirts." She advised three pairs of shoes in "black, navy blue and beige; stockings, three belts; a briefcase and a bag; two

pairs of earrings (one metal, one pearl); one metal brooch; scarves and pocket handkerchiefs."

However, she pointed out that choosing colours for one's wardrobe to enhance one's complexion is paramount.

Image spoilers include :

- dandruff or bits on clothes,
- make-up or dirt on collars,
- clothes which are pulled, frayed, faded, stained or unpressed,
- underarm staining,
- missing buttons or hooks,
- lingerie straps that slip,
- unkempt nails chipped nail polish, too bright or vivid polish, extremely long nails,
- clothes too tight bra or panty line showing front and behind.

Sandie Brown-McKenzie's Image Academy is a private enterprise providing consultancy and professional development training in image management, sales, marketing and customer service. McKenzie of Jamaican parentage, was born in Birmingham, England, and now is living in Jamaica practising as a freelance image specialist.



(Photo: Dexter Fletcher)

'clothes should
be long-lasting...
shouldn't go out
of fashion'

The Federation of Image Consultants 1997

Image Update Magazine

IMAGE people

Letter From Jamaica

BY SANDIE BROWN-McKENZIE

Do you know the saying:

"Peaceful and beautiful images remind us that the inner journey is often more rewarding and enlightening than a journey of a thousand miles"

This is how it has been for me since my arrival in Jamaica. It was a life-long ambition come true, to extend my knowledge of beauty and its culture through nature and of man's own handiwork.

For the first 3 months my feet hardly left the ground. My brother, who is based here, had set up meetings and appointments for me to meet as many influential business persons as possible. I attended luncheons, dinners, seminars, theatre engagements, parties, craft fairs and national conferences. I also visited other towns on the island Montego Bay, Negril, Westmoreland, Manderville, etc. I had an extremely good overview about who was who; who I needed to know, and where I wanted to place myself in this new society.

During my networking, I was really try to establish and identify with the image profession operating in Jamaica and I feel as though I have struck GOLD!!! I've managed to speak to people such as Directors and Managers of many large local and international corporations. In turn they've all advised me to concentrate on developing my image services, as Jamaica and also the Caribbean as a whole, will most definitely benefit from my services. There is a desperate need here, as long as I'm prepared to give the time and devotion.

I was very shocked and extremely overwhelmed as you could imagine. Presently, I am sitting on work from all directions, but I don't want to get carried away by the possibilities. Hence, I've come straight back to the drawing board and I've compiled a journal with a collection of all my ideas from Fashion Forecasting to Public Relations. I was literally colour blinded for the first few months here, the sunlight was so bright and intense. Now that my eyes have adjusted, the spectrum of colour that surrounds me is like paradise. I'm studying and exploring the different shades of dark skin, from blue-black, mahogany, bronze, cocoa, golden brown, camel brown, deep rose, deep beige, ivory, porcelain. The spectrum of colour is absolutely amazing and so beautiful. As you know Jamaica has a very mixed heritage from Chinese, Germans, Asian, Spanish, African and British. Their skin tones are generally warm and bright, knowing this has called me into intense study of dark skins and the heritage. I am also developing the tonal colour system to enhance my new findings.

As you can appreciate all this is going to take some time, but I am satisfied with the fact that I'm developing the profession to cater for all people, regardless of where they may be. Everyone around me is very excited about my specialist business venture and it makes me feel good and encouraged.

I am also attending a fashion design course at one of the Caribbean's top Fashion Institutes. They are still leagues behind the London College of Fashion but I am enjoying myself and it seems such a natural thing to combine with Image and Fashion and it is just another area of my dream come true.

In the meantime I am continuing to freelance and have also been accepted as a Member of the Public Relations Society of Jamaica, soon to be helping with their newsletter.

Hopefully there will be more news from Sandie for the next edition of Image Update.

Contributed by Pat Scott Vincent

Letter From Belfast

BY EVELYN BURNS

I'm resetting last year's New Year's Resolution to clear the clutter! I have tried all sorts of tactics to pressurise myself into getting rid of things. "The world's worst hoarder" my mother told me when I was a child, and being an adult does not seem to have changed this propensity.

Wardrobe planning strategies have imposed some sort of discipline on the organisation and storage of my clothes. It has taken at least 5 years though and constant reminders of the "less is more" theory and the CPW principle. It had not occurred to me that there might be ways of using specific techniques for decluttering all of one's possessions.

This I discovered last summer when I attended a Feng Shui workshop in Roundwood, Co Wicklow, the former home of writer Edna O'Brien. The workshop was called "Creating Sacred Space" and was led by Karen Kingston. It was a revelation - she referred to all of the types of things that people hold onto; books, magazines, letters, photos, broken ornaments - all indicators of "stuck energy" in our lives. It was the inspiration I needed to clear my "OMG" room (I can't help but say "Oh My God" - OMG for short - when I go into it and see a decade's worth of fashion magazines!).

I bought Karen Kingston's book to keep me inspired.

By the end of November the 1987-90 magazines were neatly stacked in boxes - I managed to move the clutter from the centre of the room to around the walls. I would check through them during the Christmas holidays for articles of interest/good fashion photos and I would put them into box files. I felt much better just knowing that I was going to get it all sorted out soon.

