

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



### The Wellness Lounge – A Step Further Archives Available

**May 19th 2014: Special Encore Presentation: The Essence of B.I.G.**

The Essence of B.I.G. - Will be discussion topic of The Wellness Lounge, A Step Further 9 a.m. EST. Monday when host Desiree Watson welcomes guest Tara Gilvar to the show. Tara Gilvar, is the founder and CEO of the organization B.I.G. (Believe, Inspire, Grow). B.I.G offers a visionary path for women entrepreneurs. It is a rapidly growing business support, education and networking organization for women. B.I.G. is comprised of a large community of more than 1,500 intelligent, creative and entrepreneurial women who want to share their business ideas and build upon their professional dream

[Read more](#)



### Tune in

Archives Available on VoiceAmerica Empowerment Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

### Featured Guest



#### Tara Gilvar

Tara Gilvar, Founder and CEO A graduate of Boston College, Tara has acquired over 25 years of experience building brands and developing marketing campaigns. With extensive public relations and marketing expertise, she has helped the promotion of national consumer products for companies including, Sylvania Lighting, Veryfine Juice, Safety 1st and the Timberland Company. Through her work at a Boston-based advertising agency and later as a marketing consultant with companies including, Eddie Bauer, Harvard Medical School and Prudential Securities, Tara acquired a keen ability to build strategic marketing campaigns that demonstrate concrete results. Since leaving the corporate world in a

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps

