

PBE Zoom Meeting Minutes 09-06-2021



Present: 21 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.

Suzanne – HR Office Ltd

We deal with all aspects of HR. We find the right solutions for you whether that be hands on or not. If you need any advice, please get in touch.

Karen Murray – Business Coach

Works with solopreneurs to help them generate a better business without taking over your lives.

Jeannette Jones – Any Green Will Do

Sell over 1,000 everyday household products. They are ethically sourced and environmentally friendly. Jeannette can provide a sample box of what she sells for £10 that includes 8 products in there.

Marc Smith – The GHS Group

Heating and Plumbing. The sun is coming out, so if you have air conditioning, get it serviced! If you don't have it, why not get ac installed 😊

Gill Simmons – PR

Help businesses get publicity. Gill helps small businesses get media coverage. It doesn't only help people know who you are, it also helps increase sales!

Sheryl Andrews – Step by Step Listening

I help you work out what help you want and how to work through it. Sheryl is recently helping a lot of people how to reduce their stress levels as they come out of lockdown.

Bernie Rainer-Guy – Whiteley Events

Providing equipment and managing events. An upcoming event is an event for the services industry. It's the 11th year that it is running. August 20th to 22nd at Wellington Sports Ground, Eastleigh. Anyone in the services, please let them know about it.

Elizabeth Carney – Transformational Coach and Holisitcal healer

Helps people to get out from behind the mask and to get from in crisis to get in control. Elizabeth also has a book released. Next year there are plans for a retreat centre to be running in Italy.

Fiona Heath – Solent Celebrant

Fiona carries out funeral services. She works with the family to carry out services that the family really wants. Fiona is now able to offer civil weddings, etc.

Patricia Wakeford – Enable Law

Patricia helps people who have suffered an injury after medical treatment. Patricia has recently helped a young lad get compensation after a medical procedure caused him a whole host of issues that has stopped him from getting on in life.

Tom Worley – Financial Adviser

Focus on business owners who are very busy, to help them ensure that all their hard work means something for when they retire. Tax efficiency, Employee wellbeing, Exit planning and Staff benefits.

Melanie Griffiths – The Movement Junkie

Dance, fitness and wellbeing. Dance classes online, as well as in person. Melanie specialises in helping people get moving who can't dance (or think they can't!).

Gayle Tong – Enrichment Coaching

Getting clarity, getting the courage to go out there and take action. Gayle's company is heading towards 2 years in business. Gayle is trying to get clarity for herself which is always interesting to work on yourself.

Sandra Spurling – Business Sales Plus

Business transfer agent. Help business owners when they're looking to sell their business. All the way from valuations, through to completion. It's a very personalised service.

Chris Hutber – Potential Group

Do a few different things:

Short term IT rental for laptops, ipads, etc. for training events.

Branded phone charging stations.

Nano Spike – coatings to treat surfaces to stop things like Covid-19.

Web and application development.

Matt Valentine – Website Design

Matt is a website designer, and designs and builds websites as well as helping people get to the top of Google.

Cynthia Moore – Entrepreneurial Coaching

Helps people to see more and therefore to help people make the creative changes they want to make. Today is Cynthia's big day for her charity day. Good luck!

Omar Lakhssassi – University of Portsmouth

Helps businesses get access to learning through apprenticeships for your staff whilst they are in employment. Large range of courses available. Have a chat to Omar to learn more.

Dianne Gill – Dementia Support and Sage House

Helps people and their families who are living with dementia. Dementia Support are absolutely swamped with work at the moment, helping loads of customers.

Helen Brown – Home In Stead Portsmouth

Helps eradicate loneliness in older people. Helen's company helps people feel valued. They cover the Portsmouth area. Speak to Helen to learn more.

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. Penny can help you stand out from the crowd with fantastic photography.

This week's presentation is by Karen Murray about Podcasting.

This presentation is being recorded.

60 Seconds Winner for this week – Bernie Rainer-Guy

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/>