

8TH-10TH
MARCH 2021

AIB Main Stage

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| Orlaith Carmody | How to Find Your Voice | 28 mins |
| Jackie Fox | The Story Behind Coco's Law* | 39 mins |
| Louise Byrne | Taking a Leap of Faith and Landing in RTÉ | 21 mins |
| Ruth Codd | No Leg, No Problem! | 8 mins |
| Sarah Doyle | Be Your Own Best Friend | 15 mins |
| Sharon Horgan | Writing Real Women | 24 mins |
| Tammy Darcy | The Shona Story With Tammy and Freya Darcy | 13 mins |
| Yemi Adenuga | If You're Determined Enough You Can Be Anything | 21 mins |
| Melanie Lynch | Ireland's Phenomenal Women | 38 mins |
| Liadan Hynes | How To Fall Apart | 17 mins |
| Vicky Phelan | Mindset is Everything | 19 mins |
| Laura Whitmore | No One Can Change Your Life Except For You | 25 mins |
| Evanna Lynch | A Career in the Arts is Not Just About Being Lucky, It's a Craft | 41 mins |
| Holly Cairns | Why We Need More Women in Politics* | 22 mins |
| Joan Freeman | Taking Care of Ourselves, and Each other* | 17 mins |
| Judith Mullally | So Go on, Fill That Cup – Spoken Word Piece | 4 mins |
| Joanne O'Riordan | No Limbs, No Limits | 17 mins |

* This conversation covers topics which might be considered sensitive.

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Wellness Stage

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|---------------------------------|---|---------|
| Tri Cleary | Be an Advocate For Your Body | 27 mins |
| Laura Dowling | Sexual Health with The Fabulous Pharmacist* | 20 mins |
| Georgie Crawford | The Importance of Taking Care of Yourself | 16 mins |
| Fiona Tuomey | Coping with Bereavement Through Community & Connection* | 15 mins |
| Stella O'Malley | How to Deal With Bullies | 21 mins |
| Aimée | Dealing With Grief* | 25 mins |
| Miriam Kerins Hussey | Lifestyle As Medicine - A Holistic Approach to Health & Wellbeing | 23 mins |
| Siobhan Murray | Twisting The Jar | 8 mins |
| Fiona Brennan | Positive Habits to Change Your Life | 22 mins |
| Jen's Journey | Staying True to You on Social Media | 24 mins |
| Niamh Connolly | CBT for Beginners | 20 mins |
| Dr Elaine Byrnes | Consent 101* | 25 mins |
| Allison Keating & Megan Devaney | Explaining Eating Disorders & Recovery* | 51 mins |
| Sarah Jane Crosby | 5-Minute Therapy & Behind the Scenes of The Mind Geek | 22 mins |
| Dublin Rape Crisis Centre | What Does a Healthy Relationship Look Like?* | 19 mins |
| Megan Roantree | Grief 101* | 22 mins |
| Abigail McDonnell | Depression, My Mam, and Me* | 23 mins |
| Tara Navigation Coach | Do What Feels Right | 21 mins |

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People & Planet Stage

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|--------------------------|---|---------|
| Amanda Ade | Exploring Race and Racism in Ireland | 26 mins |
| Zara King | Becoming a Broadcast Journalist | 20 mins |
| Emma Whitty | Following My Gut Into Community Youth Work | 20 mins |
| Lord Mayor Hazel Chu | Why Representation Matters | 38 mins |
| Ellie Kisyombe | My life in Direct Provision | 32 mins |
| Jo Linehan | How to be a Sustainability Champion | 20 mins |
| Geraldine Carton | Thinking Outside The Box | 24 mins |
| Laura Costello | PR with Purpose | 18 mins |
| Sntr Rebecca Moynihan | Tackling Period Poverty | 21 mins |
| Fionnuala Moran | Being Imperfectly Perfect about Sustainable Living | 23 mins |
| Ali Sheridan | Action and Innovation to Support Our Climate | 26 mins |
| Emma Gleeson | Stuff Happens! | 26 mins |
| Megan Sims | Image Based Sexual Abuse - Why You Need To Know About It* | 16 mins |
| Nicola Countess of Coco | Where Does Your Chocolate Come From?* | 20 mins |
| Ailbhe Smyth | Being True To Yourself | 35 mins |
| Lara Fitzsimons | Coming Out for Beginners | 18 mins |
| Minster Catherine Martin | Life as a Politician | 18 mins |

