

SHONA PRESENTS
SHINE
 FESTIVAL

SHONA
 The Survival Kit for Girls

11th and 12th of October 2022

#shinefestival

www.shinefestival.ie

Tuesday 11th October Live Event - Main Stage

| Time | Speaker | Topic |
|-------------|--------------------------------|----------------------------------|
| 9.00-10.00 | Schools arrive and register | |
| 10.30-10.35 | Tara McCormack - Event MC | General Introduction |
| 10.35-10.45 | Tammy Darcy | Welcome To Shine! |
| 10.45-11.05 | Sport Panel with Mairead Ronan | Women In Sport |
| 11.05-11.15 | Hannah May Jane | Giant Zumba Session |
| 11.15-11.35 | Georgie Crawford | Wellness and Resilience |
| 11.35-11.50 | Eileen Flynn | Inclusivity and Representation |
| 11.50-12.00 | Tao Baker | Girls PITCH |
| 12.00-12.10 | Career Panel with Tao Baker | Innovative Careers |
| 12.10-12.30 | Amanda Ade | Diversity and Advocacy |
| 12.30-1.30 | Lunch | Take A Look At The SHINE Village |
| 1.30-1.40 | Laura Carr | Guided Meditation |
| 1.40-2.00 | Yemi Adenuga | Speaking Up and Being Confident |
| 2.00-2.15 | Louise McSharry | Body Positivity & Self-esteem |
| 2.15-2.35 | Sarah Doyle | Being Your Own Best Friend |
| 2.35-2.40 | Tara McCormack - Event MC | Thank You! |
| 2.40-3.00 | KEHLI | Dance Party and Sing-a-long |



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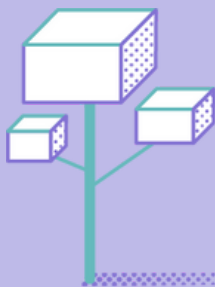
**Wednesday 12th October Live and Live-streamed
Event - Main Stage**

| Time | Speaker | Topic |
|-------------|-----------------------------|----------------------------------|
| 9.00-10.00 | Schools arrive and register | |
| 10.30-10.35 | Shonagh Lyons - Event MC | General Introduction |
| 10.35-10.45 | Tammy Darcy | Welcome To Shine! |
| 10.45-11.05 | Karen Weekes | Extreme Adventures |
| 11.05-11.15 | Hannah May Jane | Giant Zumba Session |
| 11.15-11.35 | Social Change Panel | How Our Voices Affect Change |
| 11.35-11.45 | Tao Baker | Girls PITCH |
| 11.45-12.05 | Career Panel with Tao Baker | Innovative Careers |
| 12.05-12.25 | The Useless Project | Living Sustainably |
| 12.25-1.30 | Lunch | Take A Look At The SHINE Village |
| 1.30-1.40 | Laura Carr | Guided Meditation |
| 1.40-2.00 | Yemi Adenuga | Speaking Up and Being Confident |
| 2.00-2.15 | Ellen Keane | Body Positivity & Self-esteem |
| 2.15-2.30 | Sarah Doyle | Being Your Own Best Friend |
| 2.30-2.40 | Shonagh Lyons - Event MC | Thank You! |
| 2.40-3.00 | Stephanie Rainey | Dance Party & Sing-a-long |



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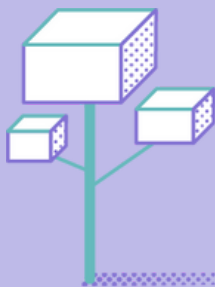
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Careers Stage - In Partnership With 

| Name | Topic | Video Length |
|-------------------------|---|--------------|
| Aisling Murray Fleming | Jobs For The Girls | 27 Mins |
| Áine Kerr | Following Blurry Career Paths | 20 Mins |
| The Big Idea | The Power of Creative Thinking | 11 Mins |
| Irish Defence Forces | Life in the Irish Defence Forces | 27 Mins |
| Apprenticeships Ireland | Apprentice Opportunites For After School | 25 Mins |
| Izzy Wheels | When Creativity, Expression, and Business Combine | 19 Mins |
| Sarah Geraghty | Creating The Perfect CV | 25 Mins |
| Sarah Geraghty | Nailing that Job Interview | 25 Mins |
| Saoirse Fitzgerald | Your Network Is Your Superpower! | 21 Mins |
| Nikki Heimberg | Working on the Front Lines | 13 Mins |
| Stephanie Walsh | Careers with Impact | 14 Mins |
| Maria Walsh | Exploring the PLC Route | 25 Mins |

*Conversations may cover topics which may be considered sensitive





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Sports Stage - In Partnership With



