



Deirdre O'Mahony, assistant CEO, West Cork Enterprise Board; Therese Ryan, Renewal Consultants, keynote speaker, and Christine Heffernan, training co-ordinator, West Cork Enterprise Board, at the women in business networking event in Inchydoney. (Photos: George Maguire)

# Women-only networking event proves great success

BY JACKIE KEOGH

AN exciting women-in-business networking event, which was held at the Inchydoney Lodge & Spa Hotel on Monday, attracted more than 40 West Cork businesswomen who were keen to hear Therese Ryan of Renewal Consultants demystify the challenges of time-management and help them achieve a greater life-work balance.

Therese – who may already be known to people from her regular appearances on health programmes such as RTE's *Health of The Nation* and *How Long Will You Live*, as well as TV3's *Morning Show* – helped women identify ways of working smarter rather than harder – 'smart' being an acronym for specific, measurable, achievable, appropriate and timely goals or tasks.

But the benefits of this free event, which was organised and funded by the West Cork Enterprise Board, were more far-reaching than simply 'saving' time during the day. Therese shared some very good insights into stress management. In fact, her particular style of conducting the workshop allowed women identify their own problem areas and arrive at simple solutions for them.

## Keep it simple

As Therese said: 'if the solution does not make sense, you are not going to incorporate any new changes – that is why it is so important to demystify time-management tools and keep things simple.'

Her business, Renewal Consultants, which is based in Cork, enables individuals and



Sisters unite at the women in business networking event in Inchydoney on April 16th: Eileen O'Sullivan of Peter and Eileen O'Sullivan, Skibbereen, and Brid McAuliffe, NU Skin.



Colette Twomey of Clonakilty Black and White Pudding and Michael Hanley, CEO of the West Cork Enterprise Board, attend the opening of the women in business networking event in Inchydoney.

organisations to create positive changes, which can result in improved individual and team motivation, work enjoyment and performance. Her understanding of stress-management and her guidance certainly made an impression on the businesswomen who attended the networking event.

The women came from a variety of different businesses, everything from food manufacturing to retail, art, fashion, accessories, beauty, graphic design, tourism, holistic health, and a recently launched dove release business.

Christine Heffernan, who is the training co-ordinator with the West Cork Enterprise Board, said: 'there seems to be a large appetite amongst women in business for networking at the moment.'

## Enthusiasm

'During these challenging economic times,' she said: 'it is encouraging to see women with such enthusiasm and motivation on a Monday morning. It is good to see them taking a break from their daily work routine, and coming to this beautiful location, where they are able to exchange business ideas and information, meet other like-minded women in business, and establish new business contacts.'

Christine said the board's networking forum, which is known as Network West Cork, recognised the need to run a women-only event, and they are so pleased with the way things went on Monday that they are planning to run additional women-only networking events throughout West Cork in 2012.