



Mandy Aulak

BUSINESS: Talem Law
WEBSITE: talemLaw.co.uk

MANDY AULAK

Q *What originally inspired you to launch your business?*

A My son is the inspiration for launching Talem Law back in 2017. At age 3, my son was diagnosed as autistic, and this introduced me to the world of Special Educational Needs (SEN) law. Having put in place the infrastructure to support my son in school, I realised that I wanted to help other parents too, as well as continuing my practice as an employment lawyer. So, I combined the two and with my business partner, Sean Kennedy, and we launched our firm specialising in employment and SEN law.

Q *What do you think makes your business different?*

A We have established a reputation of being experts in disability in both the classroom and the workplace. This is driven by our personal circumstances which gives us an innate understanding of the issues our clients experience.

We are also not afraid to be unique. We started our virtual business way before the pandemic, and now others are catching up!

We mark *International Women's Day* this month by meeting 13 inspirational ladies in business

Q *What's new for 2023?*

A Last year I co-authored the "No-nonsense Guide to Disability Law in Education", which was a very proud moment, and there will be some updates planned for that publication this year. I was also nominated and selected for inclusion in the "Women Who Will" report which aims to shine a light on exceptional women in the legal industry recognising those who have shown exemplary leadership, vision and action in the legal community. This was a major honour for me and will be hard to beat, but there will be some celebrations of that achievement planned for later this year along with my peers who were also selected. I am hoping to consolidate our reputation in our niche area and to launch the "Talem Toolkit" – a compliance toolkit for employers to support their disabled staff. I may even write a book!

Q *Out of work, where do you like to go?*

A For a bit of retail therapy, I will usually head to Debra's in Chigwell. Loughton has a good selection of places to eat, so I will often suggest meeting a friend for lunch or coffee somewhere along the High Street. When I am feeling creative, I enjoy ceramic painting (usually with my son) at Creative Biscuit in South Woodford.

Q *What do you always make time for?*

A My son. He is the reason I co-founded the business so that I could work around him. I also try to maintain my own wellbeing by a weekly visit to my jin shin jyutsu practitioner in Buckhurst Hill.

Mary Anne Fedeyko

BUSINESS: Thompson Smith and Puxon Solicitors
WEBSITE: tsplegal.com

Q *What originally inspired you to work for your business?*

A I originally trained and qualified as a lawyer in Canada, then moved to the UK to work for Freshfields, a large international firm. When my husband and I decided to start a family I thought it would be best to work closer to home. I interviewed with several different law firms in the area, but found Thompson Smith and Puxon fully behind work life balance; it also had a superb client base and a very bright, affable group of partners – to me it seemed the perfect combination.

Q *What do you think makes your business different from the competition?*

A Our firm stands out for its unique combination of history, expertise, and culture. Client satisfaction is a key priority for us; we are committed to listening to our clients and making sure they have easy access to the legal advice they need. What also sets us apart is our friendly and supportive environment, with a perfect blend of commercial awareness, which benefits both our

clients and employees. This has resulted in high retention rates for long-serving staff, making TSP a great place to work.

Q What's new for 2023?

A We have invested heavily in technology, which will allow us to remain at the forefront of the legal industry, providing cutting-edge solutions to meet the ever-evolving needs of our clients. We have also ramped up our key client listening programme, which will ensure that we remain aligned with our clients' needs and expectations.

Investing heavily in our staff is also a key priority. Our mentor-led rising stars programme provides opportunities for our employees to grow and develop within the firm, ensuring that we have a pipeline of highly skilled and talented individuals who can continue to drive our success.

As Colchester becomes a city in 2023, we are eager to work alongside local businesses and authorities to ensure that the local community benefits from this exciting opportunity.

Q Out of work, where in the local area do you like to visit?

A The Walton Backwaters. I love all water-based activities (swimming, windsurfing, sailing, and kayaking) and so it is the perfect place to spend time. I have to admit, it's on my doorstep, so I don't have to go far to visit!

Q What do you always make time for away from work?

