

SHONA PRESENTS
SHINE
FESTIVAL

11th and 12th of October 2023

Wednesday 11th October Live Event - Main Stage

Time	Speaker	Info
9.30-10.30	Arrival, Registration, Activities And Moments To SHINE!	
10.30-10.35	Shonagh Lyons & Megan O'Regan-Byrne	Day 1 Hosts From Beat 102-103
10.35-10.45	Tammy Darcy	The Shona Project Founder/ The Boss Lady
10.45-11.00	Mary Hulgraine	Kildare Goalkeeper/ Mental Health Advocate/ Badass
11.00-11.10	Shelia Kearney	The Collective Waterford/ Zen Goddess
11.10-11.30	Ellen Gunning	Entrepreneur/ Author/ Leader/ Smart Cookie
11.30-11.50	Ailbhe Smyth	Feminist/ Activist / Trailblazer
11.50-12.10	Fionnuala Moran & Changemakers (Mary Hayes, Blessing Dada, Allie Leahy & Faith Hurley)	Let's Change The World With These Legends!
12.10-12.30	Louize Carroll	Psychologist/ Rock Star/ Girl Crush
12.30-1.30	Lunch	Take A Look At Our Activities Then Back To Seats
1.30-1.45	Eileen Flynn	Senator/ Activist/ Shona Fav x
1.45-2.00	Sarah Doyle	Life Coach/ Pep Talk Giver/ Bestie
2.00-2.20	Yemi Adenuga	Councillor/ Gogglebox Star/ Powerhouse
2.20-2.30	Event Hosts	Thank You!
2.30-3.00	Singalong Social	Dance Party & Sing-a-long

*This line up is subject to change

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Thursday 12th October Live Event - Main Stage

Time	Speaker	Info
9.30-10.30	Arrival, Registration, Activities And Moments To SHINE!	
10.30-10.35	Michaela Hayes	Day 2 Hosts From Spin 1038
10.35-10.45	Tammy Darcy	The Shona Project Founder/ The Boss Lady
10.45-11.05	Kellie Harrington	World and Olympic Champion/ Superstar
11.05-11.15	Shelia Kearney	The Collective Waterford/ Zen Goddess
11.15-11.30	Fionnuala Moran	Sustainability Queen
11.30-11.45	Kim McKenzie	Creative Genius/ Coolest Person We Know
11.45-11.55	Bobbie Hickey	Diversity & Inclusion Advocate, Speed Boat Driver
11.55-12.10	Amanda Ade	Activist/ Creative/ Inspiration
12.10-12.30	Yemi Adenuga	Councillor/ Gogglebox Star/ Powerhouse
12.30-1.30	Lunch	Take A Look At Our Activities Then Back To Seats
1.30-1.40	Danspire Official	Let's Throw Some Shapes
1.40-1.55	Sarah Doyle	Life Coach/ Pep Talk Giver/ Bestie
1.55-2.15	Ciara O'Connor	Minding Our Minds With A Lust For Life
2.15-2.30	Event Hosts	Thank You!
2.30-3.00	Singalong Social	Dance Party & Sing-a-long

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Careers Stage - In Partnership With **sanofi**

Name	Topic	Video Length
Sanofi	Women in STEM Panel	25 Mins
Valarie Daunt	The Power of Mentorship and Coaching	12 mins
Sharon Keegan	Entrepreneurship 101	21 mins
Eileen Gunning	The Changing World of Work	20 mins
Petra Augustinovic	Women Who Code	18 mins
Destiny Ayo Vaughan	Building a non profit	9 mins
Eileen McHugh	How Hairdressing Changed My Life	16 mins
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
Alana Kernan	Apprentice Opportunitites For After School	25 Mins
Izzy Wheels	When Creativity, Expression, and Business Combine	19 Mins
Sarah Geraghty	Creating The Perfect CV	25 Mins

*Conversations may cover topics which may be considered sensitive





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Careers Stage - In Partnership With **sanofi**

Name	Topic	Video Length
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

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Our World Stage - In Partnership With



Name	Topic	Video Length
Saoirse Exton, Jessica Gill, Flossie Donnelly	Climate Action Panel	29 mins
Sharon Etokhana, Stacey Dunne	People On The Move Panel	40 mins
Sarah Hunt	Introduction To the SDGs	14 mins
Natalia Katashynska	An Update From Ukraine	20 mins
Rosemary Kenune	The Reality of Direct Provision	20 mins
Awa Faly Ba & Carole Wickham	Leadership and equality – How can we strengthen women in leadership positions?	7 mins
Ciára Dalton, Sorch Killian and Rosie McDonagh from the Hygiene Hub	Hygiene Poverty	20 mins
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	Why We Need More Women In Politics	21 Mins

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Name	Topic	Video Length
Alannah Murray	Why Inclusion Matters	13 Mins
Zainab Yunusa	Girls' Issues Across The World	37 Mins
Allison Kenneally	Why Gender Equality Matters	22 Mins

