

## Single mum who 'battled the odds' in The Independent's top 20 female ground breakers of 2017

Submitted by: 323 Inspire

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Ali Golds, a single mum from West Sussex who has been empowering women business founders and single mum entrepreneurs by teaching them start-up skills since 2012, has been recognised alongside international politicians and sportswomen. Ali's achievements have earned her an entry in The Independent's 20 Extraordinary Women of 2017

(<http://www.independent.co.uk/review%20of%20the%20year/review-of-the-year-extraordinary-women-2017-female-groundbreakers-2017-14612311.html>)  
review.

Ali, a business coach, has not only made extraordinary strides to support and mentor women but has achieved remarkable things personally – mostly against the odds.

Journalist Harriet Marsden, who compiled the impressive roll call of achievers describes Ali as a rare person who has managed to channel negative experiences into positive achievement.

"A survivor of childhood and domestic abuse who left school when she was 16 with few qualifications, and a single mum who faced bankruptcy when her marriage broke up in 2005, Golds is now a successful businesswoman."

Through her 'heart project' The Juno Project, Ali more recently created the 'This Is Me' programme, working with girls aged 14-16 who've experienced difficult circumstances. It is designed to give them the confidence to achieve whatever goals they set themselves.

Ali said she is overwhelmed by the honour of the top 20 listing: "The Independent recognised my fight against adversity, and my passion for supporting vulnerable women and girls to achieve their goals and dreams despite their own adversity. It is humbling to be in such grand company too."

"My eldest son is extremely pleased to find his mum listed alongside Chelsea striker Eniola Aluko, who of course has done remarkable things uncovering racism and discrimination in the game."

Ali Golds is also author of the best-selling book "How To Be Your Own Boss As A Single Mum". The opening paragraph sets the scene congratulating readers on already being marvellous just for managing as a single parent.

For interviews please contact Ali Golds on 07554 185909 [ali@aligolds.com](mailto:ali@aligolds.com)

Notes to Editors

Ali started delivering start-up skills to women in 2012 to support those who wanted to work for themselves; a result of her work in an East London college where she met countless potential female founders who were keen to learn the ropes of self-employment but didn't feel comfortable doing it in a classroom of guys.

Ali, who is based in West Sussex, found that a lot of the women who came to her workshops were single mums, some who were also escaping domestic abuse, desperate to support their families. As a single mum herself, Ali knew the pressures and was determined to help; so she published her first book 'How To Be Your Own Boss As A Single Mum' which reached #8 in the Amazon Small Business and Entrepreneurship chart - and told her all she needed to know (and had suspected). There were a mass of single mums out there who wanted to learn how to run a business!

[www.aligolds.com](http://www.aligolds.com)

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