A Family, friends and exercise, the latter preferably outside in the fresh air.



DAVEENA SEEPAUL

Daveena Seepaul

BUSINESS: Edwards Duthie Shamash Solicitors

WEBSITE: edwardsduthieshamash.co.uk

Q What originally inspired you to work for your business?

A I joined Edwards Duthie Shamash Solicitors four years ago, coming in as Head of the Residential Property Department, having come from being a Partner at my previous firm. My varied and interesting role at EDS was actually created for me, and really inspired me. It was the perfect opportunity to use my interpersonal skills, along with my legal knowledge as a Solicitor to develop and grow the Department.

Q What do you think makes your business different?

A EDS offers a host of comprehensive legal services, and we have so many talented lawyers. We really are an individual firm, with well established roots in the local area, I feel that being part of a firm that has strong values embedded in equality and inclusivity really makes us stand out. I am also very lucky to work along some amazing women: Anna Orpwood who heads Probate, and Jo Cullen who heads Employment to name but a few inspirational ladies.

Q What's new for 2023?

A To carry on growing my much loved property department across our

Offices, and continue to provide an outstanding conveyancing service to my clients. I am passionate about what I do, and want to be delivering my friendly upbeat Legal Service to as many people as possible, and build strong links in the community.

Q Describe a typical working day?

A Pacey and engaging, I have a lot of interaction with my clients and people in the industry, which is very important to me, and I spend a lot of time on the phone (I am very chatty!). I like to flex-adapt with the needs of my clients.

Q Out of work, where in the local area do you like to visit?

A I live in Chigwell, and really enjoy socialising. I am often out, eating in the local area with my friends, as well as with my family. Some of my favourite places to go to are The Deli in Chigwell, and Provender, and I always enjoy a glass of wine at The King William! It is always fun to have a picnic in Hainault Forest in the summer.

Q What do you always make time for away from work?

A I have twin daughters, they are our priority, and they keep my husband and I very busy. The girls and I spend a lot of time in the kitchen, usually baking and cooking from scratch. I am keen to have as many experiences as we can, I am always ready to have a getaway with them! Definitely weekends away in the UK, and holidays abroad. My parents live locally, my Dad always has, and continues to inspire me every day. I always try and make time for my family.

MARY ANNE FEDEYKO





RIA CARROLL

Ria Carroll

BUSINESS: Owner of Ri Ri's Prom and Outlet / Owner of Rivers Bridal

WEBSITE: riris.co.uk / riversbridal.com

Q *What originally inspired you to launch your business?*

A I've always had a passion for fashion, but could never find any stores that did unique outfits without having to travel to London to find it. I saw a gap in the market for luxury party wear, but over the years we naturally fell into the prom side of things and then into bridal.

Q *What do you think makes your business different from the competition?*

A We run our businesses from High Street stores, not an out-building, warehouse or unit on an industrial estate, which I think makes us ultra premium. Our shops are extremely beautiful with no expense spared on decor and finish. They are quirky and unlike any other prom shops anywhere in the world and of course that makes them very 'instagrammable'. We want to make your prom or bridal shopping an experience that you will remember forever and want girls to say 'WOW' as soon as they walk in the door.

Q *What's new for 2023?*

A Our brand new bridal store, Rivers Bridal, is launching on Billericay High Street and we are also arranging a Prom event in November to celebrate our ten years in business. A chance for all our customers to wear those

special dresses they have purchased and we will have some very special performers to make it a night to remember! I am also taking all of my staff away on holiday this summer to thank them for their hard work.

Q *Describe a typical working day for you?*

A I usually get into the shop around lunchtime after one of my amazing staff has opened up the shop. We attend to any voicemails and usually steam customer ordered dresses for a few hours before the mad after school rush begins. We get all the dressing rooms prepared, make sure we've got all our beverages stocked up for the day to keep our happy shoppers' thirst quenched, and then it's just about making sure each and every one of our customers are sufficiently seen to and happy.

