

PBE Zoom Meeting Minutes 02-06-2021



Present: 23 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.

Phil Mundy – VIA BC

One of the things that Phil helps with is your business workflows. The workflows can sometimes get a blockage or things don't run as smooth as they should. Phil helps them smooth out those blockages and make your business successful.

Mitra Vijay – Meditation Healer

Meditation will help you heal parts of your life and take away any pain. Mitra has an online course for you.

Suzanne – Business HR Limited

Helps small businesses in and around Portsmouth with their HR issues and queries. Suzanne can take over those HR tasks for you and allow you to concentrate on your business.

Marc Smith – GHS

Local heating and plumbing company covering the local area. Now is a great time to get your boilers serviced. Any plumbing needs, contact Marc.

Sandra Spurling – Business Sales Plus

Business transfer agent. Helps people who are looking to sell their business. Sandra helps you through every step of the way from valuations all the way to completion.

Amanda Cook – The Book Keeping Team

The book keeping team help you with all your accounting needs. Currently Amanda is using Xero and HubDoc, allowing you to streamline your accounts.

Becki Simmons – Spark Community Space

Charity based in Portsmouth. Becki's charity is about what would happen if the next day you couldn't do your job anymore. Becki helps people get that spark back into their life to get them back on their feet.

Gayle Tong – Enrichment Coaching

Personal development coach. Gayle recently worked with a senior development team, to help them understand each other more and what each other's strengths are and how to work together better. Also recently helped a lady get back to work after a long break and how to deal with the anxiety of it all.

Sarah DuPont – Hypnotherapy for Positive Change

Sarah has been a hypnotherapist for 25 years. Sarah can help you deal with a whole host of reasons. One of them being anxiety which can be very successful.

Carla Khan – Box Chilli

Creative digital agency based in Waterlooville. Helps get the right traffic to your website or to your shops. Carla recently did a fire walk for The Rainbow Centre to help raise money for them.

Dianne Gill – Sage House, Dementia Support

Support people and their families who are living with dementia both prior and post diagnosis. Helping lots of people again now. If you know anyone with dementia who would like some support, get in touch.

Steve Bimpson – Just Think Big!

On a mission to improve the success rate of small businesses! Steve is doing the presentation later.

Lincoln Noel – The Music Maestro

Lincoln is a pianist and can perform at weddings, anniversaries, and any other celebrations. Lincoln is doing a wedding tune per day for June on social media! Lincoln is also putting out a wedding tip on social media each day too! Still doing the celebrative telegrams.

Matt Valentine – Pink Fin Ltd

Matt's a website designer, and designs and builds websites as well as helping people get to the top of Google. His job is to help businesses stand out from the crowd and to get them more leads, enquiries and sales.

Cynthia Moore – Coaches business owners and entrepreneurs

Cynthia has a charity sponsored coaching day on Wednesday 9th, for £45 per session. If you'd like a session with Cynthia, get in touch.

Debbie Lidgard – Soul Balance Holistics

Works with people who have traumas and grief. She helps them remove these and help get on with their life. She can help you with all sorts illnesses or pain. Get in touch with Debbie, she may well be able to help!

Melanie Griffiths – Movement Junkie

Dance, fitness, wellbeing. Melanie can help people heal with more movement. A recent MS client has really improved in a very short amount of time and is helping herself heal by moving to the rhythm of the music.

Ali Dolphin – McGinn & Dolphin

Digital marketing agency based in Petersfield. Ali helps you sort out fact from fiction online. Recently been voted digital marketeer of the year for Hampshire.

Helen Brown – Home Stead in Portsmouth

Helping people who need care, in their own home and spending a good amount of time with their clients.

Omar Lakhssassi – University of Portsmouth

Omar works with businesses and individuals who want to get a degree whilst at work. A whole range of different degrees offered for the apprenticeships. At the moment there's opportunities for architects or chartered surveyors.

Chris Handley – Anchor Insurance

General insurance broker. Chris offers all kinds of insurance for businesses, commercial, personal, motor insurance, holiday insurance, and all sorts. If Chris can't help, he'll try his best to put you in touch with someone who can.

Carol Gouveia – University of Portsmouth

Business development officer for the green support team. Carol helps businesses get themselves to be more green, sustainable and work their way to being carbon negative.

Penny Plimmer – JAPCIS Photographic

Advertising and Corporate photographs. Penny can do all kinds of photos for you, for head shots, product shots, office and business premises, etc. Recently had Ros Thompson in the studio. She was impressed with how much work goes on in the background and by just moving an object a milimetre, how much difference that can make.

This week's presentation is by Steve Bimpson from Just Think Big!

60 Seconds Winner for this week – Sarah DuPont

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/>