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**Sound Stage -
In Partnership With**



stryker

Name	Topic	Video Length
Moninne Griffith	Supports for LGBT Youth	20 mins
Citizens Information	Working Rights For Teenagers	13 mins
Bobbie Hickey	Obstacles? What obstacles?	25 mins
Daisy Kelleher	The Reality of Reality TV	20 mins
Karen Whelan	7 Pathways To Self Love	17 mins
Allie Leahy	Overcoming Bullying	22 mins
Zoe Holohan *	Overcoming Trauma	27 Mins
Aoife Grace Moore*	How Our History Influences Our Future	25 Mins
#TooIntoYou *	Spotting the Signs of an Unhealthy Relationship With #TooIntoYou	17 Mins
#TooIntoYou *	Looking out for our Friends With #TooIntoYou	13 Mins
Active*Consent *	Sex, Consent and Pop Culture	23 Mins
Active*Consent *	Understanding Consent	27 Mins
Sara Philips *	Trans Rights In Ireland	34 Mins

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**Sound Stage -
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stryker

Name	Topic	Video Length
Joanne O'Riordan	How to get involved in creating a better world!	17 Mins
Clodgah 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
Dairine Cullen	Celebrating Dyslexia	21 Mins
Sarah Dwan	The Autistic Experience: What It Is And What It Isn't	23 Mins

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Wellness Stage - In Partnership With

Coimisiún
na Meán

Name	Topic	Video Length
Hannah Lilly	How To Stop People Pleasing	16 Mins
Claire Walsh	The Power of A Breath	21 Mins
Tara Rafter	Why Are We So Afraid Of Change?	27 Mins
Roxie Nafousi	Manifesting The Life You Want	21 Mins
Emma Kehoe	Bouncing Back From Heartbreak	25 Mins
Dr. Malie Coyne	When Home Doesn't Feel Happy*	24 Mins
Fiona Brennan	Intro to Mindfulness and Meditation	22 Mins
Allison Keating	A Real Chat About Bullying	36 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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**Sports Stage
- In Partnership With**



SPÓRT ÉIREANN
SPORT IRELAND



Name	Topic	Video Length
Grace Lynch	Life As An Long-distance runner	17 Mins
Bláthnaid & Emma	Perfecting Your Nerves Of Steel - Our Lives As Gymnasts	14 Mins
Emily Hegarty	The Power Of A Team - A Conversation With An Irish Rowing Olympian	8 Mins
Orla Prendergast	Finding The Balance With School And Sport	7 Mins
Kate Frost	Life As A Team Ireland Badminton Player	7 Mins
Emma Cowley	The barriers to exercise/physical activity and how to overcome them	28 Mins
Nina McGowan	Life As A Record Breaking Free Diver	30 Mins
Elmarie O'Brien	Mountain Biking And Outdoor Adventures As An Amputee	35 Mins
Hannah Thornton	Nutrition For Teenage Girls	27 Mins
Jenny Egan	Reaching World Number 1 as An Irish International Canoeist	33 Mins
Lara Gillespie	My Career As A Cyclist So Far	23 Mins
Anna Woodward	Nailing Work Experience With McLaren's F1 Team	25 Mins

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The Survival Kit for Girls





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Sports Stage

- In Partnership With



SPÓRT ÉIREANN

SPORT IRELAND



Name	Topic	Video Length
Rachael Lee	My Achievements Through Swimming	19 Mins
Fiona Coghlan	Rugby And All The Doors It Has Opened For Me	25 Mins
Louise Quinn	The Ups And Down of Elite Sport	25 Mins
Jessie Barr	My Life in Athletics, The Olympics and Sports Psychology	26 Mins

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Vicky Phelan Stage For Women's Health

Name	Topic	Video Length
Pauline McKeown	The Impact of Substance Abuse on Mental Health	25 mins
Prof. Catherine Hayes	Rethinking The Use Of Vapes	9 mins
Niamh Walsh	Living with Chronic Pain	20 mins
Ilana Darcy	Raising awareness of Endometriosis	13 mins
Lisa de Jong	The Menstrual Cycle	18 mins
Dr. Lisa Cunningham-Guthrie	Blasting Tik Tok Health Myths	23 mins
Sheila Naughton	Eating Disorder Recovery	22 mins
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

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Name	Topic	Video Length
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
Evanna Breen	Skincare 101	16 Mins
We Are Riley	Lets Talk Periods	22 Mins

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Arts Stage

Name	Topic	Video Length
Audrey Hamilton	Embracing Creativity: A Door will always open	21 mins
Katie Honan	Doing it for and by yourself	20 mins
Sharon Horgan	Writing Real Women	24 Mins
Cat Gundry-Beck	Taking Up Space In Your Industry	17 mins
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

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Stress Busters Stage - In Partnership With

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Name	Topic	Video Length
Judith Mullally	Clearing Your Mind With Tapping	4 Mins
Orna Murray	Meditation To Help You Fall Asleep	4 Mins
Susan Quirke	Meditation Made Easy	4 Mins
Judith Mullally	Power Poses	3 Mins
Orna Murray	A Mindful Moment	4 Mins
Sarah Doyle	Powerful Positive Affirmations	3 Mins
Ella O'Nuallain	Feel The Burn - Introduction To Barre	7 Mins
Karen McMahon	Mini Meditation Session	7 Mins
Ornagh Lee	Flexibility 101	5 Mins
Miriam Hussey	Coming Home To Ourselves Meditation	3 Mins
Miriam Hussey	Relax And Let Go Meditation	3 Mins
Sarah	Good Morning Zumba	5 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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