**Powerhouse Picnic 2024**

**You’re invited...** Summer 2024 sees the return of the “Powerhouse Picnic” with the amazing Lucy Kennedy as MC and a host of enterprise talent sharing their stories. The Powerhouse Picnic is on Thursday, 27th June 2024 in the Woodford Dolmen Hotel, Carlow.

Join us for a sizzling outdoor experience that combines the best of a classic barbecue with the vibrant energy of a community celebration.

The Powerhouse Picnic is an excellent opportunity to build new connections and expand your professional network while enjoying a fun and relaxed atmosphere. By attending this event, you may meet potential customers, clients, or business partners that could help your business grow, all while enjoying a delicious picnic spread.

Furthermore, the Powerhouse Picnic can also help you improve your communication skills. You will have the opportunity to practice your elevator pitch, presentation skills, and conversation skills while mingling with other attendees. Moreover, you can learn from other professionals in your industry, exchange ideas, and get feedback on your own work. This can help you stay up-to-date with the latest industry trends and best practices while enjoying a fun and relaxed atmosphere.

In summary, attending the Powerhouse Picnic in association with Network Ireland can offer many benefits, including expanding your network, building relationships, improving your communication skills, and accessing a wider network of professionals in your industry. All while enjoying a delicious picnic spread in a relaxed and fun atmosphere.

This event is open to business owners and their key staff across Ireland and gives the opportunity to connect and gain knowledge from one another in a semi-formal networking environment.

**Event Agenda:**

5.30pm Registration & BBQ

6.15pm Welcome to the Powerhouse Picnic – Lucy Kennedy

6.20pm Women Supporting Women Panel

The "Women Supporting Women Panel" at this year's Picnic is a profound and inspiring panel that celebrates the strength and solidarity among women across various support sector fields. Bringing together a diverse group of accomplished women from academia, local government , banking and networks the panel will discuss the importance of mutual support and collaboration in fostering personal and professional growth. Panelists will share their journeys, challenges, and triumphs, offering valuable lessons on resilience, leadership, and the power of community.

Panel Members:

**Melissa Doyle Stacey Phelan Gemma Purcell Edel Maher Megan Manning,**

6.45pm Networking Bingo

Networking Bingo is an engaging and interactive activity designed to facilitate connections among picnic attendees in a fun and structured way. Participants will be given Bingo cards filled with various prompts or traits, such as "has worked abroad," "speaks more than three languages," or "is an entrepreneur." The goal is to mingle with others, find individuals who match these descriptions, and have them sign the corresponding squares on the card. People who has a complete card in the allocated time will all put them in the Bingo Box where 1 winner will be selected for a €200 voucher for XXX.

7.15pm Her Story , Her Success Panel

The "Her Story, Her Success Panel" is a highlight of this years picnic, dedicated to celebrating the remarkable achievements of women across various industries. This panel features a lineup of inspiring women who have excelled in their fields, each bringing a unique story of determination, innovation, and success. Discussion topics will cover a broad spectrum, including strategies for career advancement, the role of education and continuous learning, the impact of mentorship and networking, and the importance of work-life balance. The panel will also address challenges specific to women, such as combating gender bias and creating inclusive workplaces, providing actionable insights and inspiration for the audience. The "Her Story, Her Success Panel" is more than just a conversation; it's a celebration of women's contributions and a powerful reminder of the potential that lies within each of us.

**Panel 2: Lucy Mullins, Lucy Gernon, Niamh Hogan, Shauna Doyle**

8.00pm Closing Words & Thank Yous

The event is free of charge and includes BBQ on arrival by the award-winning team at Woodford Dolmen Hotel

**The Picnic MC**

**Lucy Kennedy**

Lucy Kennedy is a popular Irish radio and television presenter. Lucy currently co-hosts her own breakfast radio show with Colm Hayes on Radio Nova “The Colm and Lucy Breakfast Show”, apart from radio Lucy also currently presents “Ireland’s Got Talent” on Virgin Media One.

As part of her very own show “Livin’ with Lucy” on Virgin Media One, now on its sixth season, Lucy has lived with an array of stars including Nathan Carter, Gemma Collins, Ivan Yates, David Guest, Kerry Katona to name a few. Previous to this Lucy has presented several television shows with RTE and Virgin Media One including “The Seven O’Clock Show” with Martin King, The Lucy Kennedy Show and Charity Lords of the Ring.”

