

MINDSET • HEALTH • MARKETING • AI • EVENTS • COMMUNITY

FEMALE *Entrepreneur*

INSPIRE. EMPOWER. SUCCEED.

Step Into Your Next Chapter

Bold moves today
create the life and
business you've
always imagined.

ALSO INSIDE



UPCOMING EVENTS

What's happening
in our community
this week.



MEMBER SPOTLIGHTS

Inspiring women.
Real stories.
Powerful impact.



HEALTH

Practical tips for
more energy,
confidence &
wellbeing.



MARKETING

Simple strategies
to attract, connect
& convert.



AI UPDATE

Tools, trends & tips
to work smarter,
not harder.



THE GO-TO
MAGAZINE FOR
FEMALE
ENTREPRENEURS
WHO ARE READY
FOR MORE



Launch Issue
Issue 01

Featuring 

**KATE
LANGFORD**

SPEAKER SPOTLIGHT

Building connection,
confidence &
high-performing
teams.



REAL WOMEN
REAL STORIES
REAL IMPACT

Be Seen. Be Heard. 

GROW YOUR BUSINESS. EMPOWER WOMEN.



EXHIBIT AT THE
EMPOWERING WOMEN EXPO



CONNECT
Build meaningful connections with 1000+ engaged women.



SHOWCASE
Showcase your products and services to a highly targeted audience.



GROW
Generate leads and grow your customer base.



BE INSPIRED
Be part of a vibrant community that empowers women in business.

Female Entrepreneur
MAGAZINE LAUNCH SPECIAL

FROM \$450 +GST

Join Us!




FRIDAY 23 OCTOBER 2026
3:30PM – 7:30PM



VENUE 114, LAKE KAWANA

Reserve Your Exhibition Space Today!




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0411 108 309

EDITOR'S *Note*

Hi Beautiful,

Welcome to the very first issue of **Female Entrepreneur!** Your new weekly dose of inspiration, strategies and real talk for building the business and life you love.

Every week, we'll bring you powerful insights on mindset, health, marketing and AI, plus upcoming events and spotlights on the incredible women in our community.

♡ *Step Into* Your Next Chapter

Every chapter starts with a decision. A brave, slightly terrifying, absolutely worth it decision.

This is your sign to turn the page. What's next is even better.

We're Expanding!

We are THRILLED to be launching the **Female Entrepreneurs Clubs** across the Sunshine Coast!

📍 **MAROOCHYDORE & NAMBOUR** *Launching July*

📍 **NOOSA & CALOUNDRA** *Launching August*

More connection. More collaboration. More support. More fun!

Because let's be honest... entrepreneurship is way more fun when you're not doing it alone.

Get ready, gorgeous!

Big things are happening, and you're right in the middle of it.

Let's rise, shine and make it happen!



With love and sparkle,

Fabe xx

Editor & Founder
Empowering Women Network



Step Into Your Next Chapter

**NEW SEASON. NEW ENERGY.
NEW POSSIBILITIES.**

Every chapter of your life has prepared you for this one. The knowledge. The experience. The lessons. The wins. The setbacks. All of it has shaped the incredible entrepreneur you are today.



Here's the truth...

You don't need to have it all figured out to move forward. You just need the courage to take the next step.



LET GO OF WHAT'S HOLDING YOU BACK

You can't step into your next chapter carrying yesterday.



TRUST YOURSELF MORE

You are more capable than you give yourself credit for.



FOCUS ON WHAT LIGHTS YOU UP

Your passion is your power.



SURROUND YOURSELF WITH THE RIGHT PEOPLE

The right support makes all the difference.

This is your time.

**Dream bigger. Take bolder action.
Build the business and life you love.
Your next chapter is waiting...
Go write it beautifully!**



“

You're not starting from scratch. You're starting from experience.

”

Let's do this! 



Have Your Cake & Eat *it Too*



Meet Kate Langford –

The Woman Helping Women Build a Business and Life They Love

For too long, women have been told they have to choose. Choose between career and family. Business and balance. Success and wellbeing. Kate Langford believes there's a better way.