Q *Out of work, where in the local area do you like to visit?*

A Well, I'm a born and bred Billerician, and I'm so proud to be part of the fabric of our High Street. I honestly feel so supported by my community and there is a lot of love for Ri Ri's, which I am so grateful for. Thankfully there are a lot of local businesses that I love frequenting so I don't have to travel far to get what I need, plus I love to support small and local businesses rather than big chains. Nu Rose is a favourite of mine, socialising at Harry's Bar and I get my lunch everyday from Ravens Bakery. I also love to walk my dogs at Lake Meadows and feel genuinely grateful such a beautiful place is on my doorstep.

Sharron Roat

BUSINESS: Abbotts Travel

WEBSITE: abbottstravel.com

Q *What originally inspired you to work for Abbotts Travel?*

A I've been working as a Travel Agent since 1978, joining Abbotts Travel in 1994, I also manage the team.

After being out of the travel industry for seven years, as a full-time mum, I wanted to go back to work locally for an independent travel agent. I saw an ad for Abbotts Travel, who were long established in the local area. I posted my CV through the letterbox and was interviewed the next day. Julian Abbott still jokes that he took a chance on me as I'd been out of the travel industry for a few years raising a family. Some 29 years later, I'm still here!

Q *What do you think makes Abbotts Travel different from the competition?*

A Customer service, attention to detail, and very high standards. A luxury, tailor-made agency, we're able to access exclusive new destinations and hotels. Finger on the pulse, we're one step ahead from the rest of the market, aware of new places first, which makes us stand out from the competition.

Booking holidays to suit clients' needs, we package it specifically and hand-hold the client from start to finish. Offering a concierge service and going the extra mile, ensuring the ultimate experience.

Abbotts Travel also has fantastic relationships with hoteliers and tour operators to give our clients that bit extra. With years of combined experience in the travel industry, we find the perfect holiday to tick all the boxes.

Q *What's new for 2023?*

A People are keen to do bucket-list destinations since travel was suspended and because life is too short! Cruising is really popular as you can visit several countries and people want to see more of the world. Clients are looking for more adventurous, interactive or niche holidays.

“PEOPLE ARE KEEN TO DO BUCKET LIST DESTINATIONS ”

Q Describe a typical working day for you?

A First, I check my emails, then several face-to-face customer appointments booking holidays to different destinations. It's non-stop as we're so busy. Suppliers visit to update us on new hotels and openings. Making connections and networking means we can continue to offer our clients the best of everything.

Q Out of work, where in the local area do you like to visit?

A I have family in Epping and enjoy Epping Green and peaceful, countryside forest walks with my great-niece and nephews. Tandoor At The Chambers in Buckhurst Hill is my favourite curry house for a meal with friends.

Q What do you always make time for away from work?

A I make time to cook dinner for family and friends. I love to spend time with my son's French bulldog Dudley. Dog-sitting encourages me to go for walks in Chigwell and catch up with family.



Soo Turner

BUSINESS: Turner Art Perspective

WEBSITE: turnerartperspective.com

Q What originally inspired you to launch/work for your business?

A I was 19 when I started my business, Interior Angle – art gallery & framers, in Chelmsford. I had studied art at school and college and have a great love for retail, so my ambition was to combine these interests by opening my own shop.

Q What do you think makes your business different from the competition?

A Passion, honesty and loyalty. Too many galleries claim they can guarantee investment returns in the art world today. Unfortunately, we are an unregulated market, so anyone can claim to be an art dealer and escalate prices. I will always sell art based on my client's taste. If you love the art, you will love it forever and if it increases in value, that is a bonus. I have worked in the industry for nearly 30 years and have been able to spot great artists to work with. We were the first gallery to show the sought-after Connor Brothers, so my clients all purchased early at extremely low prices.

Q What's new for 2023?

A I have two great gallery spaces in addition to two online sites. It is always exciting when you grow artists. Before the pandemic we were exhibiting all over the world at international art fairs. We have continued to exhibit at art fairs in London, and 2023 sees us

expand to show in Cheltenham in April. I have been working with Selfridges for many years. Our gallery brand, Tap Galleries are the gallery online at Selfridges. It would be amazing to develop this with them further.

