

TRACEY  
RASHID  
Cake Artist/Writer



# CELEBRATING THE POWER OF WOMEN ONE SLICE AT A TIME!

## TO OUR READERS

International Women's Day was on the 8th of March this year and we're raising a whisk to the brilliant, creative, and resilient women who shape the world, and the workplace! Just like a perfectly crafted cake, great teams rely on balance, collaboration, and a dash of flair, qualities women bring in abundance. Did you know? International Women's Day has been celebrated for over a century – the first gathering was in 1911.



## FEATURE BAKER RUSTIE LEE

We couldn't talk about women and cake without shining a light on some phenomenal female bakers and cake artists. From the legendary Rustie Lee to the innovative creations of up-and-coming talents, women have long been at the forefront of turning simple ingredients into pure magic.

Rustie Lee is a renowned British-Jamaican television chef, actress, singer, and author, celebrated for her vibrant personality and contributions to Caribbean cuisine. While specific information on her baking achievements are scarce, her influence in the culinary world is noteworthy.

Did you know that women-led businesses in the UK contribute over £105 billion to the economy? That's some serious dough!

## TEAM BUILDING WITH A FEMININE TOUCH

Our team-building cake artistry workshops celebrate creativity and collaboration – and they're the perfect way to honour the women on your team. Imagine the laughter, the shared ideas, and the collective masterpiece that emerges when your team works together. (Not to mention the delicious rewards!) Studies show that diverse teams – especially those with strong female representation – perform better, innovate more, and create more inclusive

workplaces. What better way to foster that spirit than through a fun, hands-on experience that brings everyone together?



# RAISING STRONG WOMEN: IT STARTS WITH GIRLS

If we want to celebrate strong, successful women, we need to start by supporting girls to dream big and believe in their own potential. Encouragement, education, and opportunities are the key ingredients that help girls rise; just like the perfect sponge.

Businesses can play a huge role in this. Mentoring programmes, work experience opportunities, and skill-building workshops can help girls develop confidence and discover their strengths. Even something as simple as sharing success stories of inspiring women can show girls what's possible when they dare to dream.

At Essence of Cake, we believe creativity is a powerful tool for growth. Our cake artistry workshops don't just foster teamwork – they also encourage self-expression and the confidence to try something new. Imagine the impact when young girls see the women around them leading, creating, and collaborating – it's inspiration with icing on top!



## SWEET TAKEAWAY

We've taken inspiration from the trailblazing women who've mixed innovation with courage and whipped up success. And of course, what better way to honour them than with cake? Whether it's a bold and vibrant layer cake symbolising strength or a delicate, intricately decorated creation showcasing artistry, every cake tells a story, just like every woman does.

Got a favourite female baker or cake artist? We'd love to hear about them! Share their work with us on social media, and let's spread the love.

This month, let's celebrate the women who inspire us, support us, and challenge us to rise. And remember, behind every great woman is a recipe of trust, creativity, and a little bit of sweetness.

Follow us on social media @EssenceofCakeUK and subscribe to our newsletter to be the first to know about the latest happenings at Essence of Cake.

Until next time, keep whisking up brilliance!



**Need to brush up your  
cake decorating skills?  
Check out our bite-sized  
workshops on our  
website**