SPÓRT ÉIREANN
SPORT IRELAND

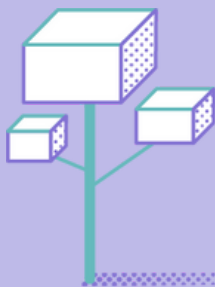
| Name | Topic | Video Length |
|-----------------------------|--|--------------|
| Jenny Egan | Reaching World Number 1 as An Irish International Canoeist | 33 Mins |
| Elmarie O'Brien | Mountain Biking And Outdoor Adventures As An Amputee | 35 Mins |
| Katie Lodge & Sadie Shallow | Our Love For The Sport Of Surfing | 19 Mins |
| Hannah Thornton | Nutrition For Teenage Girls | 27 Mins |
| Nina McGowan | Life As A Record Breaking Free Diver | 30 Mins |
| Nicci Daly | You Can Love More Than One Sport! | 25 Mins |
| Lara Gillespie | My Career As A Cyclist So Far | 23 Mins |
| Rachael Lee | My Achievements Through Swimming | 19 Mins |
| Louise Quinn | The Ups And Down of Elite Sport | 25 Mins |
| Fiona Coghlan | Rugby And All The Doors It Has Opened For Me | 25 Mins |
| Anna Woodward | Nailing Work Experience With McLaren's F1 Team | 25 Mins |
| Emma Duggan | My Journey With Meath Ladies Football | 25 Mins |

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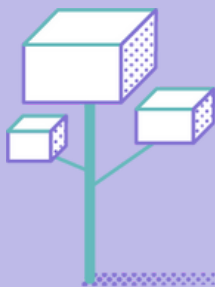
Vicky Phelan Stage For Women's Health - In Partnership With



| Name | Topic | Video Length |
|-------------------------|--|--------------|
| Alex Slye * | Addiction 101 | 30 Mins |
| Eavanna Breen | Skincare 101 | 16 Mins |
| Hannah Lilly | Making Joy A Priority in our Lives | 19 Mins |
| Lisa de Jong | Coping with Period Pain | 34 Mins |
| Julie Arnott | Understanding Disease and Immunity | 20 Mins |
| Breast Cancer Ireland * | Staying informed about Breast Cancer | 15 Mins |
| Jemma Kehoe | Nourish to Flourish | 21 Mins |
| Vicky Phelan | Putting our Own Health First | 25 Mins |
| Sharon O'Donnell | Q&A with Our Favourite GP - Part 1 & 2 | 25 Mins |
| Dairine Cullen | Celebrating Dyslexia | 21 Mins |
| Sarah Dwan | Autism and Me | 23 Mins |
| Ellie Loftus | How to keep your periods sustainable | 31 Mins |
| Grace Alice O'Shea* | Sex, Relationships, and Fake News | 15 Mins |
| Sarah Sproule* | Go at Your Own Pace | 20 Mins |
| Artist Vincent Devine* | The Vicky Phelan Triptych Explained | 50 Mins |
| We Are Riley | Lets Talk Periods | 22 Mins |

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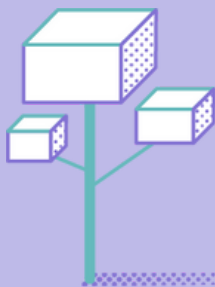
Arts Stage - In Partnership With



| Name | Topic | Video Length |
|------------------|--|--------------|
| Keilidh Cashell | Fashion And Makeup For Self-expression | 21 Mins |
| Emer Reynolds | Calling The Shots! My Career As A Director | 27 Mins |
| Nora Twomey | Cartoons At The Oscars! | 23 Mins |
| Clíodhna Doherty | Empowerment Through Art | 32 Mins |
| Evanna Lynch | Making It Big As An Actor | 41 Mins |
| Fia Moon | Music As Therapy | 25 Mins |
| Taryn De Vere | Being 100% Yourself | 25 Mins |
| Anyá Sparynska | Artivism Explained | 23 Mins |

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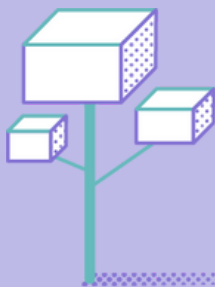
Wellness Stage - In Partnership With



| Name | Topic | Video Length |
|-----------------|---|--------------|
| Emma Kehoe | Bouncing Back From Heartbreak | 25 Mins |
| Roxie Nafousi | Manifesting The Life You Want | 21 Mins |
| Louize Carroll | Understanding Anxiety | 25 Mins |
| Dr. Malie Coyne | When Home Doesn't Feel Happy | 24 Mins |
| Dr Tara Porter | Is My Phone Affecting My Brain? | 25 Mins |
| Fiona Brennan | Intro to Mindfulness and Meditation | 22 Mins |
| Emma Cowley | The Barriers To Exercise/Physical Activity And How To Overcome Them | 27 Mins |
| Joanna Fortune | Communication 101: How To Ask For Help | 22 Mins |
| Joanna Fortune | Communication 102: How To Negotiate With Our Adults! | 22 Mins |
| Allison Keating | A Real Chat About Bullying | 36 Mins |
| Erica Cody | Fake It Till You Make It! | 25 Mins |
| Trisha Lewis | Why Self Talk Is So Important | 17 Mins |
| Tara Rafter | Emotional Stress - You're Not Crazy, Here's Why | 29 Mins |
| Siobhan Murray | Twisting The Jar On Stress | 12 Mins |
| Clare McKenna | What Is Wellness Anyway? | 22 Mins |