Lucy has also undertaken various radio work with RTE 2FM including “The Colm and Lucy Show and Weekend Breakfast with Baz & Lucy.”

**Your Panel Members**

**Niamh Hogan - Holos founder & CEO**

Niamh Hogan, the founder and CEO of Holos Skincare, is no stranger to a career change with a move from Restaurant Management, into Natural health & wellness, in her late 20's. She pivoted again in her mid 30s when she spent 2 years researching and developing Skincare production before launching Holos Skincare in 2014. Driven and not afraid of a challenge, Niamh ascribes to the school of "just do it and learn as you go". Twice shortlisted for Image Entrepreneur of the year, Niamh is a strong advocate for women in mid life saying no to the humdrum and yes to what they want. In 2016, Niamh won investment for Holos Skincare from Enterprise Ireland through the Female Competitive Start Fund and through RTE's Dragons Den. She has driven Holos to be a profitable business through the production of an excellent product range supported by strong brand building and digital strategy.

**Shauna Doyle – Former Beauty Therapist turned Tarmacadam Professional**

Shauna Doyle is a dedicated professional with a passion for driving Heavy Goods Vehicles (HGV), operating Pavers, and contributing as a general on-site labourer at Doyle's Tarmacadam. After making a significant career change from the beauty industry, Shauna brings a unique blend of skills, adaptability, and a strong work ethic to every project.

She has recently become involved in a new Government initiative called Building Heroes to try encourage more young people into apprenticeships and construction based work. She is a passionate advocate for women working in the construction industry.

Prior to her role in the tarmacadam industry, Shauna excelled as a Beauty Therapist, where she honed her customer service skills and attention to detail. Her journey showcases her ability to embrace change and thrive in diverse environments.

Outside of work, Shauna is a loving mother to two children and a stepdaughter, balancing her professional ambitions with her commitment to family life.

**Lucy Mullins**

Lucy Mullins, a dynamic manager at MMPS Carpentry for nearly five years, leads with innovation. She's pioneered digital advancements, significantly boosting efficiency. Lucy recently co-founded a premium home furniture venture, Wood Sense, prioritizing quality and functionality. Her leadership drives growth and success in both businesses.

Lucy is a graduate of Maynooth University and has used her college experiences to identify new opportunities to diversify MMPS Carpentry’s product offering and approach to customer engagement. This has led to MMPS Carpentry becoming an award winning company with its most recent success being the ‘Digitalisation’ Award at the Carlow Enterprise Awards 2024. Lucy’s reputation as a digital business leader lead to her being invited to be a panellist at the Department of Enterprise, Trade & Employment’s ‘Building Better Business’ South East regional event in 2023.

**Lucy Gernon – 3SIXTY Leaders Club**

Lucy Gernon is a Multi Award-Winning Executive Coach and acclaimed international speaker supporting women in leadership and their teams to accelerate their career progression with confidence and develop as leaders while achieving work-life balance. She also delivers masterclasses and keynotes for corporate events, women's networks (all levels not just leaders) as well as corporate leadership training. She is sought out by Fortune 500 companies and is the Founder of 3SIXTY Leaders Club—the only online membership focused on career progression, leadership development and work-life balance.

Lucy holds Bachelors and Masters Degrees in Science and had a 20 year career in senior leadership roles in multinational pharmaceutical companies. Her experiences at the top of the corporate ladder provoked an interest in the importance of Work-Life balance for business leaders, particularly female leaders. She retrained as an executive coach and become a certified Member of the International Coaching Federation. Her corporate CV, combined with her knowledge of executive coaching, gives her a unique perspective on the needs and ambitions of females at all stages in their career journeys.

**Melissa Doyle – Business Advisor - Local Enterprise Office, Carlow County Council**

Melissa Doyle is a Business Advisor at the Local Enterprise Office in Carlow County Council. She oversees several programs, including the Powerhouse Women in Business Network, Start-Up Programs, and Short Programs, and provides financial and strategic advice to small and mid-sized companies. In her role with the Powerhouse Network, Melissa supports members through networking events, workshops, and mentorship programs, helping women expand their professional networks, enhance their skills, and gain valuable knowledge to advance their entrepreneurial journeys.

