



Women's Business Initiative International

WORK. MEET. SUCCEED. The WBII is the first co-working space for women in The Netherlands. Founded in 2005 by Suzy Ogé the WBII has brought entrepreneurial women together to create a community both online and in person through business-focused events and networking opportunities.

It takes more than a good idea to launch a successful business. It is a tremendous challenge and in a foreign country, navigating the maze of bureaucracy and understanding the business climate can be even more daunting. Luckily, you don't have to go it alone. The WBII offers valuable advice and services for starters in English.

WBII members do business in a variety of sectors and come from diverse backgrounds. Check out some of these savvy small business owners.

Laan Copes van Cattenburch 86, The Hague
Tel: **070 3588557** Web: wbii.nl Twitter: [@wbii](https://twitter.com/wbii)

A HAND IN THE HAGUE

Finding your voice, in English. Deborah Valentine has undertaken many varied projects with "a hand in The Hague", from organizing events such as the Feel at Home in The Hague Fair to writing for the Xpat Journal. A common thread in all: her ability to and affinity for helping others to express themselves.



Be it the process of finding the core to your marketing message, or the English words to express it, Deborah is able to distill the elements which appeal to an international English speaking audience, she can help you find your voice in English.

Being multi-lingual and having relocated 11 times, she is aware of the nuances language can have, and how to avoid the pitfalls of straight translation in marketing material.

Visit ahandinthehague.com for more information.

LOOKING FOR YOUR ORIGINAL BEAUTY?

Each person possesses original beauty and attractiveness. I unearth and strengthen these unique characteristics. I do so by examining the natural ensemble of your colours and shape, the way you move, your appearance, your personal intensity, your preferences and your voice. Then – in a dialogue with you – I transform this image into an advice concerning your personal style.



Colour and Style advice, personal shopping: I use Carla Mathis' Body Beautiful method, putting the features that make you unique in the spotlight.

Sustainable style: I pursuit sustainable style: a style that suits your individual and natural respect for man, animal and environment.

Interested? Please contact Claudia Hulshof
Arabislaan 67, 2555 DJ, The Hague. **070-3231407, 06-51857559.** www.sustainablestyle.nl

YOU HAVE A DREAM FOR YOUR HOME, HAS IT COME TRUE YET?



Nina du Pre' can help you realise your dream interior in your home. Nina du Pre' is a British Interior Designer based in The Hague. By working closely with her clients, she listens to their practical

needs, their dreams and desires and designs a unique space for them where they feel totally comfortable and content.

Nina specialises in creative designs to help her clients achieve:

- practical and functional living spaces
- rooms they love to live in
- confidence to try something new.

Please call Nina du Pre' on 0615 098273 or email info@ninadupre.com for your free, half hour initial consultation. www.ninadupre.com.



DO YOU FEEL TIRED WHEN YOU WAKE UP?

Mireille BARREAU, Sophrologist, specialist of physical disorders due to stress has developed an efficient program* to support people with all sort of sleeping disorders when

no sickness has been diagnosed.

Difficulties to fall asleep, several wakes-up, regular wake-up, early wake up? If you are concerned, then the workshop will teach you to relax, to release tension before sleeping, to deal with your natural body rhythm, with some causes of your stress.

An audio Cd will be given per session in order to train in between sessions. Workshop : 10 sessions of one hour each : 180 euro.

Informations? : go to www.4moreharmony.com
*recommended by participants (130 have already followed it).

JACINTA NOONAN:
Personal Coach & Trainer

With a passion for helping people to achieve their true potential, Jacinta's career as a coach and trainer is more a divine calling than a job choice.



Her particular zeal is for coaching women to meet the challenges they uniquely face in their personal and professional lives. She also specializes in Weight Loss Coaching.

"I re-energize and empower women - helping them to recharge their batteries, and challenging them to redefine success. Whether it be breaking through glass ceilings to become effective and inspiring leaders, transitioning from family life to work and back again, or conquering the daily battles with food and weight, I thrive on empowering women to achieve their very best." Jacinta Noonan.

www.bigontheinside.com or
www.jacintanoonan.com

WAVEMENS. The role of migration in our journey through life. Migrating, leaving comfort zones is exciting, and challenging. The known is exchanged for the unknown. Familiar norms and values are held up against those of the new country. Questions emerge, challenges arise, misunderstandings can occur. We wonder why some things are able to proceed smoothly, and yet others seem stuck – unable to find a space or opportunity to flourish.



Identifying these stumbling blocks, knowing how to overcome them and using that knowledge towards personal growth and understanding cannot be done alone.

Ingela Seif-Sjögren of Wavemens is an experienced counsellor, therapist and trainer. In her work she specialises and focuses on issues pertaining to migration, she provides the guidance and support required to be able to move forward in uncharted waters. For more information about Ingela's work, visit www.wavemens.com.

VIVAMUS PSYCHOLOGISTS:



While we live, let us live...
Sometimes life can become more of a struggle than a pleasure. Yet we believe that people can flourish, whatever their circumstances. Vivamus Psychologists provides emotional and psychological support in The Hague. Vivamus' psychologists are experienced in working

with a range of difficulties, including stress, anxiety, depression, trauma and OCD and they are aware of the impact that living within an expat community can have on well-being, self-esteem and relationships.

Vivamus Psychologists consult to organisations and provide training to counselors and psychologists delivered by native English speakers. They are running a two-day Cognitive Behaviour Therapy (CBT) Skills Course in November (5th and 6th).

Website: www.vivamuspsychologists.nl
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