

Enterprising Limerick

# LIMERICK

---

## Business Week



7<sup>th</sup> - 14<sup>th</sup> MARCH



Oifig  
Fiontair  
Áitiúil

Local  
Enterprise  
Office

LOCAL  
ENTERPRISE  
WEEK 2016

# Welcome to Limerick Business Week, 2016



A Chara,

Limerick Business Week 2016 will run from 7<sup>th</sup> to 14<sup>th</sup> March at various venues around the City and County and comprises of a series of events, seminars and the promotion of enterprise to meet the growing needs of the business sector in Limerick.

In 2016 Limerick Business Week is part of a series of Local Enterprise Weeks being held in each Local Enterprise Office in Ireland. Included in this brochure is a listing of the events that aim to inspire others to explore their potential as entrepreneurs and to bring the whole business community together to champion entrepreneurship and economic development in Limerick.



We are inviting you, whether you are a startup entrepreneur, an existing business, an advisor, student, researcher, inventor, innovator or just have an interest in anything to do with entrepreneurship and innovation to check out online and come along to some of the fantastic events during the week.

The Local Enterprise Office want to thank all our partners who have cooperated and contributed to this year's extensive Business Week programme and we look forward to continuing to work with and support small businesses in Limerick.

Le meas,

Conn Murray,  
Chief Executive, Limerick City and County Council

Eamon Ryan,  
Head of Enterprise, Local Enterprise Office Limerick

# Monday 7<sup>th</sup> March - Limerick Business Week Launch & Networking Event at the Castletroy Park Hotel



## Caitlín O'Connor, Accelerating Performance

Caitlín O'Connor is widely acknowledged as one of the leading experts in Ireland on networking, lead generation and marketing. Caitlín has a passion for empowering people to take control and with action through learning to achieve their goals in business. In addition she is an accredited Emotional Intelligence practitioner assisting companies to also grow through developing their people and leadership. Caitlín has had an extensive career in the aviation and telecommunications industries and she is also a founder of Networking in the City, a global network of networks.

Accelerating Performance was founded in 2005 to stimulate growth through forward thinking. This event will be an interactive, fast moving and fun seminar and will deal with understanding mentoring, networking and the link to emotional intelligence with interactive round table sessions. The second half will be engaging around networking and mentoring and will feature speed net mentor sessions. Caitlin will use real life stories to get her message home and a very enjoyable and productive session is guaranteed.

## Main Speaker - Peter Doyle, Managing Director, Key Ingredients

Peter Doyle, Managing Director with Key Ingredients, is a graduate of UL and a qualified accountant for over 25 years with CIMA. He worked previously in the UL finance office, Wang Laboratories, Dan O'Connor Ltd and National Food Ingredients/Kerry Ingredients. When National Food Ingredients closed in June 2013, Peter and four other directors invested their redundancy to form a new business.



*key ingredients*

Key Ingredients was established as an ingredients manufacturer and supplier to the food industry and the business has grown to over €3m turnover in 2015 and currently employs 11 full time staff. They have a modern BRC accredited factory and warehouse in the Annacotty Business Park and have invested in significant blending and packing equipment. They supply rusk, crumb, starches and other factored goods to the meat industry in Ireland, UK and USA. Peter will speak on business development and management.

- Time:** 6.30pm - 9.00pm
- Venue:** Castletroy Park Hotel
- Cost:** No Charge [Booking in advance is essential]
- Booking:** Online at [www.localenterprise.ie/limerick](http://www.localenterprise.ie/limerick)



