

LEADING LADIES



JO SAGE, CHAIRMAN Melplash Agricultural Society

The Society, est. 1847, supports and promotes local farming and food production. Best known for the annual Melplash Show, the showcase for the best of agriculture in West Dorset. As Chairman I head up the elected Board and dedicated volunteers who ensure the Society's success.

What is the secret of your success?

The Society and the Melplash Show are a huge part of my life. I've helped at all levels and understand the importance the Society plays in promoting local agriculture. On our family farm - Wyld Meadow - we farm sheep and beef cattle, selling our own meat through gate sales, food festivals and agricultural shows including Melplash which has always been an excellent shop window for us.

How do you achieve work/life balance?

Working in farming is a way of life; we are used to early mornings and late nights. No day is ever the same. However well you plan something unexpected is always likely to turn up. You always must be contactable. Being Chairman is an extension of this,

and something my whole family, husband and two children, are committed and happy to be involved with.

Who inspires you most, either in work or at home?

My father is my inspiration at work and home. He was Managing Director of Denhay Farms Ltd where we grew up. At work he always put the people who worked for him first and could be contacted at any time of day or night, 7 days a week. He has achieved so much but is the most modest man I have ever come across.

If you could live anywhere in the world where would it be and why?

Why would I want to live anywhere else in the world? I love to travel but I'm always pleased to come back to West Dorset. I've only missed Melplash Show once when I was in Australia! This year's Show is Thursday 23rd August definitely a day I shall not be missing!

23 South Street, Bridport, DT6 3NT
01308 423337
www.melplashshow.co.uk



SONNAZ NOORANVARY, DIRECTOR Sonnaz Upholstery Ltd

I LOVE creating things for people and empowering others. Variety and challenge jazzes me! I also love any activity that requires adrenaline and or travel; from Kitesurfing to snowboarding count me in.

What is the secret of your success?

It's no secret! Define what success looks like to you, work out what you need to do to get there - then, quite simply, do it. Fail. Try again. Learn. Hard work always pays off. Follow your dream. Trust your gut and don't be swayed by the opinion of others. Go for it. Don't give up when the challenges come because they will. Be open to being mentored.

How do you achieve work/life balance?

It's an on going process that I am always shimmying around. Without ones health and more importantly your mental health nothing will work so I try to prioritise balance. I'm always learning. Getting away every now and then is really helpful. Feel the unconditional love of those around you. Spend time doing something different, like crochet - I've made

some lovely leg warmers in the past!!

Who inspires you most, either in work or at home?

It goes without saying and totally cliché - Mum. What a woman! She could write books about her life and fill a library! Single parents. People battling mental health and managing to 'keep it together' for the sake of their family. Once a client said to me after a colossal event in her life "Sonnaz, you can either sink or swim and I choose to swim". Incredible!

If you could live anywhere in the world where would it be and why?

When I have travelled the rest of the world I will let you know, I am always open to ideas! I'm naturally drawn to barefoot beach living, checking the surf or wind conditions first and getting out there. 21°C minimum summer heat and rolling landscapes are a must.

**The Upholstery Workshop, Pamphill,
Wimborne, Dorset, BH21 4ED**
01202 885197
www.sonnaz.com



NATASHA HOPKINS, OWNER Ginger & Pickle Children's Boutique

My career in business development, communications and fundraising led to me working for some wonderful places including St Margaret's Hospice, English Heritage and the Royal Horticultural Society.

What is the secret of your success?

Family and friends are at the heart of all good things. They are my motivation. My team are fantastic and I can rely on them to do an excellent job. I believe in plenty of fresh air and I do my best clear thinking whilst walking in our beautiful countryside or by the coast. Quiet and space to think are vital for planning days, whilst holistic wellbeing, yoga, natural food, water and plenty of laughter and sleep are daily essentials.

How do you achieve work/life balance?

My life/work balance is achieved by simple compartmentalising. With a family of three lively boys, you quickly learn to organise everything the day before. I set three goals for the day so I have direction.

Flexibility is important too, leaving time for the unexpected joys of life. I like to use every minute of my day productively.

Who inspires you most, either in work or at home?

I am blessed with the most wonderful family and friends. They are all amazing people and a daily inspiration. I learnt young to find the goodness in people and make the most of every day. The kindness of strangers and the incredible gift of a smile. People who reach out to others selflessly and who drop anything to help when it is needed.

If you could live anywhere in the world where would it be and why?

I absolutely adore the West Country. When I have been away my heart soars upon returning. The vast expanse of the sea and the fresh air is calming and energising in equal measures. The beauty of the countryside and the colours in the sky are an ever changing delight to behold.

**41 Cheap Street, Sherborne,
Dorset, DT9 3PU**
01935 816 111
www.gingerandpickle.co.uk