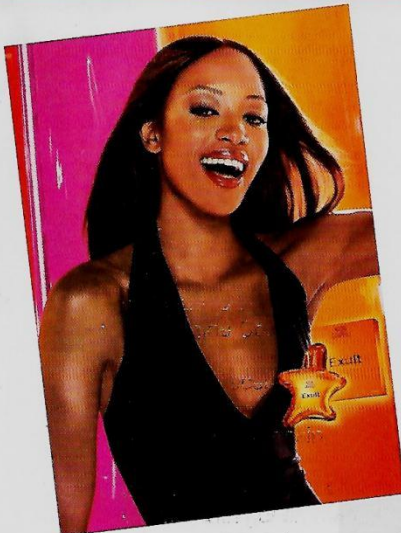
Things don't always work out the way we intend though and it is funny how we seem to become ill when we have time. I Like thousands of others I took to my bed with flu on Christmas Eve and did not feel like doing anything except read a lovely book called "Daring to Be Yourself" by Alexandra Stoddard (American style guru) which was all about expressing your style in your home, in what you wear and in all of the things you bring into your life. You can imagine how ecstatic I felt when she extolled the virtues of collecting things as this reflected one's creativity, and I felt positively saintly when she admitted to having magazines from 25 years ago.

Happy New Year to everyone - Good Luck with your plans for '97.

Black Beauty & Hair Magazine 2002
The Image Academy UK
Image Bank

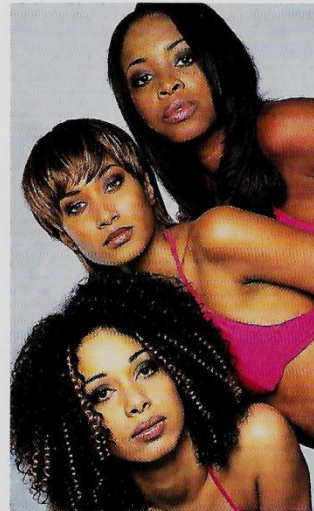
scene

News, views, people, places



EXULTANT

Naomi Campbell has brought out her third fragrance, Exult (from £18/30ml). 'Wearing my perfume is all part of feeling good and confident about yourself,' says the feisty supermodel. The fragrance is a blend of fresh florals and tangy fruits, and although it won't give you Naomi's body, it will bring you a taste of supermodeldom. Available from April 2002 in Debenhams.



NEW FACES

Amina Kadia salon is looking for women aged between 21-30 to become *The Face of Amina Kadia*. To apply, send a photo of yourself with your contact details on the back to: The Face of Amina Kadia, Amina Kadia Salon, 9 Froggnal Parade, 158 Finchley Road, Hampstead, London NW3 5HH. The closing date for entries is Friday 28th June 2002, and the winner will receive a cash prize of £150, a goody bag from Kera-Care, and will be featured in all advertising campaigns for a year. The winner will also get three hairstyles worth £175 each, which will be used for three photoshoots during the course of the year. (Amina Kadia reserves the right to choose methods of application of styles).

TOP RANKING

Do you think you could be the new Alek Wek? If so, then why not enter the Topshop/Topman and Model's 1 competition for the Face of the Future. Aimed at 16-24 year olds, the competition will select fifty regional finalists on a testing weekend. The prize includes the opportunity to sign up to Model's 1, a substantial cash prize and a clothing allowance. To enter, pick up an entry form at Topshop or Topman nationwide.

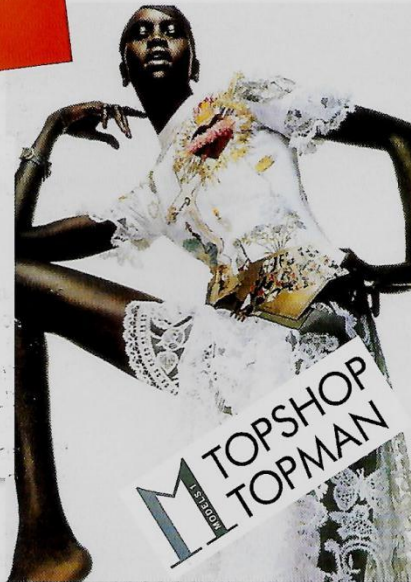


Image Bank

Image Academy Ltd offer a range of courses for people who want to become image and style specialists. Established in 1998 by Sandie Granville (below), the company operates throughout the UK from its Midlands base. Seminars cover how to make colour choices, body shapes, textures and designs that affect the appearance. For further information call Sandie on: 0121 624 3618 or 07960 158004.



Whoops!

We'd like to point out that Desmond Murray has won the Schwarzkopf Afro Hairdresser of the Year Competition twice, and not three times, as reported in the Feb/March's issue of BB&H.

GIRLS ON FILM

Shaznay Lewis makes her film debut in *Bend It like Beckham*, a new film by Indian director Gurinder Chadha (*Bhaji on the Beach*, *What's Cooking?*), which tells the story of an Indian girl who loves football, despite her family's objections. Shaznay plays the football team captain in this lighthearted feel-good comedy. The film goes on general release date the 12th April.

