

A COFFEE WITH JULIA LANGKRAEHR

Julia, 47, has built up three multi-million-pound international businesses and now gives back by coaching and mentoring budding entrepreneurs. She talks about her busy life and what a Kenco Millicano moment* means to her

Q Your life sounds pretty hectic. What's it like really?

Well it is full on, but that's what I love about it. I get to travel all over the world in my role as a coach and mentor to budding entrepreneurs, but it's very worthwhile. I share experience, I don't give advice. I work with really talented, fascinating people and I find it personally inspiring and very rewarding.

Q Lots of travel sounds glamorous...

Ha! Well it's true I get to see a lot of airports. On Monday I was in London helping a gorgeous fashion brand called Goat with strategic planning, then on Wednesday I flew to Sweden for my company Retail Profile Europe and yesterday was Prague! We rent pop-up retail kiosks all over Europe and find the right businesses to fill them.

Q How do you fit it all in and stay sane?

When you're doing it, you don't think about it. And I make sure I wind down when I'm not working. When I am at home I like to make the most of it. I bought a lovely flat recently, which I've renovated by pulling down walls to create a huge, airy space that's filled with the world's most comfortable sofa. I know — I just about tested them all! It's a very relaxing place to sit and just chill out.

Q Do you entertain much?

Yes, when I travel I tend to be by myself so when I'm home

I like to have lots of people around. My kitchen is really the central place to gather. We'll all just sit around the table, share a coffee and talk for hours.

Q What does a Kenco Millicano moment mean to you?

I like to stop, sit down with a good cup of coffee and enjoy the beautiful space I have created. It has to be instant though and I do like it to be a really good coffee like Kenco Millicano. I don't have a coffee machine at home, I don't like the fuss.

Q What inspired you to become an entrepreneur?

When I first thought of the idea, I knew it was a good one and I could see that no one else was doing it. I knew instinctively that if I didn't go for it I would always regret it, even if I failed. So I started out finding businesses and matching them to shopping locations — it just grew and grew.

Q What frustrates you?

People love to talk about multi-tasking, but it's not really good to do several things at once. It's better to do one thing at a time, and do it well. I hate it when I'm trying to do too much.

Q So how do you counter that?

Stop, regroup, put the kettle on, take five — and make a to-do list.

Find out more about Julia at juliangkraehr.com



MY WIND-DOWN KIT

Ultra soft, cuddly blanket. "I'm always cold so I love to wrap myself up in this and curl up on my sofa." Scented candle. "I adore what scented candles do to any space. After a few seconds they are guaranteed to fill you with a relaxing vibe." Kenco Millicano Caff Free, £4.79 RRP for 100g, from all good supermarkets. "A good cup of coffee is essential when you're winding down. I drink mostly decaf."



*Kenco Millicano moment — [n] — a short, calm period of time spent refreshing oneself with a great coffee

Kenco Millicano is a unique blend of instant coffee and finely-milled beans for a smooth, full bodied taste and rich aroma; all in an instant