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West Pharma Arts Stage

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| Audrey Hamilton | It's Pretty Cool to Be Different | 34 mins |
| Megan Nolan | Freelancing, Journalism and Writing 'Acts of Desperation' | 20 mins |
| Megan O'Malley | Every No is One Step Closer to a Yes | 20 mins |
| Eimear Noone | Conducting at The Oscars - If I Can Do It, Anyone Can. | 39 mins |
| Sharon Sexton | Believing That You Can | 33 mins |
| Una Healy | Building Your Passion | 24 mins |
| Ruthanne | Music, Song Writing and Endometriosis | 29 mins |
| Marion Bergin | Fashion, Film and Following Your Passion | 19 mins |
| Ruth Medjber | Behind the Lens | 33 mins |
| Emma Langford Harmania Indie Choir Mount Sion Choir | Shine Festival Presents a very special performance of 'BIRDSONG' | 4 mins |
| Trish Wall | Shine Festival Presents a very special performance of 'SCOUTS FLIGHT' | 2 Mins |
| Lyra | Staying True to Yourself in Music | 22 mins |

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Life Style Sports Stage

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| Fiona Coghlan | Women in Sport with Fiona Coghlan | 16 mins |
| Joy Neville | Ambition and Leadership in Sport | 17 mins |
| Orla O'Doherty | Sport, Opportunity, Mental Wellness & Finding a Laugh in Everything. | 32 mins |
| Lilly-Ann O'Hora Bethany Carson Michael Currane | Getting Involved and Being Active | 59 mins |
| Amy O' Donoghue | Staying Fit, Focused and Inspired | 48 mins |
| Phil Healy | My Career -Sprinting into life | 41 mins |
| Claire Hunt Homeless Period Ireland | Education around Periods and Sport | 28 mins |
| Sinead Brophy | Go With The Flow and Working With the Flow | 64 mins |
| Louise Quinn | Women in Sport - Creating a New Generation of Role Models | 21 mins |
| Jessie Barr Katie Mullen | Goals - Scoring them, saving them and achieving them. | 40 mins |
| Niamh Tallon Clara Hester | Getting Into Sport -- The Non Athlete POV | 54 mins |

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Career Stage

| | | |
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| Pamela Laird | The Highs, Lows & Lessons of Business | 38 mins |
| Aimee Connelly | Founding My Own Make-Up Brand | 27 mins |
| Charlene Flanagan | Skin Type, Skincare Essentials, Making Make-up Work For You and Being On Your Own Journey | 19 mins |
| Ailbhe and Izzy Wheels | Going for it in Business | 20 mins |
| Aoibhinn Ní Shúilleabháin | Women in Stem - It's All About Practice | 19 mins |
| Jess Kelly | Women in Tech | 22 mins |
| Sarina Bellissimo | Finding Your Dream Career At 30 | 25 mins |
| Andrea Horan | Creating a Business that Suits your Life | 23 mins |
| Nicola Tallant | What Makes a Criminal | 23 mins |

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3 Minute Stress Busters Stage

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| Melanie Walsh | Belly Breathing |
| | Sound Healing Journey with Gongs |
| | Sound Healing with Singing Bowls |
| Judith Mullally | Power Posing For Instant Confidence |
| Sarah Doyle | Positive Affirmations |
| Fiona Stout | Simple Breathing, Yoga Style |
| Steph Golds | Easy Breathing for Stress |
| Miriam Kerins Hussey | Coming Home to Ourselves Meditation |
| | Relax and Let Go Meditation |
| Orna Murray | Energy Boosting yoga & good vibes |
| Zumba With Sarah | Good Morning Zumba! |
| Grace Marie Butler | Negative Self Talk & Self Limiting Beliefs |
| Susan Quirke | Minute Meditation |

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