



Welcome to our latest newsletter: healthy recipes, tips for reaching the top, fly supersonic, spa holiday offer, exclusive shopping evening, luxury treats

LATEST NEWS!

Barclays Capital become headline sponsors of the eighth Annual Women in the City Lunch

Join 350 like-minded business people at the Women in the City, Barclays Capital Celebration Lunch on 26 November 2010.

Read [MORE](#) and [BOOK](#) your place.

Future Leader Award Winner, Felicia Trewin of Deloitte featured in Guardian online. [Read blog and contribute to the debate.](#)

Chef in the City



In the famous words of Orson Welles: 'Ask not what you can do for your country. Ask what's for lunch.'

Great food is close to all of our hearts and no more so than for Dan Kelly, executive chef with Lusso, a niche caterer in the City, specialising in bespoke staff catering and fine dining. Dan leads a brigade of chefs at Norton Rose at the firm's signature office building at 3 More London Riverside. His passion and impeccable food standards give the 1,300 Norton Rose staff on site every reason to stay in and eat.

"It's all about using fresh, seasonal British food," said Dan. "We source our meat from small independent farmers. Our smoked salmon comes from H Forman & Son, one of London's oldest smokeries, and fruit and vegetables hail from local farms throughout the south east, minimising our carbon footprint and maximising taste and flavour".

One fabulous British vegetable that's currently in season and is very fashionable is beetroot.

"They're so fresh we use every part of the vegetable, including the leaves which give a real iron-packed punch and a 'wow factor' to salads," said Dan.

To balance the richness of venison, Dan creates a fabulously earthy autumn chutney, shredding raw beets with apple, garlic, onion, sugar and sherry vinegar, while one of his lighter and most eye-catching seasonal dishes sees beetroot pieces in jelly with crumbled Cerny Ash goat's cheese and a beetroot espuma with a beetroot crisp.

"We're using wonderful heritage varieties which come in both the classic red and golden shades," he explains; "so they're as much a feast for the eyes as they are for the palette".

Beetroots are low in calories despite their delicious sweetness and are packed full of fibre. This great British vegetable is also rich in vitamin B folate so there are additional health benefits too.

"Whether baked, marinated, grated, juiced or eaten raw, it's this season's must have", said Dan.

Women in the City Partners



Transforming business performance through the improvement of people, process and innovation.



Britain's most beautiful and first ever shopping arcade, based in the heart of Mayfair.



Supporting professional women in finding the right childcare solution.

Take part in the Future Wealth Project

This research initiative, Led by Scorpio Partnership, kicked off in 2009. This highly inter-active and thought provoking survey is designed to create a deep understanding of your relationship with wealth and the role it plays in comparison to other life goals and objectives.

The results will be shared with respondents and someone will get to win an Apple iPad.

[Click here to participate](#)

Women in the City : women on the move



[Click here for further information about beetroot and other super foods.](#)

Make your own superfood tonight - with Dan's special Women in the City recipe. Scroll down to view.

Exclusive Shopping Evening at L.K. Bennett 14 October | 6.30 - 8.30pm | Brook St, W1



Join like-minded City women for an exclusive shopping evening hosted by L.K. Bennett in its Brook Street store just off Bond Street, London W1. You'll be able to view and buy (20% discount on the night) the brand new Autumn/Winter collection and L.K. Bennett's expert team will be on hand to help you select the perfect items.

Read [MORE](#) about the evening.

Book [NOW](#): Single ticket £30 (+vat), second and subsequent tickets £20 (+vat) each.

[Why not become one of L.K.Bennett's "real women" and be part of its bold, new 20th anniversary campaign?](#)

The Womens Coaching Company's 4 top tips for women aiming for the top!

Manage your all-male team with pride

Don't make the mistake of acting like a man to lead your male team, instead use your feminine power to achieve respect and results from your male colleagues. Feminine power means being fair, it means communicating your strategies and plans clearly and concisely. Be a strong female leader by keeping calm and being prepared to give firm feedback at the very minute it's needed. Stand up for what you believe, not out of principle but because it's the right thing to do!

