

## PBE Zoom Meeting Minutes 06-01-2021

Present: 18 people this time.

This week's Zoom meeting.

### **60 Seconds from everyone:**

60 seconds from each of us, seeing how we've got on the past week and also how we can help each other in business and any other way.

### **Mark Taylor – Aspire Electronics and an FSB Advisor**

With Mark's FSB hat on, you can attend any of FSB's webinars and events for free all across the country. You can find the events and book on by going to the FSB's website. 26<sup>th</sup> Jan, Mark is co-hosting an FSB event. Find all the details on the FSB website (in the events section)

### **Bernie Rainer-Guy – Whiteley 365 and Events Business**

Microsoft Cloud services, helping you use these and set them up for your business.

On the events side of business Bernie has just built a new recording studio to look to do more activities online and for local bands to be able to record music.

### **Mark Viccars – Streamsoft**

Streamsoft does mobile apps to help businesses go online and streamline their businesses. A lot of businesses can benefit from an app, something which is a bit more than a responsive mobile website. Current app being built is for a taxi firm, helping them do more business online and streamlining their systems. Apps don't need to be expensive and a budget of around £3k is reasonable for a decent functioning app.

### **Jennifer Ellyatt - Insolvency practitioner and recovery**

Wants to be introduced to any accountants and book keepers and any businesses that are struggling so she can be on hand to give advice as early as possible for businesses to help as best she can.

### **Gayle Tong – Enrichment Coaching**

Personal development coach. Helps to work with you and help you take you to the next stage. Gives you more confidence or even just a gentle nudge in the right direction to take the next step.

### **Ashley Fairburn – Utility Warehouse**

Last year was a big challenge as up until last year, UW, was mainly face to face. So everything is online now and Ashley can now help you and go through things with you online now too. Switch and Save is a new offer from UW and speak to Ashley to find out more.

### **Melanie Griffiths – Movement Junkie - Dance Instructor**

With one of Melanie's 60 second dance mixes. Melanie helps people move and dance. She specialises in people who think they can't dance!

### **Patricia Wakeford – Enable Law**

Helps people who have injuries following a medical operation. Patricia was a midwife for 25 years in her early life. Patricia can advise you on your current situation.

### **Deborah Lloyd – Trauma Therapist**

Spirit Within is Deborah's company. If you can get to the centre of your trauma, you can clear all kinds of fears, phobias or anxieties. It can be any kind of trauma and Deborah can help you deal with this. If you never go within, you go without.

### **Lincoln Noel – The Maestro**

Lincoln is working on an online wedding talk. This is for anyone who is looking to get married. What you can and can't do. The talk is on Eventbrite and there is no cost to it! As well as this, Lincoln is doing all the telegrams, piano playing/performing.

### **Matt Valentine – Pink Fin Website Services**

I help clients who realise how important a website is for their business nowadays. They know that a home-made website or a site built by a mate, isn't going to give them their professional image that their business deserves.

### **Stu Radcliffe – Wintercomms**

Helps people manage and streamline their communications. Business has been busy this year already. Stu is offering a free communication audit/meeting.

### **Omar Lakhssassi – University of Portsmouth**

Helps businesses get their employees degree apprenticeships with the University of Portsmouth.

### **Chris Handley – Anchor Insurance**

General broker insurance. Happy to help anyone with any insurance and any advice, always happy to give advice to people. Making insurance sexy!

### **Olly Clarke – Online Jigsaw company**

Sells jigsaws! Ones that are pre-done and you can also get your own bespoke jigsaw created!

### **Ros Thompson – Bach Flower Remedies Practitioner**

Ros can help you remove all the bad energies and Bach Flower can help you in so many different ways. Speak to Ros who can help you.

### **Phil Mundy – VIA BC**

Via Business Consulting. There are many grants out there for companies at the moment. Have a look at your local council website as to what is available for you.

Phil can help all kinds of businesses in any way you can.

### **Penny Plimmer – JAPICS Photographic**

Penny's book, Lockdown2020, is now available and has gone down really well with everyone who has received their copy. It's a large "coffee table" book. Loads of lovely stories in there as well as the photos of course! Every sale of the book raises money for the charity.

### **15 Minutes from Gayle Tong**

*Enrichment Coaching*

*Imposter Syndrome vs Your Confidence*

It's important to know the difference between imposter syndrome and self doubt.

Confidence is what we think and believe we can and can't do. It's our ability to take action.

Imposter syndrome is about who we are, not what we do.

Imposter Syndrome. A lot of self talk, hearing some of these things:

Who am I to do that?

What if they find me out?

What if they realise I'm a fraud?

What if they spot that I don't belong here?

5 Ps of Imposter Syndrome:

Preconception

Procrastination

Perfectionism

Paralysis

People Pleasing

Ways to manage Imposter Syndrome:

Inner Critic – accept it, breathe and then consciously think. Avoid if, but, just and try.

Limiting Beliefs – fear of things (failure, success, rejection, lack of money)

Take off your Mask – the masks you're given through life. Remove these and be yourself

A great book to read is Clare Josa, Ditching Imposter Syndrome.

### **Breakout Room**

Not this week as we had one big breakout room.

### **60 Second Winner:**

Lincoln is judging the 60 second winner. Melanie Griffiths – Movement Junkie.

### **Next week's meeting:**

Get booked on now 😊 <https://www.portsmouthbusinessexchange.co.uk/pbeonline/>

Please look to invite people 😊. Everyone must book on here though please:  
<https://www.portsmouthbusinessexchange.co.uk/pbeonline/>