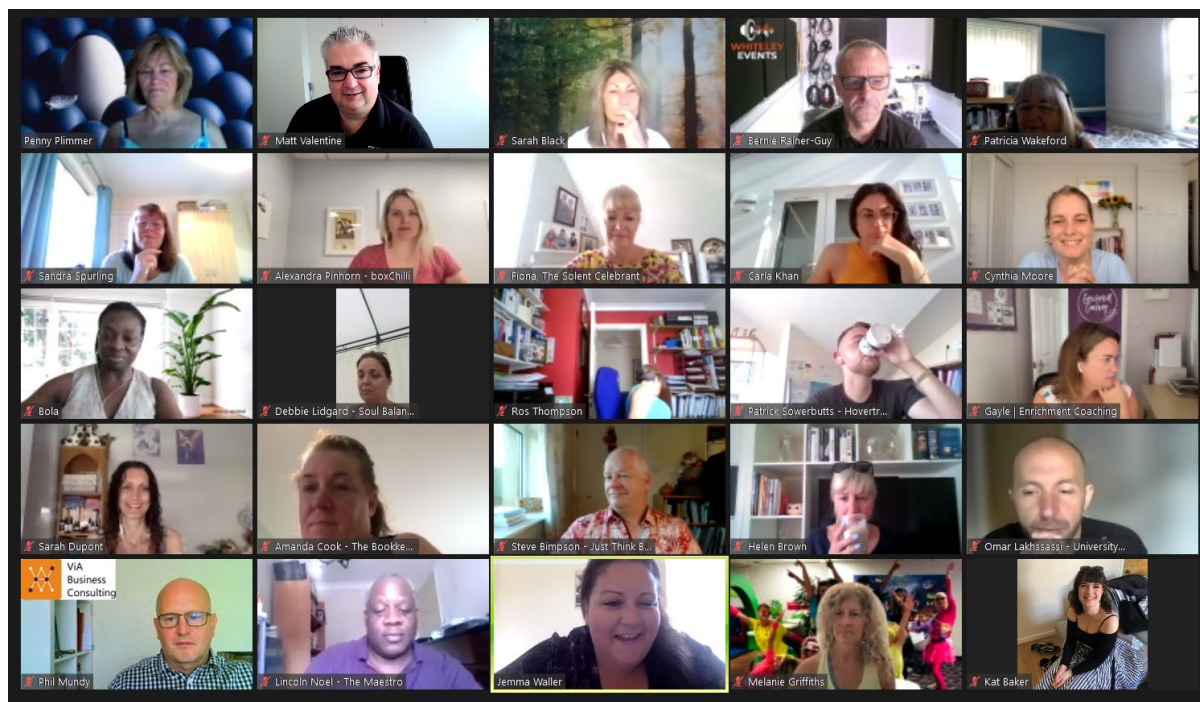


## PBE Zoom Meeting Minutes 21-07-2021



Present: 26 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.

### Matt Valentine – Pink Fin

I increase business for my clients by ensuring they have a great business website. I'm here to help companies that tick the box for having a website that will turn off clients. I will help them turn on their clients! So they want to do business with them.

### Sarah Black – SB Business Support Ltd

Business support system that wish to help businesses that want to grow. We help you via compliance, training, health and safety and performance reviews. If there is a particular area that you need help with, contact Sarah.

### Berne Rainer-Guy – Whiteley Events

Bernie provides tech, to events. One of Bernie's events is going on this weekend at Whiteley and it's free to attend if you want to go along!

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

Patricia was a nurse and a midwife for over 20 years. Patricia now helps people who have suffered an injury following a medical procedure. Recently Patricia has helped a client get a lift installed in their home so they can use their home and enjoy it properly.

### **Sandra Spurling – Business Sales Plus**

Is your business your retirement fund? If it is, do you know how much your business is worth? Sandra can help you with a free valuation, to see what your business is worth, so you can plan your future.

