

## How to find us...

**Rail:** Langley Mill, 2 miles; Nottingham, 10 miles Langley Mill is the nearest rail station with direct links to Nottingham. The best mainline station is Nottingham which has regular connections to Birmingham and London St Pancras. Eastwood Hall is 10 miles or 20 minutes from the station.

**SatNav:** 53.024716, -1.310766 (NG16 3SS)

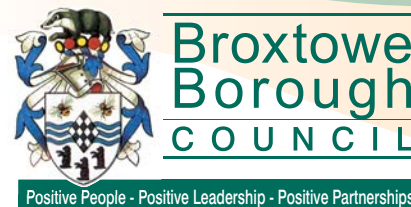
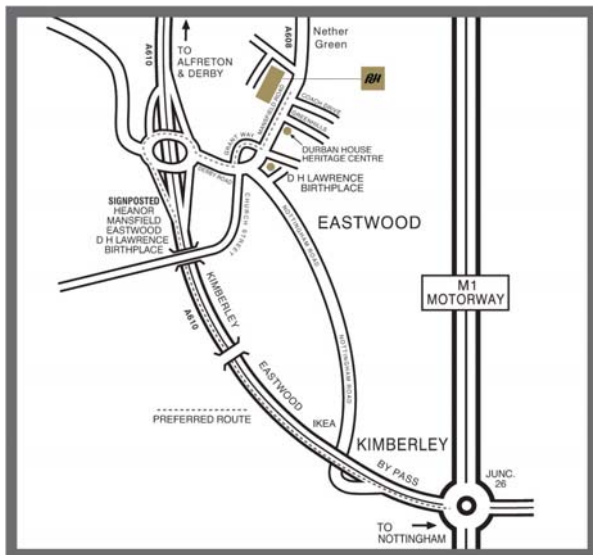
### Road - From the M1 South:

Leave the M1 at junction 26 taking the first exit signed A610 Ripley. Follow this road passing the first sign for Eastwood and IKEA and leave this road at the next junction signed Eastwood (A608). At the roundabout take the 3rd exit signed for Eastwood and D.H. Lawrence's birthplace. Follow the road and stay in the left-hand lane, bearing left at the traffic lights onto Mansfield Road (A608). The entrance to Eastwood Hall is on your left-hand side.

### Road - From the M1 North:

Leave the M1 at junction 27 and turn right onto A608 signed for Heanor and Underwood. Follow this road along until you reach a junction where you will see the Underwood Miner's Welfare Club opposite, turn left onto the B600 and then turn right onto Cordy Lane signposted for Eastwood, Nottingham and the A608. Follow the road through Brinsley, still heading for Nottingham, and you will enter Eastwood. Eastwood Hall is on your right-hand side.

Parking is extensive and complimentary for guests of the hotel, conference venue and leisure club.



Broxtowe Business Exchange for people with passion, desire and enthusiasm to make their business excel

## Thursday 18 February 2010 10am - 4pm

### Free to attend

Eastwood Hall, Mansfield Road  
Eastwood NG16 3SS

Whether you are just starting out, developing your business or just looking for new suppliers and customers, Broxtowe Business Exchange will have something for you:

- Free one to one sessions with business experts
- Free business start up advice
- Free seminars
- Free business development advice

Contact the NBV Events Team to find out how to reserve your place and register as a visitor on:

0115 970 5550 | [events@nbv.co.uk](mailto:events@nbv.co.uk) | [www.nbv.co.uk](http://www.nbv.co.uk)



## What is Business Exchange?

In the current economic climate, it is more important than ever to network with customers and prospects. This unique business event is designed to give you plenty of opportunities to build strong and lasting business relationships.

Biz eX covers every aspect of entrepreneurship from starting a business to developing an existing established business. By attending Biz eX you will be in an exciting business environment with access to all the latest business techniques. Business experts will be present to provide you with advice to drive your business forward to achieve growth and development.

## Who will be at Biz eX?

A diverse range of businesses from the Broxtowe area will be exhibiting. This includes banks, accountants, solicitors and business support organisations showcasing their products and services.

## Free Business Advice

We will have experts available through the day to give you advice on how to get your start-up idea off the ground, or give you advice to get your business to the next level. They will point you to the organisations that can help you and give you 1-1 advice about starting, growing or just surviving!

You can book your appointment on the day. Please book early as appointments will be on a first come first served basis and expected to fill up fast!

**Free Seminars:** Space fills up fast, so book your seat now to avoid disappointment - e-mail [events@nbv.co.uk](mailto:events@nbv.co.uk) or call 0115 970 555

## Seminar 1: The Ten Worst Things You Can Say and Do at a Networking Event!

Many people waste valuable time and effort by saying and doing the wrong things at networking events. Then they wonder why they rarely get any business or referrals!



**Rob Brown** is a bestselling author and one of the UK's leading authorities on networking and referrals. He helps people network more profitably and double their business by referral, guaranteed! In this motivational talk, Rob will show you what networking mistakes you might be making and how to avoid them so you get all the business and influence you need!

## Seminar 2: Ahead of the Game - Your Business in the Low Carbon Economy

All businesses of every size have a part to play in tackling climate change and all can reap the short and long term benefits to making changes now.



**Kris McGowan**, Senior Project Manager at **Marches Energy Agency (MEA)** will take a look at the Low Carbon Economy and give a vision of how we can expect this to shape up. He will examine the many benefits and outlines how this can give you a business edge. The presentation will also cover real life case studies before concluding with an overview of the tools and actions you need to take.

## Event Itinerary

10.00am Biz Ex opens to the public	10.15am - 3.30pm Business Advisor Sessions	11.00am - 12.00pm Seminar 1	12.15pm - 1.15pm Lunch	1.30pm - 2.30pm Seminar 2	4.00pm Event Closes
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