Use the power of social media to build a reputation

On-line sites such as LinkedIn are now the networking arena for those with no time! Keep your LinkedIn page up to date and current. Join groups which are of interest to your business community and comment on the discussion streams often. If there isn't a group that fits your style or particular niche, why not set one up? Being the founder of a LinkedIn group means that you're always visible – it's perfect for engaging with contacts, you can offer polls, start discussions and comment/link to articles you have an opinion on. Your professional expertise will shine through, getting you noticed for all the right reasons.

The fine line of the hem line!

Clothes have the ability to make or break your career. To really make an impact professionally, dress with style and go for classic cuts rather than fashionable statements. Clothes should be used as a statement for your intention. Dress for the job you want not just the job you have. If you'd love your personality to shine but aren't sure how, choose just one accessory that makes you stand out, it's either the bag, the shoes or the broach...but not all 3!

Opening the boardroom door

What do you still need to learn to impress those above you? Who in your firm has excelled and why? Form a strategy to start knocking at the boardroom door by asking for help where you need it, take advice from those you trust and improve your personal self development from the professionals. Above all...know your industry inside out and make a point to be seen at every event going. Thank those who help you along the way and keep your confidence in your ability...you can get there!

For the very best results in the business, visit [The Womens Coaching Company](#), Coaching, Mentoring & Training for Corporate Women or call on 0845 474 2241

CHEF IN THE CITY'S Heritage Beetroot & Goat's Cheese Salad Serves 4

Congratulations to **Rebecca Scott**, one of our 2010 Future Leaders Award Finalists who this month become a Partner at her firm, Mazars. Telling us the good news Rebecca said that Women in the City had "provided a platform - and some self belief - for me to jump from".

[Read Rebecca's profile.](#)

Women in Law - new endorsers of our Awards Programme

Founded in 2003, Women in Law is a consulting and networking organisation made up of lawyers, academics and other professionals from around the world. Its members share core values and a desire to facilitate positive change in their own lives and in the lives of others.

Women in Law provides a platform from which to share information and create opportunities for career advancement and positive change. Its aim is to create a relaxed and informal environment, both on-line and in the real world, where women are free to be themselves, speak authentically, act with integrity and have a good time.

[Learn more about Women in Law's Activities and sign up for free membership.](#)

Women in Aviation International



Aviation businesses are increasingly being run by women who are breaking through the traditional glass ceilings. US-based organization, Women in Aviation International is hosting a regional conference at Brooklands on 5-6 November.

Anyone can participate: hear some inspiring role models talk of their experiences, network with the achievers in the industry, relive the excitement of the supersonic age with a 30-minute visit on board Concorde G-BBDG and if your clients are in the industry, there may be other benefits, too.

Pay and Prospects - the big issues for women in finance?

On Friday 24 September the careers section of the Guardian website will be running a live Q&A between 1 - 4pm.

Log on to the [Guardian website](#) to



120g mixed heritage beetroots - yellow, ruby red and candy
 20g red chicory leaves, picked
 3 red amaranth leaves, picked
 3 mint leaves, picked
 1 tsp pomegranate seeds
 40g Tymsboro goat's cheese, hand torn into pieces (or another soft goat's cheese)
 30ml rapeseed oil
 15ml Chardonnay vinegar
 1 tsp honey
 Pinch of salt & pepper

Simmer the yellow and ruby red beetroots gently in a pan of lightly salted water for approximately one hour or longer until tender, depending on size. Peel whilst hot. Candy beetroots can be eaten raw and should be shaved. Leave to cool.

For the dressing

Using a pestle & mortar, gently squeeze the juice from the pomegranate seeds and pour the juice into a bowl. Add a splash of Chardonnay vinegar and a teaspoon of honey to the pomegranate juice and begin to whisk gently, slowly adding the rapeseed oil.

