

Mind, Body
& Business

OCTOBER 2024



Your Host

Aisling Louise Owens Nash is an Irish Mummy of 3, carer, a self confessed nerd, and she is obsessed with food!

She is female empowerment networking leader with MIB International, leading the Ireland and Northern Ireland team and the Head of Hopefull Handbags Global for Ireland.

Life for Aisling is pretty full.

Her mission is to impact one individual or household per day to make positive changes for their health, the health of their family and the planet in a way that works for them using lower tox living living habits and hacks! It is all about removing toxicity in your life- physical, mental and environmental.

This is her story.



www.linkedin.com/in/aisling-owens-nash-1b20b469

<https://www.facebook.com/aisling.owensnash>

<https://preview.mailerlite.io/preview/899866/sites/126576766103848529/ditchtoxicity>

Hopefull Handbags

Hopefull Handbags Global began in 2017 with a single handbag in memory of our founder, Cathlene's grandmother, Carolyn.

Today, this small act of compassion has blossomed into a global nonprofit active in over seven countries, tirelessly promoting long-term health, sustainability, and the safety and well-being of survivors of domestic abuse and their children.




MIB
International

Mums / Moms in Business International was founded by Leona Burton and we are on a mission to be the:

“Largest International Support, Education & Empowerment Network for Mums & Women In Business”

Both online and in-person networking events are held around the globe, with dozens of events taking place each week and thousands of women attending regularly

WORKSHOP TIMETABLE & ROOMS

Session	Hamilton Suite Ground Floor	Tallon Suite First Floor	Meeting Room 2 First Floor	Meeting Room 3 First Floor	Meeting Room 5 First Floor	Meeting Room 6 First Floor
AM Session 1	Laura Staunton	Gulshen Bano & Aisling Owens Nash	Laura PhillipsS	ima Jakutaviciute	Johann Callaghan	Ciara Boylan
	Insight to Impact (Marketing)	Self Defence & Hopefull Handbags	Mindful Affirmation Doodling	Free Yourself - Boost your Pelvic Health	The Rhythm of Life & Sleep	The Importance of Personality & Passion in Your Brand
AM Session 2	<p style="text-align: center;">Danielle Serpico</p> <p style="text-align: center;">1 hour workshop - Main Stage - Hamilton Suite</p> 					
PM Session 1	Laura Staunton	Gulshen Bano & Aisling Owens Nash	Laura PhillipsE	va Storm	Niki Kinsella	Melanie Boylan
	Insight to Impact (Marketing)	Self Defence & Hopefull Handbags	Mindful Affirmation Doodling	Breaking the Trauma CycleR	realign Your Belief	More Money, More Time with your Family
PM Session 2	Laura Staunton	Gulshen Bano & Aisling Owens Nash	Alison Hail	Eva StormA	oife Gaffney	Lisa Grogan
	Insight to Impact (Marketing)	Self Defence & Hopefull Handbags	Double Your Money	Breaking the Trauma Cycle	Practical Manifestation with Pru Moneypenny - WWW - Wildly Wealthy Women	Life & Business by Design

Online Gallery

<https://my.guestpix.com/Guest/Access/76596/jX-6MgyUX>

Click to View & Upload

Raffle

<https://www.idonate.ie/raffle/MindBodyBusinessRaffle>

Click to Buy Tickets

Ireland & Northern Ireland News

<https://dashboard.mailerlite.com/forms/775490/127282567670924989/share>

Click to Subscribe

Mind, Body, Business Group

<https://www.facebook.com/groups/1097422588143751>

Click to Join

Event Ambassadors



Charlotte H

Design, Print & Digital expert creating branded workwear, signage, merchandise and an online presence for businesses of all sizes to help elevate their brand and get more eyes on them both on and off line.

MIB Leader for Newton Abbot, Devon, UK.

“MIB has literally changed my life this year. From feeling alone whilst running my business to feeling more supported than I ever have in any “job” I’ve had. So I’m helping over the weekend as a way of showing my appreciation for the incredible community that is MIB International”.

I’m Charlotte Elizabeth and I own Big Occasion Events, A Wedding and Event Planning business. I also own Charlotte Elizabeth VA providing Virtual Assistant Services for Authors.

MIB Leader for Kidderminster, UK.

“I’m helping on Saturday because I love events and as an Event Planner I wanted to see how Aisling has pulled this event together and also because I love everything that MIB stands for”



Charlotte E



Yuki

Yuki, owner of Mindworks with Yuki.