After building a successful business, navigating life's toughest seasons and rebuilding with purpose, Kate has become one of Australia's most respected business and career consultants. Today, she helps women stop settling for "one day" and start creating a business and life that truly reflects who they are.

Her bestselling book, *Have Your Cake & Eat It Too – A Modern Business Woman's Guide to Success*, is more than a business book. It's an invitation to stop waiting for permission, reconnect with your ambitions and build success on your own terms. Through honest stories, practical strategies and real-world experience, Kate encourages women to think bigger, back themselves and take action.

Kate's message is refreshingly simple:

You don't need to work harder.

You need to work smarter.

Build a business that supports your life—
not one that consumes it.

Whether she's speaking on stage, coaching business owners or mentoring women ready for their next chapter, Kate brings practical wisdom, straight-talking advice and genuine encouragement that leaves audiences inspired and ready to act.

Three Takeaways from Kate



Stop waiting for
the "perfect time."



Build your business
around the life
you want.



Success starts the
moment you believe
you're worthy of more.

“
You don't
have to choose
between success
and happiness.

*You can have
your cake and
eat it too.*
”




BOOK KATE FOR YOUR NEXT EVENT

Inspire your audience with Kate's powerful story,
practical strategies and refreshing wisdom.

Enquire today!

- ✓ Keynote Speaking
- ✓ Workshops
- ✓ Panel Discussions

 www.katelangford.com.au



Market Like a Magnet, *Not a Megaphone*



ATTRACT. CONNECT. CONVERT.
WITHOUT THE OVERWHELM.

The most powerful marketing doesn't interrupt people – it attracts the right people to you.

Here's how to market your business with clarity, confidence and consistency.



“Marketing is no longer about the stuff you make, but the stories you tell.”
Seth Godin

THE 5 STEP MAGNET MARKETING FRAMEWORK



1. KNOW YOUR IDEAL CLIENT

Get crystal clear on who you help, what they struggle with and the transformation they want.

Clarity attracts connection.



2. CREATE MAGNETIC MESSAGES

Speak to their world, not yours. Focus on their pain points, desires and outcomes – not just your products or services.

Relevance builds resonance.



3. SHOW UP CONSISTENTLY

Be where your people are. Share valuable content that educates, entertains or inspires – consistently.

Visibility builds trust.



4. BUILD RELATIONSHIPS, NOT JUST AN AUDIENCE

Engage. Respond. Start conversations. People buy from people they know, like and trust.

Connection creates loyalty.



5. OFFER WITH CONFIDENCE

Don't be shy about selling. Confidently communicate how you can help and the results they'll achieve.

Value closes the sale.

Content Ideas That Attract



- ✔ Share customer wins and testimonials
- ✔ Give tips, how-tos and behind-the-scenes
- ✔ Tell your story – people connect with people
- ✔ Answer FAQs and bust common myths
- ✔ Share your expertise in multiple formats (reels, posts, live, email, blogs)



Remember: You don't need to be everywhere.
You just need to be consistent where it counts.

QUICK WINS YOU CAN DO TODAY

- 1 Update your bio so it clearly says who you help and what result you deliver.
- 2 Share a quick tip or insight your ideal client needs to hear.
- 3 Comment on 3 posts from your ideal clients or industry peers.
- 4 Send a value-packed message or email to your list.
- 5 Celebrate a win – big or small – and share it!

Small actions. Big impact.



FOCUS ON HELPING. STAY CONSISTENT. DELIVER VALUE.

Your people are out there – let's attract them in!



YOU'VE GOT THIS!





WORD 4 TODAY



You don't
need a new

year

to make a
change...

You just need a

decision



and the courage
to start.





AI That Works for You



SMARTER TOOLS. BETTER RESULTS.
SAVE TIME. GROW FASTER. STAY AHEAD.

AI is moving fast—and so are the opportunities. Each week, we bring you the latest tools, tips and trends to help you work smarter, not harder in your business.



