

Who is he? Who are they?

Mike Turner

A LinkedIn profile, Twitter account or Facebook page is no longer a nice touch, but a vital part of being in business today.

The problem is that with so many different channels and a busy schedule, how do you choose the right place to network and make the most of the time you spend online?

Mike has been coaching business people to make a success of social media since 2008 and together with a small but highly skilled team he's developed specialist training and services aimed specifically at business owners and professionals just like you.



10am

Getting Social

Julian Summerhayes

A lawyer, coach and speaker Julian is a well-respected voice in his three fields.

As a lawyer he deals with a range of commercial matters; as coach, he helps businesses maximise their investment and improve employee engagement.

In his role as speaker, he shares his experience of the changing face of work, the conscious business movement and radical self-enquiry to enable owners (and staff) to show up as their true self, and not live a shadow existence.



10.45

Getting deep

Martin Miller

Most people don't like selling because they think they have to behave in a certain way and say things that can make them feel uncomfortable.

Martin is great with people, he knows how to deal with them, he knows how to handle them, he knows how to get the best from people. He has a no-nonsense approach to business and a unique flip on life and will encourage you to think in different ways that will help you get to where you want to go in life, love & business.



11.30

Getting it done

Alan Stokes

Alan Stokes is a Clinical Hypnotherapist, and throughout his career has seen a wide range of issues and problems people have from stress and anxiety.

The stress that social media, work expectations, networking and selling all put on us, the difficulties we can face as SME's and people behind the branding can create stress. Alan will be engaging with the audience, discussing stress in our lives and workplace, how we interpret and how we deal with it and indeed what we could do differently.



12.15

Getting over it

Edward Buckingham

In September 1999 Ed conquered Kilimanjaro. What followed in the next fifteen years was beyond his wildest dreams.

Born, raised and still living in Cornwall today Ed is the first and only Cornishman to climb Everest! He went on to climb each of the highest mountains on the seven continents and in 2013 was recognised by the Cornish Gorsedh award for Exceptional Endeavour

By 2014 Ed had completed the seven summits challenge and has shared his experiences in a book. Alongside being a writer Ed is a motivational and inspirational speaker.

His message is not that everyone should climb Everest and yet it is clear that trying to climb every mountain may just be possible with self-belief.



14.00

Getting up it

Business Genie Question Time

Some of our presenters will join us in the main exhibition space, dangling legs over the stage, they will answer, debate and discuss questions from the floor, from their presentations and from their experiences. Be careful what you ask!

Hold on to your seats, it's going to be an experience not to be missed!



14.30

Getting through it

16.00

The end of the show show where Business Card draws take place, the Business Show Selfie Competition Winner(s) are announced and any other prizes/charity auctions are held.

Exhibitors are asked to pack away no earlier than 16.30