New salons

Iixalt Hair
 141 Cherry Orchard Road
 East Croydon CR0
 Tel: 020 8686 5037 or
 020 8680 4914

Diligence
 111 Broadway West
 Ealing
 London W13
 Tel: 020 8579 4001

Image News UK 2003
The Newsletter of The Federation of Image Consultants
Director of Public Relations

The Vitality Show

attracted a staggering 35,000 visitors...
the perfect event to showcase Image Consultancy



For the first time in its history, TFIC was represented at the London Vitality Show, a massive event organised to celebrate health, beauty, fitness, inspiration and relaxation. The three-day show at Olympia attracted a staggering 35,000 visitors. It seemed the perfect event to showcase Image Consultancy to a wide audience and give us all the opportunity to raise the profile of our profession and advertise our skills.

The TFIC stand was manned by Board members Frances Bodington, Sandie Granville, Debbie Gray, Gail Morgan, Deborah Spence and Jenny Webb. They managed to give away more than 800 information packs to interested parties who attended the stand, and obtain over 100 personal business leads which were passed on to consultants on a regional basis.

Five brave members took turns to perform a 30-minute show on one of the stages and enjoyed a full house of keen viewers each time. Debbie, Deborah, Jenny, Gail and Frances, used each other as models to demonstrate different body shapes and styles and – armed only with differently coloured pashminas – highlighted the benefits of colour analysis.

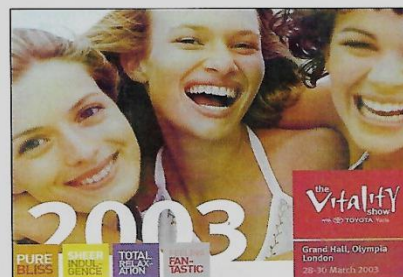
Thanks again to the eight Federation members who participated in holding 15-minute mini consultations and coping admirably with a crammed appointment book – Barbie Allen,

Alley Fraser, Emma Goldie, Tessa Hood, Fi Ivan, Olga Matchilskaya, Dorothy Murdoch, and Lizzy Tutton. This was an exhausting task but the overall response from the clients was very positive.

Jenny Webb also inadvertently gave us all a life lesson in turning a nightmare scenario into a positive experience. She burned her trousers with an iron on the first morning and hadn't packed a second pair. With a stage performance looming she hunted down the only suit supplier at the Show and managed to buy a emergency replacement pair on the spot. They turned out to be so successful, Jenny returned to buy the matching jacket – promptly followed by no fewer than three other members who did the same! The four colleagues are now proud owners of an identical trouser suit! (For details of the supplier, contact Jenny)

As this was a new venture for TFIC and we have to decide for the future, we are keen to have your feedback on The Vitality Show. Do you feel we should invest our resources to have a presence at key events like this? Let us know what you think. Contact any Board member with your comments. Thank you.

Fashion pictures on cover and above from Paul Costelloe Summer collection 2003 available from all leading department stores.



Cornerstone The Business Newsletter 2003
Family Housing Association Birmingham
Colour & Image Consultations

Family Mentoring Service

A free mentoring service for Family's staff has been set up by the Association in conjunction with The Welcome Shop. Employees will be able to discuss, in confidence, any personal or work related issues such as stress, anxiety or bereavement issues. The service is run by fully qualified counsellors and staff will be able to refer themselves directly or through the Association.

Top Tips for Managing Stress



The Welcome Shop has provided us with top tips for managing stress at work, adapted from 'Stress Free Living' by Dr Trevor Powell. Employers who are interested in encouraging staff to balance their lifestyle should contact Vicky O'Donoghue on 0121 200 1005.

Top tips for managing stress

- Plan regular breaks and stop for coffee and lunch
- Learn to say NO, don't agree to take on too much
- Separate work from home and don't regularly take work home
- Don't be a perfectionist. You can't get things perfect every time
- Seek support. Openly discuss issues and ask for help.
- Delegate. Don't try to do everything yourself
- Don't put things off. Do tasks now and don't avoid them
- Take time out to relax. 20 minutes each day is a wonderful way to invigorate the mind

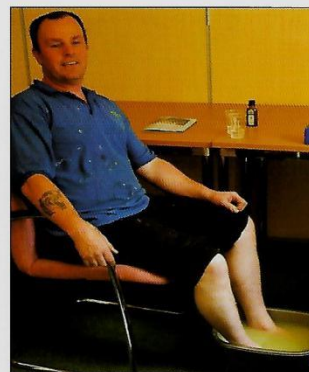
Live a Little!

Stress free living is an existence that many of us would like to aspire to, but in today's high speed lifestyle, few can achieve, that is without a little help. Family recognises the importance of contented staff that know how to balance their lifestyle, so we recently held an exclusive open day for our employees at Dolphin House.

The day, was organised in conjunction with The Welcome Shop, an organisation launched to meet the needs of the local community in relation to mental health.

The Welcome Shop, funded by the European Social Fund and co-financed by the Learning and Skills Council works with employers to help staff tackle the very real issue of stress at work and to encourage a work life balance, as well as offering employee support, training and development.