Mindworks with Yuki offers Hypnotherapy or Rapid Transformational Therapy (RTT) sessions for a variety of topics including quitting smoking, weight loss, exercise, stress management, and more. As a certified hypnotherapist, Yuki has helped many clients achieve their goals and improve their quality of life. With a compassionate and personalized approach, she works with clients to identify the root cause of their issues and create lasting change. Contact her today to schedule a session and start your journey to a healthier, happier you.



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Cathlene



Cathlene Miner is a wife, mother of 4, grandmother to 3 (aka Sea), Certified Domestic Abuse Advocate, Author, Mentor, Speaker, CEO and Co Founder of ZZatem Blogging and the founder of Hopefull Handbags Global nonprofit.

Cathlene and the HH family team are on a mission to raise hope for survivors of domestic abuse and their children, guiding them to Safety, Health, Wellness, Happiness, and Long Term Sustainability. .

Bernie



Throughout her 40 plus year career Bernie has surrounded herself with excellent mentors. She understands the value of lifelong learning, the nuances of adult learning using interactive learning, instructional design, innovation in learning tools, identification of training needs and the need to complete the evaluation process. Bernie has consulted within the financial, healthcare, not for profit, pharmaceutical and telecommunications sectors.

Aoife

Aoife Gaffney is the founder of Prudence Money Penny Coaching. She is an award-winning international money, relationship and life coach empowering women to take charge of their lives and earn more money. She is a member of the Professional Speaking Association, Institute of Banking and a Qualified Financial Advisor.



Ireland & Northern Ireland

MIB LEADERS

Sanda Semelka

North County Dublin & Fingal

<https://www.facebook.com/groups/mibintnorthdublin/>

Aisling Owens Nash

Ireland Group-

<https://www.facebook.com/groups/mibintireland/>

Aisling Owens Nash

North Kildare, Enfield and Edenderry

<https://www.facebook.com/groups/mibintnorthkildaresurrounds/>

Joanna Cyore

Cavan & Monaghan

www.facebook.com/groups/mibint-networkingcavanmonaghan/

Victoria Supple

Roscommon & Leitrim

<https://www.facebook.com/groups/mibintroscommonleitrim/>

Vacancy

Navan, Meath

<https://www.facebook.com/groups/mibintnavan/>

Currently covered by Aisling

Vacancy

County Wicklow

<https://www.facebook.com/groups/mibintwicklow/>

Vacancy

Dublin

<https://www.facebook.com/groups/mibintnetworkingdublin/>

Vacancy

Drogheda, County Louth

<https://www.facebook.com/groups/mibintdrogheda/>

Vacancy

Newbridge, Naas, Kildare Town

<https://www.facebook.com/groups/mibintnewbridgenaaskildare/>

Ireland & Northern Ireland

MIB LEADERS

Angela McAfee

Banbridge to Dromore

<https://www.facebook.com/groups/mibintbanbridgedromore>

Aisling Owens Nash

Northern Ireland Group

<https://www.facebook.com/groups/mibintnorthernireland>

Laura Rogers

Newry & Mournes

<https://www.facebook.com/groups/mibintcountydown>

Vacancy

Belfast

www.facebook.com/groups/mibint-belfast/

Vacancy

County Antrim

<https://www.facebook.com/groups/mibintmideastantrim/>

Vacancy

Armagh & Portadown

<https://www.facebook.com/groups/mibintarmagh/>

Vacancy

Newry, County Down

<https://www.facebook.com/groups/mibintnewry/>

Event Speakers & Workshop Hosts

Anne Marie



An intensely growth- and goal-oriented person, Anne Marie is passionate about helping others realise and reach their true potential and get from where they are to where want to be.

Your 6 Figure Mindset

By harnessing the power of the mindset tools in the ELEVATE system, you can overcome any challenge and unlock your true potential, paving the way to the success you truly want. Believe in yourself, and the possibilities are endless.

Download my 7 proven strategies below and the 7 key areas I work on with my clients

<https://www.mindsetsuccessstrategies.com/elevate-strategies-optin>

Alison Haill

“Double Your Money” Speaker



Alison Haill, Oxford Professional Consulting’s CEO, has run her own business for 25 years.

She has an engaging personality, an activator’s enthusiasm and the ability to inspire action. A recent client said “Alison is warm, challenging and incredibly perceptive”.

