



NEWS RELEASE

Friday, April 26, 2019

COMPASSION, CONNECTION AND CREATIVITY TOP THE BILL AT EAST PERTSHIRE WOMEN'S ENTERPRISE NETWORK MEETING

Holistic practitioner Alison Strandberg is the guest speaker at this month's east Perthshire Women's Enterprise Network meeting, which takes place in Blairgowrie on Tuesday, May 7.

Fife-based Alison has worked as a holistic practitioner for twenty years, focusing on providing services that heal the body, mind and soul.

She offers a range of therapies and intuitive techniques such as Reiki, coaching and meditation to help people physically, mentally, emotionally and spiritually and says that compassion, connection and creativity are the three words that best sum up how she wants her clients to feel about working with her.

Organised by community-based enterprise support organisation GrowBiz, the Women's Enterprise Network meetings are designed to support women running or growing a business in rural Perthshire, as well as those who are just thinking about setting up on their own.

The events take place every month at various locations throughout Perthshire and provide an opportunity for women to get together, network and exchange business cards and hear from inspirational speakers in an informal setting.

Jackie Brierton is CEO of GrowBiz.

She said: "We are delighted to be able to welcome Alison to our east Perthshire Women's Enterprise Network meeting this month.

"Running your own business can be a challenging experience at times – we know that being self-employed, particularly in rural areas can sometimes feel quite isolating - and it is important that local entrepreneurs remember to take time to invest in nurturing and caring for themselves just as they nurture and care for their businesses or families.

"Alison is an intuitive and engaging speaker who is passionate about supporting people to make the most of their inner strength and whose enthusiasm is infectious.

“I am very much looking forward to this event and learning more about the techniques and teaching Alison offers.”

The Women’s Enterprise Network meeting takes place on Tuesday, May 7, from 6pm to 8.30pm at The Dome Café on Leslie Street in Blairgowrie. A light buffet and refreshments will be provided. This event is free.

As well as hearing from the inspirational guest speaker there will also be a chance for participants to take ask questions.

For further information on GrowBiz or to book a place at the Women’s Enterprise Network meeting or any of the free events run by the enterprise support organisation, please see the website at www.growbiz.co.uk.

For media enquiries, contact Clare McMicking on telephone 07514 343042 or email clare@growbiz.co.uk

Notes to Editors

- GrowBiz Scotland (known as GrowBiz) is a Company limited by guarantee number SC341655, and a Scottish Charity number SC043278, with registered office at 1 Perth Street, Blairgowrie PH10 6DQ
- GrowBiz is funded by Perth and Kinross Council, Scottish Enterprise and The Scottish Government, and the Enterprising Rural Perthshire 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
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