Complementary health tasters such as Indian head massage, aromatherapy, colour and image consultation and natural health products were all available for our staff to experience.



DLO staff member, Cliff Prothero, soaking his cares away at the open day.

Kate Mallaband, who perhaps has one of the most stressful roles as a Rent Advisor, at Family, took part in a Tai Chi relaxation class. She said the breathing exercises were very de-stressing. She also enjoyed the Shiatsu massage, which is neck and back massage. Kate said "I was amazed at how relaxed I felt in the afternoon when I got back to work. Although we were given breathing exercises to carry out if we were stressed during the day, it's just not something you think about doing, unless in an organised atmosphere. It would be so good if we could have this sort of de-stressing day on a regular basis."

Godfrey Robinson who has been working with Family for two years as an Income Recovery Officer enjoyed the relaxation exercises too. "I felt much better for about two days afterwards" he said "and would like to learn how to practice relaxation techniques myself." he continued.

A demonstration of colour therapy by The Welcome Shop.



Baz Patel IT Officer (top) and Godfrey Robinson, Income Recovery Officer in meditative mood.



Family Housing Association (Birmingham) Ltd
Bordesley House, 44-46 Coventry Road, Birmingham B10 0RX.

Tel: 0121 766 1100 Fax: 0121 766 5115
Email: post@family-housing.co.uk Website: www.family-housing.co.uk

A provider of quality affordable housing solutions, helping to achieve community well-being

Family is a charity (No. 16763R) registered in England under the Industrial & Provident Societies Act 1965-1978 and under the Housing Associations Act 1985 (No. LH 0713).

Designed and produced by Smart Ideas Design Consultants. Tel: 01902 797970

The Harborne Gazette UK Birmingham 2003

Birmingham Adult Education Service

Colour, Style & Wardrobe Training

6 HARBORNE GAZETTE, NOVEMBER 2003

WHAT..... TO WEAR?



Above: Sandie Granville with the cool summer swatches

What to wear? We've all, men as well as women, struggled with that question, especially for an 'occasion', and most married men will relate, at length, that their wife 'never has anything to wear'.

It seems the answer lies in our poor ability to shop for clothing and the fact that we 'get it wrong' more often than we get it right! Well one group of ladies are determined to get it right in

future, having just enjoyed a short 'workshop', run by Sandie Granville of The Image Academy, which was held over two Saturday mornings at The Clock, Harborne.

The question is: "Why do we wear 15% of our clothes 85% of the time, wearing out our favourite garments and taking up valuable storage space with the rest. If buying clothes should be a pleasure, why then do we so often get it wrong?"

Sandie says:

"This is mainly due to the fact that there is too much choice and it is easy to become confused. This fact is more apparent when we open a women's wardrobe. Then you're faced with a closet of garments in different styles, colours, shapes and sizes, many of which have not been worn

for at least a year and will probably never be worn again. They are all EXPENSIVE MISTAKES.

"Image Consultancy consists of a range of techniques through which you come to understand how your choice of colours, shapes, textures and designs affect your appearance and how your appearance affects the way others respond to you. There are three integral steps on the image ladder.

"Step one; colour analysis, shows you how to select colours to compliment and flatter your skin tone.

"Step Two; style and image analysis, determines the style of clothes best suited to your body shape and size and assists you to select clothes in which you look good, feel fabulous and enjoy wearing.

"Step three, Wardrobe planning, allows you to choose

clothes that reflect your lifestyle and project the image you want others to have of you, giving you confidence to face any situation at any time, no matter how daunting.

"So, colour analysis, style

and image analysis with wardrobe planning demonstrates the 'Keep it Simple' rule, yet it can be as exciting or reserved as your personal image allows. Saving you time, money and giving you confidence!"



Above: Members of the group were given colour photographs, examples showing how colours and styles mixed and matched.



Above: The group listened with interest to Sandie's explanations and advice on developing and maintaining a Wardrobe 'for all occasions' without melting the plastic!

EXTRA INCOME FOR CHRISTMAS AND BEYOND

Earn £250-£1000+ p/m for around 10-12 hrs p/w. Home-based business opportunity. Excellent incentives & lots of support. ?0800 298 7893 (24 hrs) www.4ezelife.com

Action2gether 2006
Newsletter of the West Midlands Minority Ethnic Business Forum
Board Member



FORUM BOARD MEMBERS

The members of the West Midlands Minority Ethnic Forum board at the end of February 2006 were:

Mohammad Nazir (chair), Birmingham businessman involved in training and management consultancy. Represents the forum on the regional enterprise board. UKTI international trade champion for the Indian sub continent.

Seroop Ramday (vice chairman) from Coventry. Partner in business consultancy and accountancy practice. More than 20 years international trade experience and has held senior corporate positions in Malaysia. Has significant business contacts in USA, China and Australia.

Tony Sealey, founder chair of the forum and member of the National Minority Ethnic Business Forum. Board member of Advantage West Midlands. Based in West Bromwich, has franchise business interests as well as in property, international trade and consultancy. Chair of Black Business in Birmingham, director of Birmingham Partnership for Change, the Black Business and Executive Forum, the African Caribbean Westminster Initiative and Sandwell African Caribbean Development Agency.

