

# VIP EMPOWERMENT

## Press Appearances

**Independent** <https://www.independent.co.uk/life-style/health-and-families/epidermolysis-bullosa-bullying-skin-blistering-disorder-b2403107.html>

**Daily Echo** - <https://www.dailyecho.co.uk/news/24106350.entrepreneur-named-one-2024s-impressive-females/>

### Woman's Own

**Glam.com** <https://www.glam.com/1158703/should-you-make-smaller-resolutions-this-year-instead-of-huge-ones/>

**Popsugar** - <https://www.popsugar.co.uk/fitness/new-year-microolutions-49048481>

### Chat

**In Your Area** - <https://www.inyourarea.co.uk/news/health-skin-disease-books-i-was-bullied-for-my-skin-disorder-but-now-i-write-childrens-books-to-raise-awareness>

**Daily Express** - <https://www.pressreader.com/uk/daily-express/20220829/282256669306450>

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**Wales Online** - [https://www.walesonline.co.uk/news/real-life/i-bullied-called-freak-due-27631834?](https://www.walesonline.co.uk/news/real-life/i-bullied-called-freak-due-27631834?fbclid=IwY2xjawFBFrhleHRuA2FlbQIxMQABHW7ZjwabHzDoTdl8yIWkJ13puNwziC8mVZovuQ4p-qY42Hrq-j0O5hWj_A_aem_7gSe-33W8xcX5HMnmpBfw&sfnsn=scwspmo)

[fbclid=IwY2xjawFBFrhleHRuA2FlbQIxMQABHW7ZjwabHzDoTdl8yIWkJ13puNwziC8mVZovuQ4p-qY42Hrq-j0O5hWj\\_A\\_aem\\_7gSe-33W8xcX5HMnmpBfw&sfnsn=scwspmo](https://www.walesonline.co.uk/news/real-life/i-bullied-called-freak-due-27631834?fbclid=IwY2xjawFBFrhleHRuA2FlbQIxMQABHW7ZjwabHzDoTdl8yIWkJ13puNwziC8mVZovuQ4p-qY42Hrq-j0O5hWj_A_aem_7gSe-33W8xcX5HMnmpBfw&sfnsn=scwspmo)

**Hampshire Chronicle** -

<https://www.hampshirechronicle.co.uk/news/25462175.vip-empowerment-named-one-uks-inspiring-businesses/>

## Podcast Guest Appearances

**Positivity: A Work in Progress** -

<https://open.spotify.com/show/6cdpDJqnLWGbiKVhSpzYGp>

**Buzzsprout** - <https://www.buzzsprout.com/2279370/14566836>

**Tales From The Red Couch** - [https://youtu.be/kMQ7lxHBY-Q?](https://youtu.be/kMQ7lxHBY-Q?si=hbKPxTHAbue89oyz)

[si=hbKPxTHAbue89oyz](https://youtu.be/kMQ7lxHBY-Q?si=hbKPxTHAbue89oyz)

## Awards

f-entrepreneur 100 - <https://f-entrepreneur.com/ialso-top-100-bio/vie-portland/>

Small Business 100 2025 - <https://smallbusinesssaturdayuk.com/small-biz-100>

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### Talks and Keynote Speaking

#### **DEBRA**

<https://www.debra.org.uk/eb-awareness-week-2024/>

<https://youtu.be/1PpWjYaeTXQ?si=VJq51H086nDLHgul>

<https://www.debra.org.uk/eb-awareness-week-2024-interviews/>

<https://www.debra.org.uk/summer-challenges-for-eb/>

<https://www.debra.org.uk/vie-portland-wins-business-award/>