

Redefining Foundations

Time	Session Title/Topic Theme
8:30	Refreshments and Networking
9:00	Welcome & outline of the day Sarah Travers, Former BBC Journalist & Presenter
9:05	Introduction from CITB Director
9:15	Energiser Speaker 1 – Oonagh O'Reilly and Marie-Claire McGreevy, MCO Performance Topic – Performance culture This practical and interactive session will get the audience ready for the day. This talk will provide actionable insights and innovative strategies for everyone committed to fostering an environment where excellence is the norm, not the exception. Q&A
9.55	Speaker – Nicky Scott, Head of Programmes, Centre of Learning, WiB Group Topic: Mentoring and your network Mentoring plays a pivotal role in personal and professional development, offering a multitude of benefits that extend across the individual, organizational, and societal levels. Its importance cannot be overstated, as it creates a supportive and enriching environment conducive to growth, learning, and achievement. Q&A
10:15	Panel 1 – Foundations to sustainability In an era where the urgency for sustainable practices has never been more pressing, understanding and implementing the core foundations of sustainability is crucial for businesses, communities, and individuals alike. This panel discussion seeks to unravel the complexities of sustainability, shedding light on the fundamental principles and practices that can guide our journey towards a more sustainable future within the businesses and onsite. Q&A
10.45	Morning break - Networking & Refreshments
11:10	Speaker 2 – Cathy Brennan, Resourceful Planner Topic – Can you have it all? This topic discussion delves into the complex interplay between financial well-being, strategic future planning, and the psychological hurdles that can impede progress, offering insights and strategies to navigate these challenges effectively. Q&A
11.40	Speaker 3 – Ellie McBride, Calibrated Concepts Topic – Beyond Automation – AI Overview The narrative surrounding Artificial Intelligence (AI) has predominantly been tethered to its capability to automate tasks, streamline operations, and enhance productivity. However, the potential of AI stretches far beyond the confines of automation, promising to revolutionize industries, redefine human interaction, and even challenge our understanding of creativity and innovation. Include Chat GPT.

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	Q&A
12.00	Panel 2 – EDI/Health & Wellbeing In the contemporary landscape, the conversation surrounding Equity, Diversity, and Inclusion (EDI) is increasingly intersecting with concerns about health and wellbeing. This crucial panel discussion aims to unpack the multifaceted relationship between EDI initiatives and health outcomes, exploring how inclusive practices can not only foster a sense of belonging but also significantly impact the physical, mental, and social wellbeing of individuals and communities. Q&A
12:35	Facilitated networking activity by MCO Performance
13:00	Lunch Break
13:55	Welcome back & recap of day so far Sarah Travers
14:00	Panel 3 – Navigating challenging foundations This topic will explore strategies for navigating these challenges, fostering supportive environments, and paving the way for future generations of women to thrive in their careers. Areas of discussion will include childcare, male dominated industries/male allies and talent retention. Q&A
14.40	In conversation with Jules Coleman, Resi Hear from Co-Founder of Resi, which provides the advice and architectural drawings for home development. Jules entrepreneurial journey will share insights and perspective on challenges not only in the industry but also as an entrepreneur. Q&A
15.10	Keynote speaker – Breda McCague Q&A
16:00	Conference wrap up and close - Sarah Travers Highlights Video