Joy Henry, accountant with management and training consultancy business interests in Stoke on Trent. Formerly held senior positions with local authorities in the West Midlands and was involved in regeneration projects in Coventry and Walsall. Has had experience of working with women in business, over 45s and unemployed.

Sena Kwame, chief executive of Sandwell African Caribbean Development Agency based in West Bromwich and chair of the Sandwell Regeneration Partnership's capacity building theme group. Regional UKTI champion for West Africa and has been involved in training and enterprise initiatives for more than 16 years.

Christine Garvey-Hendrickson, after working as a civil servant is a director of an international electronic consultancy. Also a partner in a restaurant. Founder chair of Black Women in Business and a member of the Forum for Women's Enterprise in the West Midlands.

Irene Chu, centre manager for the Birmingham Chinese Society and an

advisor to the region's Chinese business community particularly on aspects of pre-vocational and vocational training and employment resources. A member of the NHS minority group council and of Birmingham City Council's standing monitoring and advisory forum on equalities.

Kamlesh Laroyia, director of Birmingham based family owned and run business with more than 30 years national and international trading experience. Member of the Institute of Asian Business and a director of Birmingham Venture Capital.

Sandra Croasdale, managing director of a Wolverhampton manufacturing business. Founder chair of the Black Country African Caribbean Business Association, non-executive director of the Black Country Small Business Service, member of the Black Country Consortium and the national minority business forum.

Hamid Salem, has more than 25 years experience in international banking. An executive director of the Asian Business Consortium, a member of the Institute of Asian Businesses and the Asian Business Forum. A member of the Small Business Service supervisory board.

Ashfaq Hussain Abid Ali Shah, Walsall based with 20 years experience in business. Founder and company secretary of the Walsall Ethnic Business Association. First set up business in Gujranwala before establishing enterprises in UK involving travel, textiles, furnishings and gifts.

Sandi Granville, principal of an image consultancy and owner of a beauty and fashion enterprise. Associate member and director of PR for the Federation of Image Consultants, vice chair of the Birmingham African Caribbean Business Forum and a member of the Public Relations Society of Jamaica.

Hari Rai, vice chair of the Black Country Small Business Service and board member of both Black Country Chamber of Commerce and the Black Country Asian Business Association. Has more than 20 years experience in international trade and has held senior posts in operations involving metal manufacturing, electrical construction, automotive and engineering.

Be Connected Newsletter UK West Midlands 2006
African Caribbean Business Forum
Vice Chair

be connected

Newsletter for the Minority Business Communities

May 2006

The African Caribbean Business Forum

Welcome once again to Be Connected. These are rapidly changing times in the region – as discussed later in this issue. This has serious consequences for the local workforce and in particular, the minority communities.

With manufacturing industries in decline and business formation and job creation increasing in service sectors, long-term trends require access to a pool of highly skilled people in areas including entrepreneurship, creativity and design, management and leadership.

The region's workforce lack many of the required skills; there are deficiencies in both softer generic skills and more technical, job-specific skills such as craft, manufacturing and production, ICT and other new technology, processes and methods. Local employers are struggling to address these problems; they highlight shortages of

applicants with the required skills, relevant experience, qualifications, motivation and attitude as a real cause of concern.

The West Midlands has the third highest rate of unemployment and fourth highest rate of economic inactivity in England. These measures are highest in deprived urban areas, particularly amongst the rapidly growing population of older people, black and minority ethnic communities. Also significant numbers of young people in these areas are not in employment, education or training. If recruitment problems are to be addressed, employers will need to exploit this growing source of labour and skills.



Sandie Granville at work

I am involved with the West Midlands Regional Skills Partnership, which has been established to lead the region's skills agenda and make real changes to how skills are delivered. We are working with employers, individuals and training providers to ensure that the supply of training is aligned with the needs of our current and future economy. This is crucial to the creation of a positive future for all our local communities.

Sandie Granville

Vice Chair, African Caribbean Business Forum

The Vine Newspaper UK West Midlands 2007
Birmingham Adult Education Service
Principal Tutor

Are you ready for a new chapter in your life?

Sandie's Story

Running her own image-consultancy company, Sandie had over 15 years experience offering training to those wanting to become image, style or beauty consultants:

"A lot of women on the courses wanted to find out how they could learn to do what I did," said Sandie "that's when I thought about becoming a tutor."



Sandie made contact with Birmingham Adult Education Service and was invited to join the initial teaching training course. Building on her existing skills and experience, she soon developed into a very effective tutor.

It was quickly noticed by her managers that Sandie had other skills to share – those in running a business. When the opportunity arose for her to develop and teach a business start-up course, Sandie grabbed it.

Now the BAES "How to Set Up Your Own Business" courses are growing ever more popular and Sandie is currently developing ideas for more courses.

Sandie still works privately, but values the opportunity to share her skills and the fact that she is helping open new avenues for her learners:

"I did the style and beauty thing for nearly 20 years. It was fun, but this is a new exciting chapter in my life."

Are you confident and looking for a challenge?

Would you like to share your skills and experience?

Why not become a Birmingham Adult Education Service tutor?

