



The Wonder Women Network

Championing the business wonder women of Greenwich & Blackheath

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Congratulations to the winner of the Wonder Woman of the Year 2012: Shenda Falvey

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March 8, 2012 by Natalie Strong



On this very special of days, International Women's Day, I am excited to announce the winner of The Wonder Women Network's Wonder Woman of the Year 2012.

Winning with 23% of the votes, Shenda Falvey of Shenda Falvey Personal Training and Bootcamps is to be crowned this year's winner. Many, many congratulations to Shenda who is a truly deserving winner and who will be receiving a Social Media Marketing Package from The Wonder Women Network as a prize.

Thanks also to Shenda for donating six bootcamp sessions as a prize to a voter chosen at random - they have been notified of their brilliant win.

Congratulations must also be given to Chantal Fabrice who was just one vote behind and to Joy Neal of Blackheath Cooks who followed closely after.

Shenda, Chantal and Joy are just three of The Wonder Women Network's inspirational local business women who should all be celebrated today for their hard-work, determination and for the services and products they share with our local community (and beyond).

Shenda Falvey

Personal Training & Bootcamps

Shenda offers personal one-to-one training and runs regular bootcamps at Central Park on the Greenwich Peninsular, that cater for all ages and abilities from new mums to marathon winners. To find out more, read her full profile here:
<http://www.thewonderwomennetwork.co.uk/2011/10/personal-training-and-bootcamps-from-wonder-woman-shenda-falvey/>

Here's what some of the voters had to say about our worthy winner:

"Shenda should win for her determination and success at designing programmes that are affordable and make fitness accessible to working parents. She provides a really friendly training experience that embraces all abilities. I really admire her for making such a success of her own business in such a short amount of time whilst being a mum of two".

"Shenda is very professional, knowledgeable and she really engages to deliver a very high quality and value for money personal training session! Oh and its fun too!"

"I've attended Shenda's bootcamps on a regular basis and 24/7, come rain or shine, she bounds around with buckets of energy. She truly is a WONDER WOMAN - she makes juggling life look effortless and is a great inspiration to women of Greenwich!!"

Chantal Fabrice is a therapist and a healer whose passion in life is to help people let go of any negative emotions and fears that hold them back from expressing and living out who they truly are.

Chantal's mission is to empower women both in general and particularly in childbirth. You can read more about her here: www.soundbirthing.co.uk

Chantal's fans enthused:

"Chantal has a wonderful way of communicating with people and making them feel comfortable, whilst helping them achieve their goals"

"Chantal helps moms and dads to have a beautiful and peaceful birth and helps the babies to come to this world with a peaceful beginning"

"Chantal is inspirational, authentic and makes the world a far, far better place"

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WHAT IS THE WONDER WOMEN NETWORK?

The Wonder Women Network is a network of 'wonder women' entrepreneurs, living & working in the Greenwich & Lewisham boroughs.

The Wonder Women Network connects its members with each other - via regular networking events - and passionately promotes them to their local customer base.

If you don't have the time or inclination for that all-essential social media marketing, the Network can do it for you.

With 60 wonder women members and an ever-growing local following of hundreds, you can't afford not to join. The Wonder Women Network: connecting local business women with the local community and each other.

Contact natalie@thewonderwomennetwork.co.uk or call 07811 388408 (mornings only) to find out what else the Network can do for you.

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"I believe that Chantal Fabrice should be crowned Wonder Woman of the Year as she is a very determined, committed and passionate woman who works tirelessly in order to make a real difference to people's lives".

In the words of someone who voted for Joy Neal of Blackheath Cooks: *"Joy is an inspiration to everyone. At a really difficult point in the recession Joy was brave enough to launch a new business- and what a business. It's so welcoming for people of all ages, and empowering too. Both myself (61) and my 8 year old granddaughter have learned new cooking skills, and her shop is a joy!!"*

Others went on to say:

"Joy has developed her business with great enthusiasm and energy. She provides a fantastic range of cookery courses for men, women, children and teenagers. The shop at the Standard is a great resource and not too expensive. She is a real 'can do' person and an inspiration to all who meet her".

"She's completely transformed the Blackheath Standard area and reinvigorated the community spirit. Her passion, enthusiasm and, as her name says, joy for life and the local area is a real inspiration".

Joy's full profile and details of what she can offer you can be found here.

<http://www.thewonderwomennetwork.co.uk/2011/11/blackheath-cooks-where-joy-puts-the-joy-into-cooking/>

Thanks to all who voted and many congratulations again to our winner Shenda Falvey.

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: *Body, Mind and Soul, The Wonder Women Network, Wonder Women Member*

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