Q Describe a typical working day for you?

A In 29 years, I have never had a typical day at work. From choosing new collections to sell, new artists to work with, organising events in the galleries, house visits, curating shows... the list goes on.

Q Out of work, where in the local area do you like to visit?

A I live in Burnham-on-Crouch, everything I need in my downtime is there. I have a German Shepherd, which I love walking, and love sailing and paddle boarding.

Q What do you always make time for away from work?

A I am not big on holidays because work is always so busy. But nothing gets in the way of my skiing holidays.

Q Where do you see yourself in five years?

A I would like to expand the gallery concept with another store. It would be great to get back into Chelmsford and bring back great, collectable art for the town. I also run a reusable art packaging company, which I am striving to change the art world to become more climate aware. I developed ArtPakk, a protective art bag to store and move artworks. The plan is to make the industry bubble wrap free!





FULVA GIUST

Fulva Giust

BUSINESS: The Giust Practice
WEBSITE: fulva.co.uk

Q What originally inspired you to launch your business?

A I have always had a passion for client-facing businesses having been raised in the catering sector where service matters. I moved into financial services on leaving school and discovered a way to enhance several of my strengths: The ability to listen; The ability to analyse; The ability to encourage solution-based thinking.

Twenty eight years ago I decided that to create a Client-Focused Advisory service I would be best able to serve my clients by setting up my own practice in Wealth Management. I also wanted to offer a professional approach to client administration, the best technical support available and a genuine guarantee of advice to my clients so I joined the partnership of St James's Place.

I have been running my practice, successfully, since then advising clients of all backgrounds how best to create financial freedom for themselves and their families.

Q What do you think makes your business different from the competition?

A Authenticity: I genuinely care for my clients and have built long-term and long-lasting relationships with them. Integrity: we meet the expectations that we agree with our clients. I

employ a great team that adheres to this rule, because it matters. Honesty: clients know if you are interested in them and their financial well-being.

Q What's new for 2023?

A I'm planning on completing my Chartered qualifications. Whilst I don't believe that they will change how I relate to my clients it will deepen my learning and I'm a great believer in being open-minded and seeking knowledge. It's not an easy task, but one I feel ready to tackle now that the children are off my hands!

Q Describe a typical working day for you?

A My best days are those in front of my clients, so I aim for 2 or 3 meetings a day. The rest of the time will be spent in the office working with the team to ensure we deliver quality advice and client servicing.

Q Out of work, where in the local area do you like to visit?

A I'm a club runner with Orion Harriers so I do spend a lot of time in the forest! Otherwise you'll find me making the most of our great range of restaurants including my favourite, TDH (Manos and his team are just great people).

Q What do you always make time for away from work?

A My running! I think getting out into the fresh air is vital for clarity of mind and if nothing else, lockdown taught us how important that is.

Serena Busman

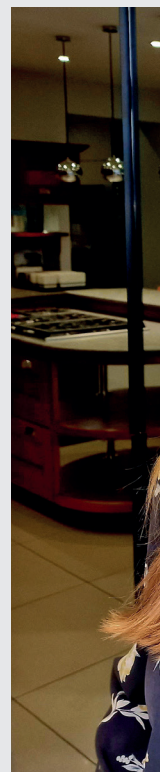
BUSINESS: West End Interiors
WEBSITE: westendinteriors.co.uk

Q What originally inspired you to work for your business?

A I have worked for West End Interiors since I was 19-years-old. I was recruited from college as an artist preparing hand drawings of high-end kitchens and bedrooms - before the days of digital CAD presentation. From there I developed a passion for design and quality products, learning both the skills for design and how to successfully run a business from the bottom up! I loved the feeling of making a sale, knowing the client was entrusting me to make the kitchen or bathroom of their dreams and the excitement of creating their unique special space.

Q What do you think makes your business different from the competition?