We are currently looking for people who would like to share their expertise and skills in subjects such as I.T., business, administration and childcare, or are interested in teaching literacy and numeracy.

Our in-house training means that in a short time, you could be sharing your talent, be giving something back to the community and have achieved a Level 3 tutoring qualification.

Don't worry about being thrown in at the deep end as you'll be given support at each stage of the training and practice in a real learning environment.

At the end of the course if you find teaching is not for you then you will still have developed new and transferable skills.

For more information, call Liz Blakey on 0121 464 6080

Birmingham Adult Education Service

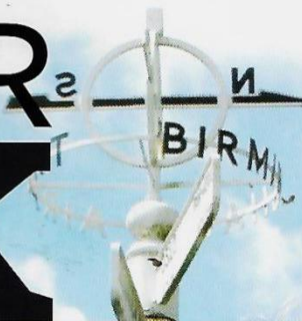
the VINE
bringing the community back together

Chamber Link 2007
Birmingham & Solihull Chamber of Commerce
African Caribbean Business Forum
Vice Chair

THE OFFICIAL PUBLICATION OF BIRMINGHAM AND SOLIHULL CHAMBER OF COMMERCE

JULY/AUGUST 2007

CHAMBER LINK



DRAGONS' DEN WINNER INSPIRES ON VISIT TO THE CHAMBER

Levi Roots of TV's *Dragons' Den* fame visited the regeneration and enterprise department at the Chamber while on a trip to the region organised by *The Vine* magazine.

The Rastafarian musician, chef and businessman became well known for his Reggae Reggae Sauce after appearing on the programme and winning a £50,000 deal for a return share of a percentage of his company.



The money allowed him to open a professional kitchen and now the sauce, which is made from his grandmother's recipe, is stocked by Sainsbury's in its 600 stores and has sold over 600,000 bottles.

During his visit, Levi met representatives from the African Caribbean Business Forum (ACBF) and Black Business Association (BBA).

Levi said: "It's great to see that the needs of African Caribbean business in this city are being considered."

"It's really encouraging that the ACBF, the BBA and the Chamber are all here to give assistance and guidance to the many potential entrepreneurs we have in our communities."

Pictured with Levi (centre) at the Chamber are, left to right, Sandie Granville, ACBF; Paul Hanna, BCI; Michael Barrows, ACBF; Maxine Huie, *The Vine* magazine, and Lee Williams, BBA.

The Birmingham Post 2008
Sandie's Business Start-Up Club



Support club established for start-up companies

Start-up enterprises in the West Midlands are being left in the cold by the lack of support after their initial investments, a business consultant has said.

And Sandie Granville is now starting her own support club to do something about it.

Ms Granville, who is a member of the West Midlands Minority Ethnic Business Forum and gives strategic advice to Advantage West Midlands, said businesses were often destined to fail because they are left on their own.

And she added: "There is a lot of emphasis on the number of new start up businesses but a very high proportion of enterprises fail within two years or at best never progress beyond the subsistence phase.

"All too often when the initial support programme ends business people are left on their own. Running a business can be a very lonely place and when the going gets tough there is often nowhere to turn."

To help tackle the problem she is launching a monthly start up business club on April 7 at the Custard Factory Gallery in Digbeth.

"I hope we will have at least 200 members. The format will be informality and a mix of practical advice, inspiration and networking.

"Each time we will try to include a presentation from an entrepreneur who has made it and can show what can be achieved," she added.

"The best help entrepreneurs often need is to share experiences and meet with others who have faced and overcome similar problems.

"The company of like minded people able to offer practical advice and even a shoulder to cry on can make all the difference. Businessmen and women need emotional support as well as practical and technical advice and information."



Let's Talk Business

with Sonia Brown

sonia@newnation.co.uk

SANDRA'S SENSIBLE STYLE STRATEGY



Wisdom: Sandra Granville

ALONGSIDE HER training company and style management consultancy, Sandra Granville is running a popular business club in order to help others branch out in the world of business.

'It was my passion for fashion and constant requests from people to help them choose clothes that the penny dropped and I realised there could be a job in this,' she explains. 'The Americans were big into developing your personal style and the new training companies were emerging, so I set up "First

Impressions" under a franchise and then branched out on my own.'

'It was tough in the 80s running around the country doing the consultancy' Granville continues. 'I also set up in the West Indies, but I eventually sold the company. By scaling down, this allows me to give back all the expertise I have gained over the years through my work.'

'Many people have a distorted image of what being successful is. Once you define success for yourself, you are able to bring this ethos into your business and do

what is best for you. My advice for people starting out is they have to be realistic about their constraints.'

'Don't lose sight of what you really want for yourself and strive for the balance,' she concludes. 'It's about challenging the lack of self belief and increasing your confidence so you work towards possibilities and not limitations - the successful people say it's not giving up when things get tough.'

For further information visit www.sandiesbizstartupclub.co.uk

FOCUS Business Support Newsletter UK West Midlands 2008

West Midlands Minority Ethnic Business Forum

Board Member & Business Mentor

FOCUS
West Midlands Minority Ethnic Business Forum
Sept '08

BUSINESS SUPPORT

Minority ethnic business mentors sought

The Forum has made a call for entrepreneurs from the minority ethnic community who are willing to act as mentors.