I’ve got 20 places to give away for a “Double Your Money” Breakthrough Call with me, mapping your pathway to earning what you deserve! Book here:

<https://calendly.com/alison-haill>

Danielle Serpico



Danielle Serpico is the founder of The BlackBelt MasterMind ACADEMY (est. 2011)

Danielle started her entrepreneurial journey at 16yrs of age and by 19 she had already established her first of three Restaurants.

In 2009 life threw her a curveball and she pivoted with it deep into self development and mastering the art of self sovereignty - studying hypnosis, psychology, Neuro - Linguistic Programming (NLP) and the influence and affect that subconscious communication has on us, on others, our business and our lives.

<https://courses.theblackbeltmastermind.com/5-subconscious-secrets-to-unlocking-wealth-&-success>

*Niki “Pee
Cglitter” Kinzella*

Niki is a Spiritual teacher & franchise owner empowering other heart-led women to harness their intuition, claim freedom as their own boss, and change the world through spirituality & holistic practices, while peeing glitter....

Realign Your Life

How to identify subconscious limiting beliefs that have been holding them back, call out their inner bitch and give them the tools to instantly shift their mindset into self-empowerment mode.



Building Your Personal Brand: How to Elevate Your Brand and Reach Millions By Getting Featured in the Media

In this talk you will learn how to establish yourself as a leader in your field -- and build your brand for immediate and long-term success!

Fiona Harrold works with leaders worldwide to elevate their business success. She is the pioneer of coaching in the UK and has appeared in every national newspaper, where she is celebrated as “one of the new gurus” (The Times), “the Queen Bee of coaching” (The Express), “advisor to politicians and celebrities” (Daily Telegraph), and “the country’s top coach” (Daily Mail).

Fiona’s bestselling book, ‘Be Your Own Life Coach’ was an instant bestseller in 2000 and continues to sell today, alongside her other hits, ‘The 10-Minute Life Coach’, and ‘The 7 Rules of Success.’

Fiona Harrold



Eva Storm



Eva Storm is a transformative energy healer and coach, dedicated to leading women through personal and spiritual transformation, healing the inner child, and leveraging intuition as the new business superpower.

Breaking the Trauma Cycle: Healing Your Inner Child for a Brighter Tomorrow for You and Your Children

- How to get to the root causes of your money and parenting fears, insecurities, and patterns of behaviour that may be holding you back from reaching your full potential.
 - Breaking the generational cycle of pain. It prevents the transmission of unresolved issues to the next generation. Become a better parent and Safeguard the Next Generation
 - Enhance better Relations in family and business.
 - It's all about making a True Heart Connection.

Life & Business by Design Workshop for Female Entrepreneurs who want fulfillment, flexibility and financial growth using Lisa's ACT Method

Are you at risk of losing your dream? The life and business you have created is now a burden & not the vision you had. Reclaim your purpose, let's design, create a live a life you love!

<https://lisagrogancoaching.com/100-limiting-beliefs-subscription-page/>

Lisa Grogan



Cyulshen Bano



Empowering women and girls with easy to use essential Self Defence skills so they can stay safe wherever in the world they may be.

Why Every Female in the World Needs to learn Basic Self Defence Skills!

- Understand just how easy it is to learn essential self defence skills.
 - Learn some basic techniques to stay safe
- Learn how to deal with harassment and intimidation.
- Practice how to create boundaries and keep yourself safe simply by using your voice and hands.

Helping postpartum women kickstart their pelvic floor health journey with practical exercises and expert guidance in the "End Incontinence Start Workshop."

"Begin Your Pelvic Health Journey: End Incontinence Start Workshop"

Join the workshop to:

- Gain essential knowledge about pelvic floor anatomy and its importance postpartum
- Learn practical self-massage techniques to promote relaxation and muscle awareness
- Practice beginner-friendly pelvic floor exercises to strengthen key muscles
- Explore mindful breathing exercises to enhance pelvic floor awareness and control

Take the first step towards regaining control and confidence in your pelvic health! Reserve your spot in the "End Incontinence Start Workshop" and kickstart your journey towards a leakage-free lifestyle.

Sima Jakutaviciute



Johann
Callaghan

Johann Callaghan, is an International Bestselling Author, Award Winning Entrepreneur and Global Speaker. As a certified sleep science coach and health coach she helps women professionals optimise their energy for high performance with better sleep.