A We take great care and consideration in our designs before presentation to provide the best outcome for our clients' needs. We try to think of everything the client could possibly need in addition to their requests, using our wealth of experience to bring solutions with a visual pleasure. We are not afraid to explore the architecture of the room, suggesting walls down or doorways



and windows moved if beneficial to design and ergonomics of the space.

Q What's new for 2023?

A Kitchen and interior fittings are very exciting right now, there are many rich materials and colours available at all budgets to be creative with. I think the best trends for 2023 are warm and rich neutrals, brushed bronze metals and a less minimalist living. Open shelving and greenery for a more earthy vibe.

Q Describe a typical working day for you?

A Busy! Alongside running our own fully fitted projects, we often collaborate with builders to ensure we all deliver to the clients' high expectations, so I am often on site checking progress and measurements as the building evolves. Otherwise, I am meeting with new clients in their homes for site surveys or presenting new design projects in the showroom – with our own CAD system!

Q Out of work, where in the local area do you like to visit?

A I love living in Shenfield with its village-like appeal and many green open spaces for long dog walks. We have many individually owned shops on Hutton Road (many of which are female owned) serving the community on a personal basis so it feels like a very collective and inclusive place to be.

Q What do you always make time for away from work?

A Travel! As intrepid backpackers from a young age, my husband has kept us travelling and exploring the world, giving us important family time together and vital rest time for me.



VICKY GRAMMATIKOPOULOU

Vicky Grammatikopoulou

BUSINESS: Vie Aesthetics

WEBSITE: vie-aesthetics.com

Q What originally inspired you to launch your business?

A I think my inspiration is rooted in my background in teacher education and in my passion to make a difference in peoples' lives helping them achieve their goals, raise their confidence and get their mojo back. I did set out promoting a positive body image and love connecting and building relationships – with clients, staff and the community.

Q What do you think makes your business different from the competition?

A We are CQC regulated and offer bespoke, tailored and highly personalised treatment plans by highly specialised medics. Among over 27 awards, we were named "Best Aesthetic Practice Globally" for 20/21 and our results, customer service and safety record are constantly praised by our clients in over 2,500 verified 5-star reviews.

Q What's new for 2023?

A We have set up a 360-degree medical private menopause service, which includes blood screening and diagnostics, medical weight management, HRT prescription, nutritional coaching, intimate health procedures and life coaching. I feel very strong about

supporting and empowering women through this exciting phase of their lives.

Q Describe a typical working day for you?

A A good morning routine sets me for the day: a gratitude journal, a morning walk, a 5-minute meditation and goal setting. I am usually in one of our clinics in Essex, London or Germany 9-5 and no day is the same, really. I go swimming after work, dancing or meet friends. I find cooking dinner very therapeutic and I can't always resist a bit of Netflix binge-watching.

Q Out of work, where in the local area do you like to visit?

A Our local area is so beautiful. I never miss an opportunity to catch fresh air and have a nice meal or tea by the waterfront in Southend and Leigh-on-Sea; we are so lucky to be so close to the water. I love walking my dog in Hockley Woods regularly too.

Q Where do you see yourself in five years?

A I hope to continue living my motto: "Celebrating the beauty of life", living in the present moment, surrounded by loved ones and having more time to travel.



SERENA BUSMAN

Tracey Hatch

BUSINESS: Raspberry Interiors

WEBSITE: raspberrypiinteriordesign.co.uk

Q *What originally inspired you to launch your business?*

A I believe the decision to run my own business came from a desire to not feel restricted in life. I watched my Grandmother relish running her own printing company, I grew up hearing her talking passionately about how her work was such a pleasure “why would you want to work for someone else?” She was a great influence on me.

Q *What do you think makes your business different from the competition?*

A Raspberry Interiors has three generations working within it. We have me, the wise one in her 50s with years of experience, we have Abby (my daughter) in her 30s who keeps ideas fresh and vibrant, and we have Laila in her 20s who brings in all her technical skills and energy. That’s why our designs are a good mixture of us all, a great mix of old and new.

Q *What’s new for 2023?*

A We moved to The Barn in Ingatestone April last year and renovated one section, which is now our working studio. Clients love coming to us to go through designs, it’s such an inspiring place. This is the year we want to break into the next section of the barn and create a beautiful showroom, showcasing more of our work.