Jill Parker, Enterprise Director of Business Link, (www.businesslink.gov.uk) briefed the Forum about the scheme in the West Midlands, in which volunteer mentors help support start-up enterprises through the early stages.

She said it was important that mentors came from a broad range of backgrounds including age, gender and ethnicity. There was a need for more minority ethnic mentors.

Mentors are allocated to a business for up to 36 months and are available to offer advice and support to individuals new to running a business. They mentor the individual entrepreneur rather than the business.

"Starting a business can be a lonely place to be and mentors who have been there and can share their experience are able to make a major contribution that could be the difference between success and failure," said Mohammad Nazir, chair of the Forum.

"There are already minority ethnic mentors in sectors such as food but there is a need for more of them. It is important for an entrepreneur to have help from someone with whom they have empathy and often a shared culture can be an advantage."

Forum Board member Sandie Granville (pictured) is giving her support by agreeing to become a mentor in order to champion business and help people setting off on their entrepreneurial adventure.

Sandie (sandie7@btinternet.com), who delivers training and business support through the adult education service, has also set up her own start-up club to help fledgling enterprises.

"I hope to have at least 200 members eventually. The format will be informal with a mix of practical advice, inspiration and networking. Each meeting will also include a presentation from a successful businessperson to show what can be achieved," said Sandie.

Training is provided to mentors who also have the chance to visit a business with an existing mentor to see what is involved.



WOMEN IN BUSINESS

The Women's Enterprise Centre of Expertise (WECOE)

**Supporting Women's
Enterprise Development
in the West Midlands
In partnership with
Advantage
West Midlands and Prowess**

The Women's Enterprise Centre of Expertise (WECOE) is demonstrating the economic importance of women's enterprise in the region and changing mainstream economic and business development policy and practice - to ensure it is "women friendly."

WECOE provides strategic support for the development of women's enterprise across

the region and offers three bursaries:

- The Business Advisor Development Fund (SFEDI) which involves women wishing to become SFEDI accredited community based advisors.
- The WEConnect Accreditation which is a certification process linking majority women-owned businesses with public sector & corporate companies for procurement opportunities.
- The Flagship Award which offers the best practice quality standard for excellence in women's enterprise development for business support providers and business women's networks.

She said her business is growing and expanding every day. "I don't focus on barriers, when they present themselves I see them as another challenge, another learning point," she added.

"I want to offer encouragement and support to all people because the future is in our hands. Women need to harness themselves - work together and co-operate more with each other.

"The only advice I would give to aspiring business women is don't give up! I've had two very important mentors who were pillars of support for me. They propped me up, shared personal challenges to keep me from giving up. Keeping momentum is very important!

It's good to know that the West Midlands "Women's Enterprise Centre of Expertise" is helping to raise the profile of the women's enterprise agenda - as we need more women successfully starting and growing their own businesses in this region."

**For further information on WECOE
call 0121 224 7830 or e-mail:
v.white@prowess.org.uk**

**Sandie Granville, SB Associates -
Birmingham**

Sandie Granville developed her business skills working for around 20 years as an image consultant. Now she is a business and image specialist delivering a variety of training and advice to help people to set up and grow their own companies.



Sandie Granville



Go-Women! UK West Midlands 2010
SB Associates
Business & Image Management Specialist

Dare to be different

GO-WOMAN!

ISSUE TEN | Autumn/Winter 2010

WEST MIDLANDS

The Swedish Experience

Study tour to
Sweden in 2011

(pages 12 & 13)

Go-Woman! Connect

Read about accessing European funding
and doing business in Europe

www.go-woman.com/gwconnect

ARTICLE | Multi-tasking

WOMEN *and Multi-tasking*

There is a continuous debate whether women are better at multi-tasking than men. This does not mean whether they can cook dinner, do the washing and do the vacuuming at the same time. Business women take their social responsibilities into their stride and many of them wear multiple hats, supporting fantastic causes from volunteering at their local school to holding positions at board level. Go-Woman! is proud to showcase inspirational gems through regular profiles. This article also celebrates the rich vibrant successful business women that are truly multi-tasking alongside running successful businesses.

Julie White- Growing Rural Enterprise Ltd

Julie is a director of Growing Rural Enterprise, helping rural businesses to start, develop and grow. Their work includes running a Business Link 'Going for Growth' contract, and helping farmers to create business development plans for their businesses.



They also run one day training courses for a wide variety of rural businesses and do one to one mentoring and support.

- Julie is a mentor for The Princes Trust and enjoys helping young entrepreneurs to bring their dreams alive.
- She is a voluntary leader for the Lichfield Women in Rural Enterprise Network who meet monthly and support rural businesswomen with seminars, speakers and networking.
- Julie has recently set up a Community Interest Company with two other directors to help Care Farming go forward in Staffordshire. Care Farming is where people with social needs visit farms to do therapeutic activities with animals, plants and the countryside. Green Healthcare is something that Julie is passionate about having piloted the WELLIES project in Staffordshire for those with mental health needs. This won a regional and national award for 'Transforming Lives'.

www.growingruralenterprise.co.uk

Business & Image Management Specialists

Sandie Granville has developed her business skills working for over 20 years as an Image Consultant and owner of a beauty and fashion enterprise. Sandie has also gained considerable experience working with entrepreneurs, private companies, Public and voluntary sector organizations in the Caribbean, Africa, USA, Canada and Europe advising on business and image management programmes. Now Principal Consultant of SB Associates - Sandie offers business advice, image training and consultancy services to start up businesses and she also runs her own business network club named SANDIES Biz Club.