Sleep and the Rhythm of Life

Discover how quality rest and sleep can transform your life and business. In this talk, Johann will reveal powerful strategies to boost your energy, reduce overwhelm, increase focus, and minimize stress. Learn how better sleep can help you get more done in less time, ultimately enhancing your well-being and driving greater success in your coaching practice.

- The #1 strategy to free yourself from daily exhaustion
- The crucial factor to maximising your energy for greater productivity
- How to avoid the top sleep mistake that hinders entrepreneur's success



Social Media Trainer & Manager, Productivity Kicker
with a dash of Journalism and Podcasting

Less Time, More Money - Making Marketing Work around Your Family

- You will understand what you need to put in place to move and scale your business
- You will take away simple techniques that help you start and finish every day tasks
 - You will better manage your customers expectations
- You won't be spending all your time doing social media!



Melanie
Boylan

Laura Stanton

I work with people in business who want an easier life.

From Insight to Impact

In this workshop, we will be working through all things branding, customer behaviour, and marketing.

Participants will leave with a simple action plan that they can apply to social media, website landing pages, sales pitches, and all that's in between.

The goal is for everyone to leave with a new and more simple perspective as to how to approach their marketing - no more guesswork!

And it will be fun - We are all in this together!



Ciara, a student who started a brand with her mum in 2018 at age 9, aims to share her passion for space and science and inspire other children to learn.

The Importance of Personality and Passion in Your Brand

The attendees will be invited to work together and workshop fresh ways to get themselves more involved in their business and bring more personality back into their brand.

Asking for help, asking questions and being more inquisitive is not a sign of weakness, but a sign of courage. Imposter Syndrome can be overcome with fresh thinking and support.



Ciara Boylan

Laura Phillips



Hi there! I'm Laura, an artist with a deep passion for mindful doodling and a firm believer in the power of creativity to heal and transform.

At MIB Mind, Body, Business 2024, I'm excited to share this transformative practice with you through my workshop.

Whether you're an entrepreneur seeking calm amidst the chaos of business or someone looking for a creative outlet, my sessions are designed to help you tap into your inner artist and find stillness in the swirl of everyday life. Together, we'll explore how simple, mindful doodling can cultivate a balanced mind and open pathways to creativity.

Want to spark your creativity with a FREE nature-inspired doodle guide?

<https://mindfuledoodling.thebarleymoon.ie/doodle-nature>

Aoife Gaffney



Aoife Gaffney is the founder of Prudence Money Penny Coaching. She is an award-winning international money, relationship and life coach empowering women to take charge of their lives and earn more money. She is a member of the Professional Speaking Association, Institute of Banking and a Qualified Financial Advisor.

Tommy Sax

Bringing live music to your event with over 20yrs experience Tommy is in perfect harmony with our specialist DJ's who are experts at reading the crowd. Covering vast music styles including Chart Hits, Ibiza, Dance, House, Pop, Jazz & Classic Genres. Tommy is renowned for his versatility, high energy and live interactive performances. Using the latest professional equipment, elite sax player Tommy alongside our specialist DJ's will rock your dance

floor. For that exceptional experience that will WOW your guests, keep them dancing all night long and talking about your special event for years to come.

Perfect for all occasions.

<https://linktr.ee/TommySaxIreland>



54 North Events



Adding a touch of luxury to every event. Balloons with amazing backdrops to bring your event to life.

Our Event Decor has been provided by 54 North Events.

<https://www.instagram.com/54northoccasions/>

In a world saturated with businesses vying for attention, standing out is crucial. Branded workwear and merchandise set you apart from the competition. It adds a unique touch to your marketing strategy and helps your brand stay top of mind for potential customers.

Teal Fox Designs has done various parts of our printing for the event including the Selfie Frames & Lanyard Badges.

And this digital brochure has been part of the other "tail" to Charlotte's business - Teal Fox Digital!

<https://www.tealfoxdesigns.co.uk/learn-more>

<https://www.tealfoxdigital.com/links>

Teal Fox Designs



Hopefull Handbags Book Collaboration

Handbags - How 12 Women Packed Their Bags and Turned Hope Into Happiness
Join a Powerful Journey: Share Your Story in Our Collaborative Book

Are you a woman with a story of resilience, transformation, and hope? Do you want to inspire others while giving back to a cause that makes a real difference? Here's your chance to be part of "Handbags – How 12 Women Packed Their Bags and Turned Hope Into Happiness", a collaborative book that will feature stories of women who turned their struggles into strength, hope, and happiness.