For the salad

Arrange the chicory leaves on a large white plate and intersperse with pieces of goat's cheese and beetroot. Scatter with the amaranth and mint leaves and dress each layer as you go. Season with salt & pepper.

ENJOY!

Get ready for the Winter and Christmas season with our healthy spa offer at Borgo Egnazia in Italy!



Egnathia spa offer:

Stay three nights in the Hotel at the new luxury spa resort, Borgo Egnazia from €463 per person and receive the following (per person):

VIP treatment on arrival, one medical visit at Egnathia Spa before your treatments, three 'healthy' lunches at the Spa cafe, a selection of infusions and teas every evening, one Ayurvedic massage, one massage and one facial treatment and a late check out at 3 pm (if required).

Valid for stays from now until 23rd December 2010. Please note that the only airline flying to Puglia from now till 23rd December is Ryanair.

For more information visit the hotel's [Website](#) or [Email](#) reservations
 Tel: +39 080 225 5000

Out and about with Gwen Rhys, Founder of Women in the City

Not everyone knows that as well as being responsible for the development of Women in the City, my company Networking Culture Limited provides a range of consultancy services to individuals and organisations wanting to build, nurture and leverage their internal and external networks and manages the pop-up venue, space. In addition, I mentor young people, am a town councillor and play an active role in my City Livery company, the Worshipful Company of Glass Sellers where I am a member of the Court.

As well as busy days sourcing sponsorship, conceptualising new ideas and gaining new business I'm lucky to enjoy an active business-related social life which brings me into contact with many new and interesting people every week.

In the first half of September I attended a fundraising evening at Fortnum & Mason for Wellbeing of Women at which Helen Alexander, Director, CBI made a keynote presentation. Drawing on her own experiences she shared her thoughts on how women could maximise their own potential, on the value of networking, the role of mentoring, and the impact of being a senior woman in business on family life. She suggested that the growth in flexible working could bring major benefits to women. Women in the City offered a complimentary place at the Barclays Capital Celebration Lunch on 26 November as part of the prize draw.

participate.

Gwen Rhys, Women in the City Founder will be one the panel of commentators.

Reach 350 influential business women (and some men, too)

Advertise in the Souvenir Programme for the Women in the City Barclays Capital Celebration Lunch on 26 November.

Full page, half pages and footer advertisements are available from £100 +vat.

View our [media pack](#) or call Gwen Rhys on 0704 404 7497 for more information.

A range of fine quality, unique wine accessories available exclusively for Women in the City

Produced by craftsmen, using the finest materials, including noble incense wood, these accessories have a timeless beauty, are handcrafted and produced in limited quantities.

Pneumatic corkscrew



This exquisitely designed corkscrew is easy to use and works perfectly every time. A stainless steel needle pierces the cork and by upward downward movement, the internal pressure pushes the cork, gently uncorking the bottle without struggle. (£65)

Qualita's other products include

vacuum wine preserver (£46)
 champagne conserver (£46)
 foil cutter (£25)

For more information, call 020 88789711 or [email](#)

The Power Shift Balance

Freelance journalist, Marina Gask is writing a feature for MARIE-CLAIRE about couples who experience a power balance shift. This could be about money, power,

I was also delighted to receive an invitation to the splendid evening hosted by Karina Robinson at The Orangery in Holland Park. Her annual gathering of friends, associates and colleagues is full of an eclectic mix of interesting people and I look forward to meeting someone new each year. Karina is a member of the Woman of Achievement Award Judging Panel and a consultant with Saxton Bampfylde where she specialises in searching for women on boards.

Sara Caplan, winner of our Management Consultancy Category Award in 2008, and I caught up over lunch in the splendid Koffmann's restaurant at The Berkeley. Sara came straight from a meeting chaired by Nick Clegg – I felt very honoured! With its lunchtime fixed price menu Koffmann's offers a great opportunity to taste superb food at local restaurant prices.

I've also facilitated a series of networking workshops for a charity and was delighted to learn that novice networkers have increased their confidence with the more experienced approaching networking with a new enthusiasm and strategic focus.

