

00:23:57 David Leen: David Leen - Formation - Home Office - Small office furniture and refurb. Save you back.. get a proper office chair ! - 07960045948

00:25:37 Helen Tuddenham: yes it is @clare

00:25:50 Clare Jones: Thanks Helen

00:36:18 Clare Jones: Please do drop your company name and contact details here if you're happy to share

00:37:04 Gary Smith: Gary Smith - Simply Business Finance
www.simplybusinessfinance.com

00:37:11 Clare Jones: Clare Jones Bright Light Film, I help business's with their video marketing from filming, film coaching to editing clare@brightlightfilm.co.uk 07966 52294

00:37:36 Mark Vaesen: Mark Vaesen from Tomango - branding and web design experts. www.tomango.co.uk 07989 599973

00:38:00 Sara Harding: Sara Harding- Digital Marketing, Get Marketing Ltd
07966039740 saraharding2016@gmail.com

00:38:12 Lynn Tulip: Career development professional,
www.assessment4potential.com - working with individuals experiencing career transition and supporting many furloughed or redundant employees at the moment.

00:38:20 Zoe Daines: Zoe Daines Freshmill - small private offices, meeting rooms and co-working in Haywards Heath - www.freshmill.co.uk 01444 224400

00:38:29 Richard Beeforth: Richard Beeforth, Sussex Print. 07798 661262,
richard@sussexprint.com Paper print, design, signage, promotional branded products. Its always personal, I'll treat your project as mine.....delivering quicker, cheaper, better than doing it yourself.

00:39:14 Phil Tolhurst: Phil Tolhurst - Plain Speaking Financial Planning Ltd 07802 814771 www.plainspeakingifa.co.uk

00:39:14 Helen Tuddenham: Helen Tuddenham Consulting.
www.helentuddenhamconsulting.com, 07778 482400. Focused on helping professionals unstick themselves in their career through coaching and skills development

00:39:40 judi Arditi: Judi Arditi, Travail Employment Group. Local recruitment agency supplying temporary and permanent staff. judi@travailsussex.co.uk
www.travail.co.uk

00:41:00 Charlotte Haddow: Charlotte Haddow Sussex Mortgage Centre Helping you save money on your largest expense charlotte.haddow@sussexmortgages.com
07810860950 www.sussexmortgages.com

00:42:52 Simon Gregg: Simon Gregg - Extech Cloud - sgregg@extech.co.uk -
www.extechcloud.com Helping businesses to realise the benefits of using the cloud and helping to build a flexible business community. Always happy to connect and chat
<https://www.linkedin.com/in/simon-extechcloud/>

00:43:08 Richard Butcher Coast to Capital: Richard Butcher Growth Adviser, Coast to Capital Growth Hub, Business support for W. Sussex Businesses www.c2cbusiness.org.uk
rbutcher211@gmail.com 07725172027.

00:43:23 David Nalder: David Nalder
Procurement Specialist
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<https://www.linkedin.com/in/davidnalder>

I help businesses unlock cash for future opportunities through managing ongoing costs and suppliers.

00:43:30 Julia Meckael: Mid Sussex Wellbeing team - Free wellbeing MOT's, talks and lifestyle sessions to local businesses. Contact Julia.Meckael@MidSussex.gov.uk 07395 283602

00:46:29 Caroline Buchan: Caroline Buchan company commercial barrister and company secretary. Also a mediator, "helping businesses settle for more"! I do a lot of work around governance, fundraising and transactions (buying/selling businesses). Tel: 01444 482222. www.carolinebuchanbarrister.co.uk and www.mediatingworks.co.uk

00:49:26 Janee Nigos: I capture photos of flowers smaller than my wedding ring into an album of Tiny Flowers In A Ring. However, I am still exploring on how to monetize it. I am in Singapore. - Janee M. Nigos janeemn5@gmail.com

00:50:04 Clare Jones: Please share an image @janeen

00:51:18 Janee Nigos: Some samples on LinkedIn... Tiny Flowers In A Ring: <https://www.linkedin.com/posts/activity-6682821722988691456-5Pp8>

00:51:39 David Leen: Thank you Steve !!

00:51:53 Sara Harding: Thanks Steve!

00:51:54 Mark Vaesen: Thanks Steve, excellent *applause

00:52:02 Helen Tuddenham: that was excellent - a lot in there!

00:52:15 Phil Tolhurst: Thanks Steve

00:52:21 Lynn Tulip: Very thought provoking, thank you

00:52:39 Rocky Dattoo: Rocky Dattoo RAW - resilience and wellbeing. Resilience assessments and coaching for individuals and teams. Giving people the tools to thrive rather than just survive. Developing the skills to remain calm and focused in the modern working environment. rocky@resilienceandwellbeing.uk 07716 617852

00:52:46 Janee Nigos: Thank YOU for sharing Steve.

00:54:04 Nasser Elaheebocus: Thanks Steve...would you make the slides available. Very concise and precise advice buddy. Thanks Nass

00:54:13 judi Arditi: Excellent presentation. Was very helpful indeed.

00:54:18 Sara Harding: I have had to help clients understand how they can adapt and then we look at how their marketing fits into this plan

00:54:51 David Leen: I think ideas and time to reflect are so important. Great point Steve

00:56:11 Rocky Dattoo: Thank you, Steve, really clear and easy to follow, really helpful.

00:59:00 Steven Powell: Thanks Steve, it's good to make you think about strategies for tackling the future. We are now working with lots of new clients on entirely new products for Social Distancing. It has certainly kept things interesting! steve@freshdisplay.co.uk 01444 246546



01:00:43 Sue Llewellyn: The recording and the presentation will be loaded on to our website hhba.co.uk