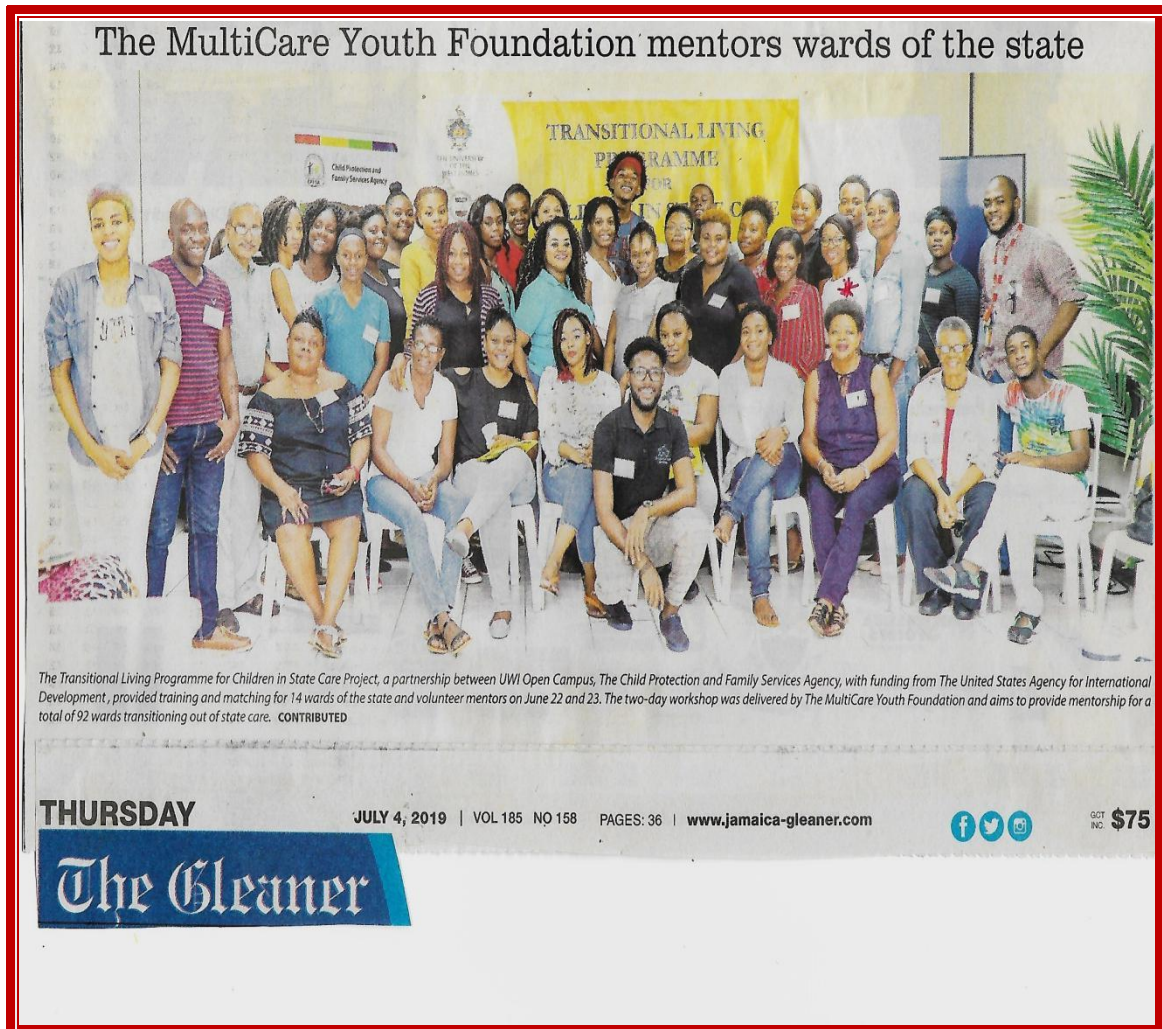


Sandie is:

- Principal Tutor of Business Enterprise for Birmingham Adult Education Service.
- Business Mentor for Midwest Rural Enterprise CIC.
- Board Member of Business and Skills sub-group.
- Chair of the Board of Trustees for the Ethiopian Orthodox Tewahedo Church

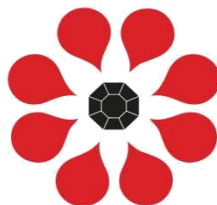
Sandie Granville AMFIC, MBC
International Business & Image Specialist
www.sandiebrowneassociates.com

The Jamaica Gleaner 2019
MultiCare Youth Foundation Jamaica
Youth Mentor



Lady Sandie

Formerly| Sandra Marie Brown-McKenzie Granville
International Image Management Specialist



www.Ladysandiesprofessionalimageconsultancy.com