I also presented a lunchtime seminar on creating positive impact for a US investment bank. With colleagues dialling in from Switzerland, Sweden, Germany and Luxembourg I feel I could present Eurovision in 2011!

This week, I'm looking forward to attending the Presentation of the Shrieval Chain of Office to Alderman and Sheriff-Elect Fiona Woolf, CBE and later in the month the Election of the new Lord Mayor of London, an evening to celebrate Plan UK's, Because I'm a Girl initiative.

success or looks - but basically it's about when the partner who's used to all the success and attention has to get used to their partner suddenly being in that position instead. - eg, maybe the partner who had lesser career success suddenly becomes majorly successful, while the one who was successful to start with experiences a reversal in their fortunes. Or maybe one partner dramatically changes their appearance and enjoys new-found confidence and attention, while the other partner maybe feels a little left behind. How does this impact on their relationship? Does it cause friction, or are they able to be mutually supportive?

Marina would like to talk to anyone who has experienced this, in confidence and therefore anonymously if they prefer, although I am also keen to talk to anyone who is happy to be pictured in the mag.

Please email [Marina Gask](mailto:Marina.Gask) .

Shopping in The Burlington Arcade

Joe's Salon 73 Burlington Arcade, 020 7629 3456

Celebrity to the stars, Joe's is a beautifully relaxing space reminiscent of a sleek loft apartment, with floor to ceiling windows and original works by Damien Hirst and Tracey Emin. Joe's offers a variety of hair and beauty treatments, and if you're really pushed for time Joe's 'Hair on the Go' service means one of his expert stylists can whizz over on a Vespa and tend to your locks!



Sermoneta 51 Burlington Arcade, 020 7491 9009

With the weather starting to turn protect your hands with a chic pair of gloves from Sermoneta – an Italian brand specializing in gloves, in every colour and style imaginable! Visit Sermoneta's flagship store in the Arcade, where you can even have a consultation service to create a custom pair of gloves.



Berk 46 Burlington Arcade, 020 7493 0028

One of the oldest cashmere houses, Berk has a vast collection of both men's and women's cashmere in over 50 colours. Berk also offer their range of made- to-order velvet slippers with hand-embroidered gold motifs for both men and women.



Crockett & Jones 20 Burlington Arcade, 020 7499 6676

Since 1879 fine English shoe maker Crockett & Jones, has been at the pinnacle of the industry providing beautifully crafted, high quality footwear for both men and women – including classic low-heeled flat lace-up brogues, loafers, boots and country walking shoes.



Women in the City Awards Programme Sponsors

Barclays Wealth
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Women in the City Awards Programme Endorsers

Chartered Insurance Institute
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Institute of Directors City Branch
Women in Law
Women in Property

NEW Women in the City Parity Award to open for nominations 1 October

Sponsored by **blackswan** and endorsed specifically by the City Branches of the CMI and IoD The Women in the City PARITY AWARD will recognise an exceptional WOMAN or MAN working at managerial level and within one of Women in the City's professional categories who can demonstrate that s/he has made a significant personal contribution to or impact upon culture change within his/her team, department, organisation in order to enhance

Laduree 71 Burlington Arcade, 020 7491 9155

Indulge your sweet tooth at Laduree, based at the Arcade's Piccadilly entrance, the store has become famous for its 'gold grotto' like appearance. Macaroon's sit in candy-coloured array on marble masons, boasting flavours from chocolate to orange flower. It also offers mouth-watering patisseries, chocolates and teas as well as luxurious gift boxes and accessories to take away with you.



gender equality and support a culture in which women can and do thrive.

To make your nomination visit our [website](#) on 1 October.

Contact us on
0704 404 7497
admin@citywomen.co.uk
www.citywomen.co.uk

Don't forget to **BOOK** your place(s) for this year's Women in the City, Barclays Capital Celebration Lunch on 26 November in the heart of the City of London.

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