

LEADING LADIES



SUE SCOTT, SALON DIRECTOR Sands Hair Design Ltd

One half of the successful Sands partnership, Sue runs the front of house and business side of the salon having come from a background in hospitality and finance.

What is the secret of your success?

Going into business with someone like minded. We both have a strong work ethic and a passion for what we do. We have taken the good and bad learnt throughout our working lives to create a solid foundation for our team. We lead by example and pride ourselves on excellent customer service always striving to create a welcoming atmosphere enjoyed by both clients and staff.

How do you achieve work/life balance?

I believe this is very important. The best advice I was given was by a client when we first opened the salon who said "keep a notepad by your bed at home and write down any work thoughts and ideas and then forget about them until tomorrow." Time management and sticking to it along with a very supportive family

help me to get it just right.

Who inspires you most, either in work or at home?

My dancing teacher, Mrs Headford who taught me discipline, respect for others and how to be a team player. My previous boss, Mike Crocker who is just one of life's nice people and whose management style I often try and copy and my Business partner and friend, Sarah Hole whose passion and enthusiasm for her craft is infectious; she really is an inspiration to anyone wanting to pursue a career in hairdressing.

If you could live anywhere in the world where would it be and why?

There are many places I have been to and so many I would still love to visit but as yet none have the pull of where I live. The Dorset countryside and Jurassic Coast take some beating and I count my blessings living right in the middle of it all.

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CAROLINE LEVINE, LIFE, BUSINESS & MARKETING COACH Caroline Levine

I coach amazing women who want to live with freedom, adventure, grit and spirit! As a trained Coach, I bring experience of having built two successful companies in marketing and events.

What is the secret of your success?

I combine mindful action with goals built on my core values. Backed up by consistent execution!! The secret of any success is to combine right action with right intention! To live your biggest dreams, you have to venture into the unknown, face your fears and stretch far beyond what you think is possible. Having the right coach helps to keep on track and never wobble!

How do you achieve work/life balance?

As Lao Tzu once said, "less is more". So learning to say 'no' is key to balance. Our greatest achievements are delivered with 20% of our effort (80:20 rule) - so the key is to de-clutter and focus on the 20%! Taking

time to meditate through the day, to exercise or walk in the forest, helps me stay fresh and balanced.

Who inspires you most, either in work or at home?

I read avidly and listen to podcasts from Batgap/Tim Ferris that spark my mind. Just being in nature is energising. I love running through magical forests and local beaches, appreciating the beauty of life. I follow a Kundalini yoga practice that fires my spirit. I'm grateful to have meaningful work where I'm often in awe of the fabulous women I coach.

If you could live anywhere in the world where would it be and why?

I'm lucky to have travelled extensively in Africa, Asia, Europe and Central/North America. I'd explore more! To choose just one place would be the enchanting Aix-en-Provence. I lived in France for 6 years and I'd return in a heartbeat! I miss the romance of the language, the beautiful architecture and climate.

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LUCY TABBERER, HEAD OF ART LUCY BENTLEY, ARTIST Hanford School

I am an artist and Head of Art at Hanford School. In June, at Hanford, we are running an Arts Festival and taking part in Dorset Arts Week.

What is the secret of your success?

I think failure is the secret of any success. I try again and again to get my drawings right, to work constantly on my paintings, to keep practising and to expect failure and start again. I think you have to really love what you do, I so enjoy working with children and try to do it with great energy and humour.

How do you achieve work/life balance?

I really love my teaching and I draw all the time in my job. I have a studio at home in my garden where I am currently working on illustrating a French text book and a children's picture book. I have recently taken part in the Secret Wardour Postcard Exhibition to be held at Messums in February to raise money for Wardour School.

Who inspires you most, either in work or at home?

I am most inspired by the energy in people that give a great deal, who are intrepid and want to achieve things. Working with young people is so very inspiring. I was artist in Residence for Horatio's Garden. The people I met and the volunteers who helped were extraordinary, that experience inspired me to illustrate a book.

If you could live anywhere in the world where would it be and why?

A Hebridean island with wild seas and otters on the beach next to the cottage. it's weather and exciting seascapes are forever changing and that's very inspiring. However, I love Dorset where I live with views of Win Green so I think I will stay there!

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