Oifig Fiontair Áitiúil  
Local Enterprise Office

# Monday 7<sup>th</sup> - Tuesday 8<sup>th</sup> - Wednesday 9<sup>th</sup> Events

## Thinking of Starting Your Own Business in Ballyhoura in 2016?

**Presented by:** Tim Madden, Ballyhoura Development Ltd.

**Time:** Monday 10.00am - 1.00pm

**Booking:** Ballyhoura Development, Caherconlish  
caherconlish@ballyhoura.org / 061 450070

**Venue:** The Millenium Centre, Caherconlish

**Cost:** No Charge (Booking in advance is essential)



## Tax For StartUps

**Presented by:** Roy Finucane, Tax Assist Limerick

**Time:** Tuesday 10.00am - 1.00pm

**Booking:** Ballyhoura Development, Caherconlish  
caherconlish@ballyhoura.org / 061 450070

**Venue:** Coote Resource Centre, Kilmallock

**Cost:** No Charge (Booking in advance is essential)

## Bookkeeping Basics for Small Business StartUps (SYOB)

**Presented by:** Bridget Murphy of Know Your Tax

**Time:** Tuesday 9.30am - 1.00pm

**Booking:** Brenda Heath, West Limerick Resources  
069 62222 / bheath@wlr.ie

**Venue:** West Limerick Resources,  
St. Mary's Road, Newcastle West

**Cost:** No Charge (Booking in advance is essential)



## Limerick Enterprise Awards hosted by LEO Limerick

These awards acknowledge businesses in Limerick city and county that have achieved outstanding success in their fields. Local award winners in each category will be chosen and the overall winner will progress to the National Enterprise Awards 2016.

**Time:** Tuesday 12.30pm - 2.30pm      **Invitation only**      **Venue:** Dunraven Arms Hotel, Adare, Co. Limerick



## Thinking of Starting Your Social Enterprise in Ballyhoura in 2016

**Presented by:** John Hassett, Ballyhoura Development

**Time:** Wednesday 10.00am - 1.00pm

**Booking:** Ballyhoura Development, Caherconlish  
caherconlish@ballyhoura.org / 061 450070

**Venue:** Coote Resource Centre,  
Kilmallock

**Cost:** No Charge (Booking in advance is essential)



# Wednesday 9<sup>th</sup> Events

## Back to Work Enterprise Allowance information Session

**Speaker:** Brenda Heath – SICAP Enterprise Office

**Time:** Wednesday 2.30pm - 4.00pm

**Booking:** West Limerick Resources  
069 62222/ bheath@wlr.ie

**Venue:** West Limerick Resources,  
St Mary's Road, Newcastle West

**Cost:** No Charge [Booking in advance is essential]



## Women In Business Networking Event

How to humanise your business with a business blog “The goal isn’t to have the loudest voice on the internet. It’s to have a voice: your voice.”

**Guest Speaker** Aisling Nelson owns Three Thought Bubbles and is an award winning blogger. She owned a successful jewellery business for 15 years. She uses blogging to grow her own business and is passionate about entrepreneurs. Aisling believes that what makes a business unique is their story. With a background in business, design, marketing and branding, Aisling uses her experience and skills to teach other business owners how to tell their story. Her techniques teach business to be more human on the web, through clear and authentic communication. Using strategic, storytelling techniques, she helps businesses to connect emotionally with their customers. Most importantly, she gives people the confidence to tell their stories. You are guaranteed to leave this event excited about telling your business story and will gain valuable practical tips, advice and strategies to get you blogging.

**Time:** Wednesday 6.00pm - 9.00pm

**Booking:** Online at [www.localenterprise.ie/limerick](http://www.localenterprise.ie/limerick)

**Venue:** Castletroy Park Hotel, Limerick

**Cost:** No Charge [Booking in advance is essential]



## Reimagining and Rejuvenating Limerick City Centre

As the Greater Limerick Region shows strong signs of recovery, it is imperative that the city centre feels the effects of this recovery and the infamous “donut effect” is reversed.

Dr. Lisa O’Malley is Head of the Department of Management & Marketing and Research in the University of Limerick and she will paint a picture and facilitate debate on the night to establish what the business community can do to make this happen and kick off the Limerick Chamber retail and hospitality strategy.

**Time:** Wednesday 6.00pm - 7.00pm

**Booking:** [info@limerickchamber.ie](mailto:info@limerickchamber.ie) / 061 415180

**Venue:** Hunt Museum Cafe, Hunt Museum Limerick

**Cost:** No Charge [Booking in advance is essential]



# Thursday 10<sup>th</sup> Events

## Live Well & Work Well - A Corporate Wellness Workshop for Entrepreneurs, StartUps & SMEs

As many people are spending most of their day sitting at a desk or inside an office, implementing health programmes inside the workplace has become a vital piece of a healthy lifestyle. Join us for a day of corporate wellness where you will learn simple and effective methods to improve your working environment. Book in for one to one treatments for total relaxation. **Presenters are:** Belinda Murphy, B'inspire, Malin Kelly, Modig Corporate Services, Paul Knapp, Magdalena Bibik and Chris Curran.