All proceeds from this inspiring book will go to Hopefull Handbags Global, a nonprofit organization dedicated to empowering survivors of domestic abuse and providing them with the tools and resources they need to rebuild their lives.

<https://www.hopefullhandbags.org/the-book-handbags/>



Mastermind Your Way to Unstoppable Success

£997* | 8 Weeks

Step into the inner circle of *Leona Burton*, renowned mastermind expert and global networking powerhouse. Leona has built life-changing opportunities and worked alongside some of the world's greatest minds—all through the unparalleled power of masterminding.

Begins: Friday Nov 1 12 PM (UK Time)

Duration: 8 weeks of transformative, results-driven mastermind sessions

Investment: £997

Why This Mastermind?

Accelerate your business growth with elite strategies that deliver real, measurable results.

Unlock access to a high-caliber network that will open doors and drive your success beyond limits.

Achieve breakthroughs you never thought possible with expert guidance from a mentor who has worked with leaders across the globe.

This isn't just another mastermind. This is your gateway to elite success, exclusive connections, and next-level impact.

Only a few seats available. Reserve your spot now—don't miss your chance to rise to the top.

<https://aislingon.krtra.com/t/18zSkjQLhZrK>



Thank You!

A massive thank you to everyone who came and got involved in person today, we know you have come from all over the island and overseas from Belgium, France and the UK. If you were not here there would be no event.

A special thank you to our speakers and sponsors for delivering fantastic sessions.

To Eoin and the team here at The Gateway Hotel for all their support over the last several months.

To all who participated in the fundraising by getting Headshots, buying raffle tickets or donating prizes.

To the stars of the show the children for all their help today and the teens for doing the jobs foisted upon them, thank you to all who helped set up yesterday.

To Leona for letting me off with mad visions for these events and the team in MIB HQ & Hopefull Handbags CEO Cathlene Miner, our trustees here in Ireland, and the refuges we work to support. Thank You for your time and support.

To Caragh and her team from 54 North Occasions for EPIC social media hot spots for your selfies and fun throughout the building- thank you for your kind donations of our special sustainable hashtags (you guys can buy them now too!)

To Charlotte in Teal Fox for the digital catalogue, all our fab printing and my constant adding to the list, thank you for your speedy work and adaptations.

To Tommy Sax and DJ Gabs for rocking the house today to keep us energised and up and moving.

To John Metcalfe for his help on sound- you are a lifesaver!

To Orla Kelly for reaching out about us doing a collab fundraiser book and for her guidance and support so far and for what she will give you lucky writers alongside Aoife over the coming months.

Aisling xo

MIB Success Hub

JOIN THE MIB SUCCESS HUB NOW

Join our MIB Success Hub today and get monthly training, networking, co-working, accountability and more PLUS monthly workbooks and cheatsheets!

2024 PLAN TO SUCCEED

MIB SUCCESS HUB

MIB International

The world's fastest growing female networking organisation dedicated to providing women and mothers a safe and supportive environment to learn, grow and evolve.

Find A Meeting Near You

Join our Networking Leader and community of 100,000+ women at our 1000+ monthly networking meetings.

£27 per month

<https://mibint.co/MIBSH/1cg6b0>

Photographers

Sanda



Sanda Semeika is a professional and passionate photographer.

She began her journey as a street and wedding photographer and now focuses on personal branding photography, using it as a tool to help grow businesses. Sanda is driven by helping people express their authenticity through their visual truth.

Known for being incredibly easy to work with, she is also the co-founder of Sands Photography, a business specializing in wedding and personal branding photography. Sanda is a creative artist and documentary photographer who captures moments and finds the perfect light. Oh, and she makes great coffee too.

Imane

My name is Imane I live in Dublin, Moroccan, and have been living in Ireland for the last twenty years!! I specialize in people photography and natural direction.

I think photography is about being you, letting yourself go, smile, and have fun while I snap the moments you'll cherish forever! Because you matter, your story matters!



Book The Next Event

January 11th 2025

WE 2025
BELIEVE
WE ARE MIB

Dublin, January 8th
2025

Belfast, March 6th
& 7th 2025



<https://mibint.co/ask/e2h18>

