

8TH-10TH
MARCH 2021

AIB Main Stage

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

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Wellness Stage

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

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

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

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

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

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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