Q *Describe a typical working day for you?*

A I have always been an early riser so I get to work around 7am. I treasure those first few hours of uninterrupted quietness. It’s rare for me to be at my desk for a whole day. I am often found on a building site directing trades, or sitting at a clients dining table going over their designs, popping into a tile shop or flooring showroom to pick samples. To keep the business flourishing I try to tackle three areas of business every day. One thing from the past like profit and loss, one thing from the now like putting designs together ready for a presentation, and one thing from the future, such as speaking to architects about future projects we could be involved in.

Q *Out of work, where in the local area do you like to visit?*

A Since moving to Ingatestone we are lucky to have The Star on our doorstep. Lovely, warm atmosphere and great food.

Q *What do you always make time for away from work?*

A Like my Grandmother, I actually feel work is my home, it’s the place I want to be even on a Sunday. Having a fairly large extended family there’s normally something going on. When my daughters were growing up I used to always be the one throwing parties and entertaining, but not so much these past years. Life takes you through different phases doesn’t it – I have always loved every phase, just like I love right now.



“I WANTED TO PLAY A PART IN HELPING OTHERS MAKE THEIR HOME THE BEST IT CAN BE”

Rachel Addison

BUSINESS: Benems (Carpet, Flooring, Fireplaces and Homewares)

WEBSITE: benems.co.uk

Q *What originally inspired you to launch your business?*

A Well Benems is an anagram of my children’s names (Emma & Ben), and they were very much my primary focus as I began, and that was over 30 years ago. I wanted to build a business that would support us all. Also, I take great pride in the home – I think we all do, and with good reason. I wanted to play a part in helping others make their home the best it can be.

Q *What do you think makes your business different?*

A I like to think our customer service is second to none; from the moment you come through the door and we discuss your vision, be it for the home or the workplace, and then onwards to selecting what will realise that vision through to fitting it all. It’s why people return time after time. Well, that and the fact we can’t be beaten on price. Our team are most certainly the dream team, and customers’ testimonies and referrals support this so we all care.

Q *What’s new for 2023?*

A New stock, new suppliers, and an expansion on our homeware goods; it’s great when someone comes in for a carpet and is able to add a cushion



RACHEL ADDISON

or candle they weren't expecting. Plus, I love finding those quality pieces that are perhaps a little different.

Q Describe a typical working day for you?

A I'm up with the lark, and rising at this time gives me some rare quietness. This is usually when I look at any possible changes/additions on our website and also doing my social media, as there's little chance once I've arrived at work. So then it's into the office bright and breezy, and away we go until closing. There's no denying it can be exhausting at times because we're a small staff and extremely busy, but I really can't complain about that, I wouldn't have it any other way.

Q Out of work, where in the local area do you like to visit?

A It has been said I'm a social butterfly – work hard, play hard at times, at several local restaurants, or for that extra treat we head into London to catch a show or some amazing singers, together with a lovely meal. Such events also provide me with the opportunity to catch up with friends.

Q What do you always make time for away from work?

A Family. I do think of work as family too, but I'm never happier than being with my son and daughter, along with my grandsons who thankfully live close by. My sister and brother come to visit regularly too. The other thing, although a much rarer occurrence, is to take a holiday in the sun.

Daisy Pegrum

BUSINESS: Haslers

WEBSITE: haslers.com

Q What originally inspired you to work for your business?

A I was inspired to work for Haslers to support my growth and join an ever growing firm. I knew Haslers were a training firm and could offer the support and time needed to develop and use my skills I had already gained. I also saw how others had been promoted from within. This allowed me to see a long term future at Haslers. Haslers also offer a big feel firm with the hands on approach of a smaller firm, with a huge variety of clients to support.

Q What do you think makes your business different from the competition?

A Haslers allows clients to manage all elements of their businesses under one roof. This gives clients the chance to focus on what really matters: their business. We take the worry away from the day to day finance function. Haslers offers hands on support and cares about the businesses we work with. We tailor our work to the needs of our clients and appreciate there is not a one size fits all approach.

