

# CareerSpa Conference 2015

Submitted by: Susan Ringsell PR

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A one-day annual conference for professional women and their careers.

Gill Amos and Jane Sumner, organisers of the annual CareerSpa (<http://www.imagemattersuk.com/careerspa>) Conference at Whittlebury Hall, Northamptonshire, are delighted to announce their keynote speakers, Joanna McKerlie 'Downton Abbey at home' and Cassie Farren, author, speaker and trainer, for this year's event on Friday 15th May.

The theme for this one-day conference is 'unlocking your career potential', with speakers looking at a variety of career opportunities, the tools to get there, and how to achieve a greater work-life balance. A selection of workshops will also be available to help delegates gain confidence and manage their careers more effectively.

Joanna McKerlie, Founder of Downton Abbey at home said: "Being asked to speak at this unique conference is very exciting. CareerSpa is a great opportunity to talk with like-minded women whether they are re-thinking careers, growing an existing business' or even planning a startup. I can't wait."

Joanna has personal experience of turning adversity into an opportunity. After yet another redundancy and countless knock backs, Joanna McKerlie harnessed an unexpected opportunity to develop the Downton Abbey At Home mail order business which launched in October 2014. With almost 30 years hands on and board level experience in the ever-changing multi-channel retail world, Joanna offers hope for those facing change in their career or workplace.

Cassie Farren, Author, Speaker and Trainer comments: "I want to make a difference, inspiring others to live their life fearlessly, and never give up."

Cassie Farren is the girl who refused to quit. She is an inspirational young mother who worked as a part-time cleaner before turning her life around for a second time. Cassie had been left questioning her worth and her purpose, but instead of wallowing in self-pity she decided to take responsibility for herself and her happiness. With not much more than sheer determination, Cassie has transformed adversity into triumph, turned her life around and has become a successful body confidence coach, speaker and trainer.

Jane Sumner, Organiser of CareerSpa comments: "The aim of this year's event is to provide women with a wealth of tips, ideas and support to give them greater confidence to make good decisions about their careers today and plan for the future."

Tickets start at £130 each when purchasing 2 or more, and £150 for a single ticket. There is also the opportunity to experience Whittlebury Hall's Fire & Ice Spa. Terms and conditions apply. For more information visit CareerSpa. Follow us on Twitter @CareerSpaUK

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About

Gill Amos

Gill is a highly skilled and sought after coach and consultant who has worked with hundreds of people to develop their capability and improve their career prospects. She has worked with leaders and managers from companies including Ford, Santander, Fujitsu, ITV and the NHS to improve their effectiveness.

Jane Sumner

Jane has been part of the Image Industry for 30 years, she trained with the market leader 'Colour Me Beautiful' 18 years ago. Since then Jane has worked with thousands of women and men, in both the private and public sector, helping them look and feel more confident about their personal image and brand.

For additional information/background on CareerSpa and workshop speakers:

<http://www.imagemattersuk.com/careerspa/>

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Images: Available on request