

MY WEEK

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**MONDAY**

I start the morning with some early cooking at 6am as I am away from home tonight and need to make sure the evening meal is ready for the family.

This is followed by a one-hour session in the gym with my personal trainer at 7am. I aim to get in at least two sessions a week and some runs in between, especially as I am now in training for the Derby 10K.

I get to the office around 9.30am and try to prioritise this week's activities.

By the time the end of the day arrives, things have changed dramatically. I have had a call from the Daily Mail – they want to do a photo shoot on Wednesday. I leave my PA to sort out all the arrangements as all my planned appointments on Wednesday now need to be moved.

I leave the office at 2pm to head for St Albans, as I am an after-dinner speaker at a public services summit.

Before my after-dinner session, I manage to squeeze in an appointment with a company based near St Albans that we hope to work with in the near future.

TUESDAY

An early start back from St Albans to get back to Derby for a meeting with Cooper Parry at 10am. We have been

neighbours on Pride Park for the past five years and never knew what each other did.

Recently, we have appointed them to work with us to produce a database for one of our NHS clients.

We meet to review the product. I finally leave the office at 5pm as I need to get back to prepare the family meal and also prepare food for tomorrow evening, as I will be away.

After the family meal and clearing up, I work until 11.30pm.

WEDNESDAY

No time for training today as I need to get the 9am train to London. I leave the car at the office and speed-walk to the station.

I arrive at the Daily Mail at 11.30am as the train was running late. I am featuring in an article about women maintaining themselves to look good. The stylist picks the

strangest of clothes for my shoot but the pictures turn out OK.

At 4pm, I go to a cafe for something to eat. I log on to my e-mails while eating. At 5pm, I have a scheduled telecom with senior members of my team. In the evening, I meet my niece at a Chinese restaurant in Mayfair.

THURSDAY

I head out early to Redbridge Primary Care Trust. The installation goes to plan and then I am straight into a stakeholder meeting at 2pm. No time for lunch today either. After the meeting, the director of public health wants another intense discussion about addressing the lack of MMR jabs uptake in the PCT. Her PA gets me a sandwich at 4.30pm.

I get home at 8.30pm, by which time my family have been for a takeaway. I start answering e-mails at around 9.30pm and don't finish until late because so much has happened in the past two days.

FRIDAY

The morning starts with a session in the gym with my trainer. At 9am, I am at the office. We have an external company working on our book-keeping today.

I like to keep up to date with the financial flows. I have a telephone interview followed by back-to-back meetings. One of these is with a youth organisation that I met while filming Secret Millionaire.

I collect my children from school. I have to fit in a school run at least once a week. I catch up with the children and their week. My eldest daughter has been running a tuck shop this week at school and has raised £143 for charity.

SATURDAY

I wake early and manage a four-mile run. On return, I have a consultation with the plumber because I am having a new bathroom fitted. Saturday is for the children and their activities. The youngest plays tennis and the older one does ballet.

With my youngest daughter, I go to SureStart, in Allenton, where we're volunteering on the Sisters With Voices programme and we take some of the girls to Quasar. It's rewarding to see how these young girls have benefited from the programme since they started it a few weeks ago.

SUNDAY

I go for another run before everyone gets up. Today is just about relaxing with the family and their friends and catching up on my typical manic week.

At 8.30pm when the children are in bed, I start dealing with e-mails again.

Kavita offers free meeting space for start-up firms

KAVITA is to help others get their foot on the business ladder by providing free meeting rooms for start-up firms.

She is offering free use of her Oberoi Consulting healthcare and IT consultancy's conference and meeting rooms in its Pride Park offices.

The offer, which will entitle each firm to three free visits, is open to businesses that have set up within the last 12 months.

Ms Oberoi, who started her own business in 2001, has also started to run a limited number of coaching and mentoring

workshops for business start-ups.

She said: "Starting a small business in a recession is tough but can lead to huge success. With the right preparation, starting a small business in a recession can be the most rational decision that you will ever make. When the economy comes out of recession, your business will be that much further along and, more importantly, sustainable."

To find out more about holding meetings at Oberoi Consulting, go to www.derbyconferencerooms.co.uk/index.htm.