**Time:** Thursday 9.30am - 2.00pm

**Venue:** Nexus Innovation Centre, Tierney Building, University of Limerick

**Booking:** [nexusinnovation@ul.ie](mailto:nexusinnovation@ul.ie)

**Cost:** No Charge [Booking in advance is essential]



## Getting the Best from your Marketing

**Presented by:** Gillian Horan, The Pudding Agency, Limerick

**Time:** Thursday 10.00am - 3.30pm

**Venue:** The Millenium Centre, Caherconlish

**Booking:** BDL, Caherconlish on 061 450070

**Cost:** No Charge [Booking in advance is essential]



## How to make a Wage for yourself from your Business

This workshop will concentrate on the subject of building a business so that the business can work for you. This means creating a wage for you in the short term, focusing on what you really need to improve and building a sustainable income in the long-term. **Joanne Hession** will facilitate the event, she is founder and Managing Director of both QED Training and QED Accreditation Advisors.

**Time:** Thursday 2.00pm - 4.30pm

**Venue:** Absolute Hotel, Limerick City

**Booking:** Jane O'Mahony on 061 419388

**Cost:** No Charge [Booking in advance is essential]



## Regional Chambers Networking Event In conjunction with Local Enterprise Week

This facilitated networking evening with Limerick Chamber is the ideal way for you to establish new contacts, build and strengthen relationships and keep abreast of issues that could affect your business.

**Time:** Thursday 6.30pm - 8.30pm

**Venue:** Oakwood Arms Hotel, Shannon

**Booking:** Yvonne at [info@limerickchamber.ie](mailto:info@limerickchamber.ie) / 061 415180

**Cost:** FREE for Members. €20.00 for Non-Members.



Further information & booking details on [www.localenterprise.ie/limerick](http://www.localenterprise.ie/limerick)

## Friday 11<sup>th</sup> Events

### Social Media One-to-One clinics

Are you wondering how best to use social media to promote your business and what major social networks can help find new customers? LEO Limerick is offering one-to-one advice clinics with **Damien Mulley**, a digital marketing/social media trainer and consultant. He works with companies to get their websites and social media accounts to a high standard and advises on the next new waves of digital technology. He also runs the Social Media Awards and the SME Awards.

**Time:** Friday - 45 minute clinics

**Venue:** 7-8 Patrick Street, Limerick

**Booking:** [www.localenterprise.ie/limerick](http://www.localenterprise.ie/limerick)

**Cost:** €10 [Booking in advance is essential]



### HR and Employment Seminar

**Caroline McEnery**, Managing Director of The HR Suite, will deliver expert information in relation to HR & Employment Law, and will provide an update on all employment law changes in 2015. She will also guide participants through the Adjudication process within the newly established Workplace Relations Commission and will discuss practical considerations for all employers in relation to potential cases.

**Time:** Friday 10am - 1.30pm

**Venue:** Woodlands Hotel, Adare, Co. Limerick

**Booking:** [www.localenterprise.ie/limerick](http://www.localenterprise.ie/limerick)

**Cost:** No Charge [Booking in advance is essential]



## Monday 14<sup>th</sup> Event

### Student Enterprise Awards & Exhibition

Hosted by the Local Enterprise Office Limerick the awards form part of the National Student Enterprise Programme, which seeks to stimulate the creation of real-life businesses in secondary schools by encouraging students to research and manage their own business. Students from across the city and county will also exhibit their businesses and present new products and services that will help lay the foundations for more entrepreneurs in the future.

**Time:** Monday 10.00am – 3.00pm

**Venue:** South Court Hotel, Raheen, Limerick

**Booking:** Open to the Public from 12 noon to 3.00pm





  
Oifig  
Fiontair  
Áitiúil  
—  
Local  
Enterprise  
Office

# LOCAL ENTERPRISE WEEK 2016



 leo\_limerick #localenterprise  
 Local-Enterprise-Office-Limerick

Local Enterprise Office, 7/8 Patrick Street, Limerick  
061 407499 ■ [localenterprise@limerick.ie](mailto:localenterprise@limerick.ie)  
[www.localenterprise.ie/limerick](http://www.localenterprise.ie/limerick)

*Oifig Fiontair Áitiúil Luimneach*

*Local Enterprise Office Limerick*

