



# Press Release

Tuesday, 19 January 2016

## **The Chrissy B Show's new take on self-marketing**

In a show full of insights and fresh ideas, TV presenter Chrissy Boodram will be claiming that self-marketing is as much key to good mental health as it is to career success in the Chrissy B Show, to be aired at 10pm on 25 January, on My Channel Sky 203.

Chrissy has assembled an impressive group of guests to help make her case. They comprise singer, radio presenter and self-marketing coach Janey Lee Grace plus mentoring guru Jonathan Pfahl, along with international speaker and serial entrepreneur Ketan Makwana and businessman Richard Baker.

"It all adds up to a crash course in showing the world your best features and strengths from experts who have worked through their own ups and downs to achieve outstanding success," Chrissy says. "I am certain that I will learn plenty from it and I'm sure the viewers will, too."

After that, the show will focus on real life stories and mentoring, with comments and advice from Janey Lee Grace and Jonathan Pfahl, who are both strong self-marketers and passionate about mentoring.

Viewers can expect a positive uplift from Ketan Makwana's experiences and those of Richard Baker. As head of operations at Rockstar Startup and Rockstar Hubs, a leading UK funding and mentoring organisation that supports business startups, Ketan, will be telling Chrissy how he markets himself at work and how he overcame the low points in his career.

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Richard Baker, general manager for PCS Instruments, which designs and manufactures laboratory instruments for testing fuels and lubricants will be part of that conversation, which will also cover the interviewees' personal formulae for success.

Finally Chrissy will speak about her own tips to market oneself.

ENDS

## ***Notes to editors:***

Chrissy Boodram is host of the UK's only TV chat show dedicated to promoting good mental health and wellbeing. The show is designed to help both men and women improve and maintain their mental wellbeing as well as taking a look at some of the major health issues of our time.

Chrissy Boodram holds a degree in Business Studies from the University of Westminster. She has been a TV presenter for over eight years and has hosted her own TV show on My Channel Sky 203 since June 2012. Her previous work experience includes public relations, HR, web and graphic design and community outreach. She loves to learn and develop and believes everyone can continue to learn, grow and improve irrespective of age and their circumstances.

**For further information please contact [contact@chrissybshow.tv](mailto:contact@chrissybshow.tv) or call 020 7686 6033.**

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