### **Alexandra Pinhorn – boxChilli**

PR and Marketing director at boxChilli. Been working in the industry for 12 years.

### **Fiona Heath – The Solent Celebrant**

As a civil celebrant, Fiona can conduct all kinds of ceremonies, funerals, baby naming ceremonies, etc. Fiona helps you get the right ceremony for you that you will remember forever.

### **Carla Khan – boxChilli**

Lead generating, creative, digital agency. Been an exciting couple of weeks bringing on new clients from a variety of industries.

### **Cynthia Moore – Executive and Transformative Coach**

Cynthia shared a recent story with a client who said they weren't really enjoying their work anymore. Cynthia asked lots of questions and talked about the business. Afterwards, the client had got a new surge of enthusiasm and energy and their business has taken off once again.

### **Bola Anike – Mortgage and Insurance Broker**

Brighton based, whole of market mortgage advisor and protection. Bola helps all kinds of people and helps people getting on to the mortgage ladder. Bola offers wills, lpa, estate planning, as well as funeral planning. Looking for people who have contacts with independent estate agents.

### **Debbie Lidgard – Soul Balance Holistics**

Debbie is a healer and is able to work remotely. She works with people who have emotional and physical pain. Debbie can help clear the negative emotions and help the body to fix itself.

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

Ros can help you with all kinds of allergies, anxieties, etc. using Bach Flower remedies.

### **Patrick Sowerbutts – Hovertravel**

Based in the IOW, Patrick helps keep the communities together and keep the travel running. New conference centre is opening up next year.

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

Gayle loves to make a difference to those beliefs of what you think you can and can't do. Gayle will banish your inner critic.

### **Sarah Dupont – Hypnotherapy for positive change**

Hypnotherapy is positive for most people who want to make the change.

### **Amanda Cook – The Bookkeeping Team**

The bookkeeping team offer all aspects of accountancy and book keeping. Like to work with small businesses. If you need help to move your accounts online, The bookkeeping team can help.

### **Jemma Waller – Social Media and Business Consultant**

Jemma helps businesses grow and get through tough times. Jemma has a team that works with the social media aspect of the business. Jemma is looking for experts to come into Jemma's membership group to give them some expert advice.

### **Steve Bimpson – Just Think BIG**

Steve's on a mission to improve the success rate of small businesses. Far more businesses fail than succeed. Recently a client of Steve's reached his 5 year goal in 9 months! Steve helps businesses with marketing and sales. Steve offers free workshops.

### **Helen Brown – Home In Stead Portsmouth**

Focus on enhancing and making the lives of our older community much better. Older people suffer with heat a lot more than the younger people. Please pop in and see anyone you know who might be suffering with heat.

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

Helps employees get degrees via degree apprenticeships. All kinds of courses available. The government is offering 95% funding at present.

### **Phil Mundy – VIA BC**

VIA Business Consulting. Phil helps businesses change the way they work, in order to get the results they deserve. Phil helps you through every step of the process.

### **Lincoln Noel – The Maestro**

Pianist, musician. Lincoln has five weddings to perform at this week! If anyone is getting married, think of Lincoln who will make their wedding unforgettable.

### **Kat Baker – BoxChilli**

Kat is the creative on social media with BoxChilli.

### **Melanie Griffiths – The Movement Junkie**

Dance, fitness and well being. Online classes, offline classes.

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

Advertising and corporate photographers. Penny is looking for people and businesses that want to stand out from the crowd. Penny did her first remote photoshoot last week. Penny was doing this by controlling the client's camera remotely!

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

Chris is a general insurance broker. He can supply and help you with all sorts of insurance, from personal insurance, commercial and business. If Chris can't help you, he has lots of contacts that probably can.

**This week's presentation is by Alexandra Pinhorn from boxChilli.**

**Looking to bust some social media myths.**

**60 Seconds Winner for this week – Lincoln Noel – for always putting a smile on our faces!**

**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/>