

Wise

WOMEN IGNITING THE SPIRIT
OF ENTREPRENEURSHIP

FEATURED ENTREPRENEUR

Abigail Henson
Owner and Chef, LoFo

At age eight, Abigail Henson already knew that one day she'd own her own business. She just didn't know what, when or how it would come to be. But she knew she would make it happen. Growing up with a dietary restriction herself, Abigail learned early on that what she chose to eat directly affected her health. A few years later, Abigail received a copy of *The Joy of Cooking*, which acted as one of the original catalysts that inspired her to start experimenting with new recipes.

While living in New York City, she decided to sign up for a public cooking class for fun at the very institute that her sister had spoken of years earlier. "When I sliced into a potato during the first class, it was heaven" remembers Abigail. Not long after, she enrolled in the full-time culinary program at the Natural Gourmet Institute and recruited her sister to join her. After completing the Chef's Training Program, she realized that she wanted to cook to change people's lives—because it had changed hers.

She returned to Central New York and enjoyed coaching others in their business ventures (and planning and building her own business along the way). She entered a business plan competition through the Entrepreneurial Assistance program. "You need passion, commitment and faith to start a business," noted Abigail when she pitched to the judges in a white, puffy wedding dress. She proudly declared that while most little girls dream about their wedding day, she dreamed about the day she'd open her own business.

After she won the competition, her dream became a reality when she opened LoFo, a restaurant where food is the centerpiece and patrons gather together to talk food and make a change. Knowing the importance of prioritizing time and resources, Abigail is able to run a unique, successful business while concentrating on her passion for cooking health-supportive, locally focused cuisine and bringing people together.

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wise words of wisdom...

"As long as you can be creative, you can be in business. The only time you fail is when you choose not to be innovative—ideas are endless."

– Abigail Henson

WISE HAPPENINGS:

The Building Blocks for Starting a Business

WHEN: January 8, 12:00 – 1:00PM,
January 30, 5:30 – 7:00PM
WHERE: WISE Women's Business Center at The Tech Garden, 235 Harrison St., Syracuse

You are unique! And so is your business idea! But how can you translate all of that into a business?

Women's Roundtable Discussions - Women in Creative Businesses

WHEN: January 10, 24, 12:00 – 1:00PM
WHERE: WISE Women's Business Center at The Tech Garden, 235 Harrison St., Syracuse

As a woman in business, you value the support of other women professionals. Talk out the challenges with 10 other women over lunch!

Women's Roundtable Discussions - Women in Food and Farming

WHEN: January 17, 31, 12:00 – 1:00PM
WHERE: WISE Women's Business Center at The Tech Garden, 235 Harrison St., Syracuse

As a woman in business, you value the support of other women professionals. Talk out the challenges with 10 other women over lunch!

Time Management

WHEN: January 17, 24, 6:00 – 8:00PM
WHERE: WISE Women's Business Center at The Tech Garden, 235 Harrison St., Syracuse

A women's business center... run for women, by women.

WISE Women's Business Center // The Tech Garden // 235 Harrison St. // Syracuse, NY 13202 // (315) 443-8634 // jmlenwea@syr.edu

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