FEATURED TOOL

Gamma App

Create. Present. Impress.

Gamma is an AI-powered platform that helps you create stunning presentations, documents and webpages in minutes—no design skills needed!

- ✓ Turn ideas into beautiful presentations instantly
- ✓ Auto-generate content, layouts and images
- ✓ Perfect for pitches, workshops and lead magnets
- ✓ Collaborate and share with ease

gamma.app



AI TIP OF THE WEEK

Use AI to repurpose your content

Create one piece of content and let AI turn it into many! Upload your blog post, video or podcast transcript and ask ChatGPT to turn it into:

- ✓ Social media captions
- ✓ Email newsletter
- ✓ LinkedIn post
- ✓ Short video script
- ✓ Key takeaways

One idea. Endless reach. That's smart marketing.



AI IN ACTION



Market Smarter

Use AI to research your audience, create content that connects and predict what they need next.



Create Faster

From captions to emails, AI helps you create high-quality content in a fraction of the time.



Serve Better

AI chatbots and automations help you support your clients 24/7—even while you sleep.



Grow Stronger

AI gives you insights, saves you time and helps you focus on what truly moves the needle.

WHAT'S TRENDING



ChatGPT Custom GPTs

Create your own AI assistant trained specifically for your business.



Google Gemini

Getting smarter every day with better research and content creation.



Canva AI Magic Studio

Design beautiful graphics, videos and presentations with simple prompts.



AI Voice Tools

Turn text into natural-sounding voiceovers for videos and reels.

“ AI won't replace you.
But the woman using AI will.”



Final Thought

Stay curious. Keep learning. Start small. The future belongs to those who adapt. And the time is now.





Health is *Your Greatest* Business Asset



A HEALTHY YOU. A THRIVING BUSINESS.
ENERGY. FOCUS. BALANCE. IT ALL STARTS HERE.

The most successful women don't just work hard—they take care of themselves first. Prioritising your health isn't selfish, it's strategic. When you feel good, you think clearly, lead confidently and show up fully in your business and life.



“

Your health is an investment, not an expense. It pays the best interest.



TRENDING NOW: *5 Health Habits Entrepreneurs Swear By*



MORNING SUNLIGHT

10–20 minutes of morning sunlight helps regulate your mood, energy and sleep (naturally).



HYDRATION HABIT

Hydration boosts focus, reduces fatigue and supports glowing skin. Start your day with water.



PROTEIN AT EVERY MEAL

Protein stabilises blood sugar, supports muscle health and keeps you fuller for longer.



NERVOUS SYSTEM REGULATION

Breathwork, walks in nature and mindfulness reduce stress and improve decision making.



SLEEP LIKE YOUR SUCCESS DEPENDS ON IT (BECAUSE IT DOES)

7–9 hours of quality sleep improves creativity, productivity and emotional resilience.

Simple Daily Reset



- ✓ Drink a big glass of water
- ✓ Move your body (even 10 minutes counts)
- ✓ Eat real, whole foods
- ✓ Step outside & get fresh air
- ✓ Take 5 deep breaths and reset
- ✓ Protect your sleep

Small daily choices = Massive long-term results.

TRENDING MEAL IDEA

Protein + Fibre Power Bowl



- ✓ Quinoa or brown rice
- ✓ Roasted veggies
- ✓ Chickpeas or salmon
- ✓ Greens
- ✓ Avocado
- ✓ Tahini drizzle
- ✓ Lemon + seeds

Balanced. Energising.
Entrepreneur approved.



HEALTHY MINDSET REMINDER



Rest is productive.
Food is fuel.
Movement is medicine.
Boundaries are self-care.

You can't pour from an empty cup.



WELLNESS CHALLENGE

Choose ONE habit above and commit to it for the next 7 days. Track how you feel, your energy and your productivity. Your future self will thank you.



Remember:

A healthy entrepreneur builds a business that lasts—and a life she loves.



*Strong body.
Clear mind.
Big impact.*





Inspiring Leaders.