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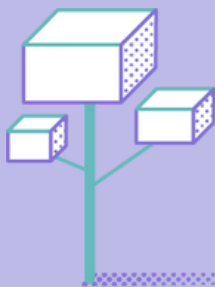
**Our World Stage -
In Partnership With**



| Name | Topic | Video Length |
|-----------------------------------|---|--------------|
| Mamobo Ogoro | Representation | 25 Mins |
| Fionnuala Moran | How To Have A Fab Wardrobe And Stay Sustainable | 23 Mins |
| Dr. Tara Shine | Small Changes That Will Save The World | 17 Mins |
| Megan Reilly - Women For Election | Why We Need More Women In Politics | 21 Mins |
| Soma Sara | Why Activism Matters | 16 Mins |
| Sally Hayden | Telling The Real Stories Of Migration | 23 Mins |
| Alannah Murray | Why Inclusion Matters | 13 Mins |
| Zainab Yunusa | Girls' Issues Across The World | 37 Mins |
| Allison Kenneally | Why Gender Equality Matters | 22 Mins |
| Sofia Trofymova & Olha Zaitseva | Our Beloved Ukraine | 17 Mins |

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Sound Stage - In Partnership With



| Name | Topic | Video Length |
|--------------------------------------|--|--------------|
| Alexandra Black - Active Consent * | Sex, Consent and Pop Culture | 23 Mins |
| Dr. Caroline West - Active*Consent * | Understanding Consent | 27 Mins |
| Joanne O'Riordan | How to get involved in creating a better world! | 17 Mins |
| Sarah Doyle | Be Your Own Best Friend | 15 Mins |
| Mary Hayes #TooIntoYou * | Spotting the Signs of an Unhealthy Relationship With #TooIntoYou | 17 Mins |
| Caoimhe O'Connor #TooIntoYou * | Looking out for our Friends With #TooIntoYou | 13 Mins |
| Sara Philips * | Trans Rights In Ireland | 34 Mins |
| Zoe Holohan * | Overcoming Trauma | 27 Mins |
| Aoife Grace Moore* | How Our History Influences Our Future | 25 Mins |
| Orla Doherty * | Coming Out When It Was Illegal To Come Out | 27 Mins |
| Clodagh Finn | Our Favourite Women from History | 21 Mins |
| Jennifer O'Connor | Celebrating Autism | 18 Mins |
| Senator Eileen Flynn | How My Culture Inspired by Career | 25 Mins |
| Jackie Fox * | Coco's Law | 38 Mins |
| Leah Whelan | Check Your Privilege | 25 Mins |
| Pamela Uba | The Reality of Direct Provision | 25 Mins |

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Stress Busters Stage
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| Name | Topic | Video Length |
|-----------------|---------------------------------------|--------------|
| Susan Quirke | Meditation Made Easy | 4 Mins |
| Judith Mullally | Power Poses | 3 Mins |
| Melanie Walsh | Sound Baths For Relaxation | 3 Mins |
| Melanie Walsh | Deep Belly Breathing | 3 Mins |
| Orna Murray | A Mindful Moment | 4 Mins |
| Sarah Doyle | Powerful Positive Affirmations | 3 Mins |
| Yogamara | Yoga To Feel Fab! | 6 Mins |
| Ella O'Nuallain | Feel The Burn - Introduction To Barre | 7 Mins |

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Shine Heroes Stage - Our Biggest Inspirations

This stage includes a curated selection of inspirational speeches from some of the world's most inspirational women.

| Name | Topic |
|--------------------|---|
| Amanda Gorman | Amanda Gorman opens 2022 U.N. General Assembly |
| Malala Yousafzai | Malala Yousafzai speaking about the Importance of Education |
| Maya Angelou | "Still I Rise" Maya Angelou |
| Michelle Obama | The Strength of a Woman, by Michelle Obama |
| Priyanka Chopra | The strength of women by Priyanka Chopra |
| Emma Watson | What is Gender Equality |
| Lavern Cox* | Celebrating the Trans Community |
| Jameela Jamil | You're selling us Self Consciousness! |
| Lili Reinhart | Love Your Body |
| Natalya O Flaherty | A Womans World |
| Beyonce | On Work Ethic |
| Sinead Burke | Why Design Should include Everyone |
| Reece Witherspoon | Ambition is Not A Dirty Word |
| Amal Clooney | Be Courageous! |
| Hamila Aden | Show People Who You Are |
| Abby Wambach | Be The Wolf |
| Gigi Hadid | None of Us have It Figured Out |

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