Q What's new for 2023?

A New for 2023 are changes to VAT reporting and penalty structures, which will mean clients who have

not required support with their VAT returns before will require our help. This may result in complete changes to record keeping systems and software which we will help implement and manage. We will also continue to navigate new budgets and economic uncertainty with our clients to ensure each business is trading as effectively and efficiently as possible.

Q Describe a typical working day for you?

A A normal day involves preparing, reviewing and discussing client management accounts, year end accounts, VAT returns and dealing with correspondence from clients and other parties such as HMRC. Other days may include visiting clients at their premises, attending board meetings or assisting with the implementation of accounting software and systems. During my day I help to oversee and support the Haslers accounts team.

Q Out of work, where in the local area do you like to visit?

A I enjoy visiting local restaurants and shops to catch up with friends. I also enjoy walks in Epping Forest with my one-year-old cocker spaniel, whose personal favourite spot in the local area is any muddy puddle he can find.

Q What do you always make time for away from work?

A Time for family is most important outside of work.

DAISY PEGRUM





RACHAEL HIGGINS

Rachael Higgins

BUSINESS: John Fowler Solicitors

WEBSITE: johnfowlers.co.uk

Q *What originally inspired you to work for your business?*

A I studied Law at university and loved the fast paced dynamic industry. Before I graduated I started working at the firm part time to gain experience and then continued once I graduated and completed my training. I loved the fact that the business I work for was a long standing reputable firm which had been in the city centre for years and had a great reputation.

Q *What do you think makes your business different?*

A The firm I work for is an established business dating back to the early 1900s. It provides a friendly and personal approach and we have various offices in Essex. I believe that villages/towns prefer a local solicitor and friendly firm.

Q *What's new for 2023?*

A John Fowlers LLP turns 100 years old at the end of this year. I'm sure this will bring much excitement within the firm. Stay tuned.

Q *Describe a typical working day for you?*

A On a typical working day I get to the office at 7.30am, review my emails and prepare the day ahead. I schedule work and dictate for my secretary and then deal with incoming emails, post and correspondence from other party solicitors. I also prepare for any conveyancing completions for the week or any appointments with clients.

Q *Out of work, where in the local area do you like to visit?*

A I like to visit Chelmsford, which is about 20 minutes or so from the office. It has a great variety of shops, restaurants and bars which is nice to visit on the weekend. As it is a university town they also always have markets on or events!

Q *What do you always make time for away from work?*

A I always make time to exercise either at home or at the gym after work. It is great for mental wellbeing and allows me to switch off after a busy day at work. It is important to have a good work/life balance so I tend to start work earlier to allow myself time in the evening for a HIIT class!

Charlotte Fuller

BUSINESS: Haslers Marketing

WEBSITE: haslers.com

Q *Tell us about the business you work for today?*

A I am lead marketing consultant for Haslers Marketing. We help businesses with a whole host of marketing activities and tools, helping clients to communicate effectively with their customers and potential clients along with improving their brand awareness.

Q *Out of work, where or when are you happiest?*

A One is walking through the beautiful countryside where I live with my children (Dorris aged 9 and Herbert aged 5). I also enjoy popping to the local pub with my husband for a cheeky glass of wine. I also really enjoy crafting.

Q *How do you ensure a work/life balance?*

A Since Covid lockdowns, which meant working from home a lot more, I have had to be conscious of ensuring that I have downtime away from the laptop as it's easy for time to slip away. I now make sure that when the children finish school I am present in their lives.

Q *Where do you live and what do you love about it?*

A I live in Henham, which is very rural. I love that I live in the countryside. We stick our wellies on at the weekend, walk over the field to the local pub, and then walk back taking in the beautiful scenery.

Q *If you could go back in time and offer yourself one piece of advice, what would it be?*

A Have confidence in yourself and know your worth. If you work hard and put in the effort anything is possible. 🙌

CHARLOTTE FULLER

