

Love Your Business Networking Club celebrates sixth birthday

Edinburgh based business networking group Love Your Business is celebrating its sixth birthday this week.

The club has invited Ben Scott the former wellbeing coach for Scotland's men's rugby team to speak to the meeting on 25 January. Ben worked with the team to help bridge the gap between wellbeing and performance.

During the past six years 185 speakers and more than 4,000 attendees have enjoyed the monthly sessions organised by Michelle Brown, founder of the PR agency of the same name. Michelle wanted to help businesses make connections and build relationships, exchange ideas, referrals and contacts, and hear from inspiring speakers every month, sharing their entrepreneurial journeys and business insights. Her PR business will celebrate its tenth anniversary this year.

These include Chris van der Kuyl CBE, Chairman and Co-Founder of 4J Studios, developers of the multi-award-winning Minecraft Console editions, former co-founder of Social Bite and business coach, Alice Thompson, California based environmental entrepreneur Paul Tasner, founder of PulpWorks and Michael Welch, OBE and CEO at Tirebuyer.com.

Rachel Hanretty, founder of the award-winning Mademoiselle Macaron, which sells more than 35,000 macarons a week, has a turnover of £1.2m and landed an order to send her meringue

confections to the Barbie film set entertained a rapt audience.

This month's guest speaker, Ben Scott, specialises in health, wellbeing, performance and personal growth and was head-hunted to become Scotland's Men's Rugby Wellbeing Coach in 2021 to enhance the squads individual and collective wellbeing, on and off the field.

Having suffered from physical and mental challenges as a teenager, Ben embarked on a journey to discover the answers he needed to overcome them, which involved completing various courses, including a five-year master's degree in Chiropractic, a three year postgraduate in Functional Neurology and a postgraduate diploma in Clinical Hypnotherapy.

From January 2021 until April 2023, he worked with the team during a time that became one of their most successful performance periods, breaking many of their records, and seeing them rise two places in the World Rugby Rankings.

Ben, who continues to coach elite athletes in person and online, and also helps patients at Morningside Chiropractic, will be sharing the story of his career journey and the '4 Pillars of Wellbeing' to help business owners get 2024 off to a positive start, professionally and personally.

Michelle said: "I'm delighted to welcome the wellbeing coach, Ben Scott, as the speaker at Love Your Business this month, whose advice on 'purpose, potential and performance' will help business owners to get 2024 off to a flying start.

"For the past six years so many speakers have given up their time to share their inspiring stories with us and learnings along the way and provide valuable advice for businesses which always leaves everyone in the room inspired and motivated."

Ben said: "Being asked to speak at the Love Your Business networking event this month is a great opportunity for me to

share insights on how our wellbeing effects our performances, both personally and professionally, and to highlight ways we can overcome our challenges, so that we are better able to fulfil our potential and reach our goals.

“I’m really looking forward to celebrating the sixth anniversary of a club which has brought so many people and businesses together to share their knowledge and experiences, in what is such a fantastic achievement for Michelle.”

Over the years the networking club, has also supported various charities and social enterprises, including Make 2nds Count, Support in Mind Scotland, Invisible Cities, Epilepsy Scotland and Fighting Against Cancer Edinburgh, FACE who have received proceeds from ticket sales and marketing support.

Love Your Business networking club runs on the last Thursday of every month, from 11am till 1pm at the Black Ivy in Bruntsfield.

The first event of the year is on the 25th January.

[TICKETS HERE.](#)



Ben Scott