



## NEWS RELEASE

Wednesday, January 15<sup>th</sup> 2020

### **TABOO-BUSTING NIGHT PLANNED AT GROWBIZ WOMEN'S ENTERPRISE NETWORK EVENT**

**Two inspirational Perthshire businesswomen will be tackling one of the last taboos when they speak at the first GrowBiz Women's Enterprise Network meeting of 2020 in Highland Perthshire this month.**

Rachel Weiss and Sadie Scott are the guest speakers at the event, which takes place on Tuesday, January 21, from 6pm to 8.30pm in the Dunkeld and Birnam Co-Working Space.

Rachel is the founder of the [Menopause Café](#) charity which holds pop-up events in workplaces and cafes for people to connect and talk about the menopause. The events are open to all regardless of age and gender, and have spread from the first one in Perth, as far as Toronto and Nairobi. Her day job is running [Rowan Consultancy](#) in Perth, which helps people live more satisfying lives through counselling, coaching, mediation and training.

Sadie will share her entrepreneurial journey and talk about how important it is to use your time wisely. She is also passionate about helping women to recognise the signs of and cope with the menopause through diet, exercise and a greater understanding of how it impacts all aspects of their lives.

GrowBiz Women's Enterprise Network meetings are open to women of all ages who are starting or growing their own business in rural Perthshire. The events start with a light buffet, followed by an informal chance to meet other like-minded women and some of the GrowBiz team.

Merle Palmer, operations manager for GrowBiz, is looking forward to the event.

She said: "These meetings enable you to meet other women in business in your area and are an opportunity for you to connect and share ideas in an informal setting.

"It's always great to take some time out from your business and learn from others and both Rachel and Sadie are engaging speakers who are passionate about supporting people to make the most of their inner strength.

“The menopause is something that will affect us all – including the men in our lives - but in a wide range of different ways and to varying degrees. There’s a whole demographic out there, and from a business point of view it is as important to gain an insight into that demographic as it is to understand millennials or the grey pound for example.

“So come along and find out more. We look forward to seeing you.”

GrowBiz has a number of other free events across the region for the coming weeks, as part of its Making Rural Business Digital project, which is supported by the Perth & Kinross LEADER programme and which aims to make Perth and Kinross the most entrepreneurial rural economy in Scotland.

These events include online sessions on everything from choosing the right legal structure for your business to the importance of self-care on your business.

For further information on any of the free events held by GrowBiz, or to book a place, please see the website at [www.growbiz.co.uk](http://www.growbiz.co.uk), follow GrowBiz Perthshire on social media or sign up to be added to the GrowBiz mailing list by emailing [connect@growbiz.co.uk](mailto:connect@growbiz.co.uk)

## **ENDS**

For media enquiries, contact Clare McMicking on telephone 07514 343 042 or email [clare@growbiz.co.uk](mailto:clare@growbiz.co.uk)

### **Notes to Editors**

- GrowBiz is an independent, community-based organisation providing support to anyone starting or growing a business in rural Perthshire
- GrowBiz Scotland (known as GrowBiz) is a company limited by guarantee number SC341655, and a Scottish Charity number SC043278, with registered office at Bank of Scotland House, Union Street, Coupar Angus
- GrowBiz is funded by Perth and Kinross Council, Scottish Enterprise, the Scottish Government, and the Making Rural Business Digital project is supported by the Rural Perth and Kinross LEADER Programme 2014-2020: The European Agricultural Fund for Rural Development: Europe investing in rural areas. For more on LEADER go to [www.pkleader.org](http://www.pkleader.org)
- Since October 2016, GrowBiz has supported more than 1000 clients across all business sectors
- GrowBiz runs an award-winning mentoring programme, which currently has over 70 participants and which is the first and only business programme in Scotland to achieve the Scottish Mentoring Network Quality Standard