REAL WOMEN. REAL IMPACT.

GET TO KNOW THE AMAZING WOMEN LEADING OUR CLUBS.




Empowered
women,
empower
women. 

Chris Childs 

LEADER OF MAROOCHYDORE
FEMALE ENTREPRENEURS CLUB

BUSINESS: Sage Life Coaching



PASSION: Helping women permanently remove the beliefs that have been quietly running their lives and step into the most powerful version of themselves. I have lived every part of what I teach – and watching that same shift happen for a client is still the greatest thrill I know.



COFFEE ORDER: Soy Cappuccino (cup / not mug)



SUPERPOWER: I can walk into almost any situation – no matter how hard – and find something to be genuinely grateful for. Positivity is not a mood for me. It's a practice I have been doing every single day since the 1980's and the way it makes you feel – clear, grounded, and genuinely excited about what's coming next.



WEBSITE: www.sagelifecoaching.com.au

Sue Hill 

LEADER OF NAMBOUR & HINTERLAND
FEMALE ENTREPRENEURS CLUB

BUSINESS: Sales Agent with @Realty



PASSION: Property Investing, Gardening and Travel



COFFEE ORDER: Latte with Soy Milk



SUPERPOWER: One of my greatest strengths is being a good listener. I genuinely enjoy getting to know people and hearing about their life experiences, so I ask thoughtful questions of genuine curiosity and interest. This helps people feel comfortable, valued, and understood, allowing them to openly share their stories and experiences.



WEBSITE: www.atrealty.com.au/suehill



Connection
Creates
Opportunity. 




We Celebrate You! 

Our club leaders are the heart of our community. They create spaces for women to **connect**, **collaborate** and **grow** – together.

Want to be featured? 

We'd love to shine a light on more inspiring women in our network.


Get in touch!

 fabe@fabekeily.com



What's On

Connect. Learn. Grow. Together.

Join us at a club near you! 



*Bubbles
Ideas
Impact*

MAROOCHYDORE

Female Entrepreneurs Club

Bubbles, Business & Breakthroughs

-  **Date:** Thursday 16th July
-  **Location:** Duporth Tavern, Maroochydore
-  **Time:** 5:30pm to 7:30pm
-  **Tickets:** Go to www.fabekeily.com/events
-  **Hosted by:** Chris Childs



*Good
Conversations
Great
Connections*

NAMBOUR & HINTERLAND

Female Entrepreneurs Club

Networking Breakfast

-  **Date:** Friday 24th July
-  **Location:** The Shed, Palmwoods
-  **Time:** 7:30am to 9:00am
-  **Tickets:** Go to www.fabekeily.com/events
-  **Hosted by:** Sue Hill



*Network
Collaborate
Elevate*

CALOUNDRA

Female Entrepreneurs Club

Networking Lunch

-  **Date:** Friday 7th August
-  **Location:** The Power Boat Club, Golden Beach
-  **Time:** 11:30am to 1:30pm
-  **Tickets:** Go to www.fabekeily.com/events
-  **Hosted by:** Angela Bauer & Karin Littleton



Join Our Community

The **Female Entrepreneurs Club** is more than networking – it's a sisterhood of support, opportunity and empowerment.

YOUR FREE MEMBERSHIP INCLUDES:

- ✓ Monthly networking events
- ✓ Inspiring guest speakers
- ✓ Business education & workshops
- ✓ Promote your business to the community
- ✓ Genuine connections & lasting friendships

Be Part of Something
AMAZING



Whether you're starting out or scaling up, we're here to help you thrive.

Membership is completely

FREE!

Join today! 



www.fabekeily.com



SCAN TO JOIN



YOU DON'T HAVE TO DO BUSINESS ALONE.

Let's rise, together.

Follow us for updates, inspiration and all things FE Club!



Worth Discovering

Insights. Inspiration. Impact. 

RESOURCES WE LOVE THAT HELP YOU **GROW YOUR BUSINESS & YOURSELF.**

When you're building a business, learning on the go is essential. That's why we love finding tools, books, podcasts and platforms that deliver fresh ideas and real value.