Previously, Melissa worked as a Legal Executive for over thirteen years before joining the Local Enterprise Office. During her legal career, she developed a thorough understanding of legal procedures and honed her administrative skills, attention to detail, time management, and ability to produce professional correspondence. Additionally, she served as an Office Manager. Before her legal career, she gained customer service and communication skills in the hospitality sector. Melissa holds a Bachelor of Honours Degree in Law from the Carlow Institute of Technology and recently completed a Diploma in Local Government Studies with the IPA.

**Stacey Phelan – EU Coordinator - Local Enterprise Office, Carlow County Council**

Stacey Phelan is the EU Project Coordinator for the Local Enterprise Office in Carlow County Council, where she manages the Interreg InnoCom Project, the Enterprise Europe Network, and other collaborative projects like 3Scences. She recently coordinated Craft Hub, a €1.5 million Creative Europe project with eight EU partners.

Stacey holds a degree in Politics and Public Administration from the University of Limerick. Her academic experience included practical work in a civil service department, which sparked her interest in public service.

Internationally, Stacey spent a year in Toronto, Canada, working as an administrator and customer service specialist in a medical device company. Upon returning to Ireland, she applied her public service administration expertise in various roles within the civil and public sectors, including working in COVID-19 test centers. Notably, she became the youngest female driver tester employed by the Road Safety Authority (RSA) in Ireland.

**Gemma Purcell – Enterprise Development Manager, SETU Carlow**

Gemma Purcell has a varied background in Design Management and Enterprise Development. Originally hailing from Wexford, she now calls Carlow home. Gemma holds an honours degree in Industrial Design from NCAD (National College of Art and Design) and furthered her education with an MBA from SETU Carlow.

Gemma has over two decades of industry experience. She spent over 10 years as a Design Management specialist with both Tesco and Dunnes Stores. In these roles she led multifunctional teams across various design projects, from conceptualisation to execution, driving innovation in the retail sector across Europe and Asia.

Since 2020, Gemma has been making significant contributions as an Enterprise Development Manager at SETU Carlow Campus. In this role, she manages the promotion, management, and expansion of the Institute's Enterprise & Research Incubation Centre, particularly focusing on the Enterprise Ireland New Frontiers programme. Gemma is deeply committed to fostering entrepreneurial growth and innovation within businesses in the south east region.

Gemma also serves as a valued board member of the Carlow Chamber of Commerce, bringing her wealth of expertise in design management, enterprise development, and entrepreneurial growth to the table.

**Edel Maher – Bank Manager Bank of Ireland**

As manager of Bank of Ireland Carlow, Edel Maher has over 10 years’ experience working in Financial Services. As a Carlow native, she was delighted to be appointed Bank manager of Carlow area earlier this year, having previously managed Bank of Ireland Baggot St. Edel is passionate about supporting local enterprise on a national and international level, helping businesses within the local community to thrive.

Edel is a Qualified Financial Advisor and holds a number of academic qualifications in financial services. She also has a degree in English and Sociology and a Master of Arts degree in Journalism. Edel continues to combine her interest in English and journalism with her professional experience and knowledge of the finance and banking sectors by writing on a freelance basis, specialising in financial affairs as well as current affairs and lifestyle matters. Her varied interests will bring an original viewpoint to the Powerhouse Picnic Panel.

**Megan Manning – President of Network Ireland Carlow**

Megan Manning is Jewellery designer with over 16 years’ experience in the Jewellery industry, she launched her business Creative Spark with teaching people how to make jewellery, with a deep understanding of personal growth, her Jewellery workshops help people discover their inner spark and express themselves through creativity. Her entrepreneurial journey is marked by commitment to excellence, creativity and making a positive impact on the community.

With a commitment to learning she has embarked on many programmes to excel her

entrepreneurial journey. With a passion for empowering women, Megan is the founder of Network Ireland Carlow, and in her role as president she supports and connects women across various industries, Megan has a deep commitment in fostering empowerment and collaboration within Network Ireland Carlow, her journey is marked by empowering women, and making a positive impact with a vision to inspire all women in all walks of life