Each month, we'll share handpicked recommendations to inspire your mindset, strengthen your strategy and support your journey as a female entrepreneur.



Perfect for busy entrepreneurs on the go!

This Month's Must-Listen Podcast



Your Dream Life with Kristina Karlsson

Practical Inspiration to Design a Life You Love

Kristina Karlsson brings clarity, courage and empowering conversations to help you create a business and life that truly lights you up. Each episode is filled with real stories, actionable strategies and mindset shifts to help you live and lead with purpose.

“

You don't need to have it all figured out. You just need to take the next right step towards the life you desire.

– Kristina Karlsson ”



WHY WE LOVE IT

Kristina's warmth, wisdom and authenticity make this podcast feel like a heart-to-heart with a mentor and a friend. Every episode leaves you feeling inspired and ready to take aligned action.

Real. Inspiring. Transformative. 



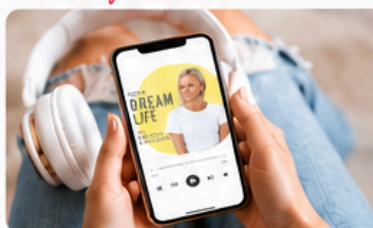
3 KEY TAKEAWAYS

- ✓ **Mindset is everything** – shift your thinking, shift your results.
- ✓ **Create a life and business** that aligns with your values, not someone else's blueprint.
- ✓ **Small, consistent steps** create massive change over time. Progress over perfection.



PERFECT FOR YOU IF...

- ♥ You're ready to stop playing small and start living big
- ♥ You want more clarity, confidence and freedom
- ♥ You're building a business and a life you truly love



Listen. Learn. Take Action.

Great ideas don't change your life. Taking action does.

Tune in, get inspired and start building the business and life you truly want.

LISTEN ON THE GO



Listen now! 



JOIN THE FEMALE ENTREPRENEURS CLUB

Connect. Collaborate. Grow. 

The best part? Membership is **FREE!**

Join a supportive community of amazing women who lift each other up and celebrate success.

Join today! 

www.fabekeily.com

Coming Next Week

More inspiration.
More strategies.
More **impact**.

Don't miss it! 



FEATURE STORY

The Confidence Gap

Why so many brilliant women underestimate themselves—and how to **overcome** it.



MARKETING MASTERCLASS

Create Content Fast

How to create social media content in under 30 minutes (even when you're busy).



AI UPDATE

5 ChatGPT Prompts

Smart prompts every female entrepreneur should save time and grow faster.

Join Our Community

Connect. Collaborate. Grow.

The Female Entrepreneurs Club is a vibrant community of women supporting women to build successful businesses and extraordinary lives.






The best part? Membership is **FREE!**



“ You were born to make a difference, so leave a little *sparkle* wherever you go. ”




FREE MEMBERSHIP INCLUDES

-  Priority Event Invitations
-  Access to Members Facebook Group
-  Members only Directory Listing
-  Event Discounts
-  Printable Female Entrepreneur Planner



FREE to Join!

 Scan to join today!

You're Invited! 

CLAIM YOUR
2 FREE
TICKETS

TO THE
Empowering
WOMEN
EXPO 



*Connect.
Discover.
Be Inspired!*


COURTESY OF OUR
SPONSORS & EXHIBITORS



CONNECT



SHOP & SUPPORT




BE INSPIRED



ENJOY



FASHION PARADE

 **FRIDAY**
23 OCTOBER 2026
3:30PM – 7:30PM

 **VENUE 114**
LAKE KAWANA
SUNSHINE COAST

 **THE SUNSHINE COAST'S
MOST VIBRANT
WOMEN'S EXPO!**

 **CLAIM YOUR 2 FREE TICKETS NOW!**

VISIT: www.fabekeily.com/expo

TOGETHER WE RISE 

FEMALE ENTREPRENEUR

EMPOWERING *Women* NETWORK 