



Empowering Business Together



Southwest Regional Event

Hosted by

Local Enterprise Offices Cork North and West, Cork City, Cork South and Kerry.

Dunmore House Hotel, Clonakilty, Co. Cork.

Thursday 19th of October, 2023. Registration at 9.30am

Please note this event is subject to a subsidised registration fee.
Online booking is essential to secure your place.



Conference Agenda

9.30am - Registration

Tea / Coffee & Informal Networking.



10.15am - Welcome Address by Sharon Corcoran
Director of Services, Economic Development, Enterprise & Tourism,
Cork County Council.



10.30am - Introduction by MC Amy Jane Keating
Followed by facilitated networking session.



11.20am - Tea / Coffee Break



11.40am - Building a Future-Proof Business with Pat Kane
Award-winning Sustainability Strategist, Founder of Reuzi.ie
and Co-founder of Good Better Best.



12.45pm - Networking Lunch & Client Supports Mini-Expo
Lunch served at 12.45pm in the conference room
followed by a Client Supports Mini-Expo in the Ocean Club.



2.00pm - Panel discussion hosted by MC Amy Jane Keating
with Leading Light LEO Clients.



2.45pm - Keynote Speaker Laura Dowling
Fabulous Pharmacist and Founder and CEO of fabÜ Wellness.



4pm - Event Close
Followed by tea /coffee and Informal Networking.



Our MC and Host - Amy Jane Keating is a talented presenter with an undeniable confidence in front of and behind the camera and a vivacious, friendly personality to match. Amy Jane is a natural communicator; people chat with her easily on and off camera. She has an instinctive flair for connecting and engaging the audience.

Amy Jane is the **host and creator of “Go Do You”** a podcast series that inspires people to put themselves back on their own priority list, to follow their dreams and not give up on the life they have envisioned for themselves.

Pat Kane - Sustainability Advocate, Strategist, Speaker, Writer, and the Founder of Reuzi.ie.

Pat’s mission is to inspire and empower individuals and businesses, to drive positive impact through a wide offering of strategic services. Pat consults with organisations from family businesses, to SMEs, to large corporations, on how to improve their green credentials, embedding sustainability principles through their strategy and customer experience. Her voice, both vocal and written, will be a familiar one to consumers of Irish media.



Pat has completed a Business Sustainability Management course, as well as a Circular Economy Strategies course with the University of Cambridge. Before starting her entrepreneurial journey, she held various executive positions in the corporate world. Pat was a senior executive at Digicel in the Caribbean and Central America, as well as the Director of Customer Experience at Flutter Entertainment. Pat’s motto is "The Power of One" – one individual, one change, one step at a time, one better planet.



Our Keynote Speaker Laura Dowling, Fabulous Pharmacist and Founder and CEO of FabÜ Wellness.

Pharmacist and Mum-of-three Laura Dowling (a.k.a. Fabulous Pharmacist) is passionate about sharing her knowledge of all things health-related in an accessible, relatable manner via her Instagram channel. Her primary audience is females across a wide age range, who tune in to hear Laura’s thoughts on medicine, illness, natural therapies, nutrition, supplements, exercise, yoga and cooking amongst other things. With a degree from Trinity and almost 20 years’ experience under her belt, Laura aims to give her followers the tools to live a balanced, healthy lifestyle without resorting to short-term crazes or fads.

Whether talking about skin concerns, constipation, female incontinence or mental health, Laura aims to educate her followers and shine a light on topics that people can often shy away from. In addition to her social media presence, Laura is a frequent contributor to Irish media and can be regularly seen on TV and in print, as well as heard on radio. Laura is passionate about health, wellness, and nutrition. For the past two decades, Laura has used her professional experience to educate and empower people to achieve sustainable, healthy lifestyles through her hugely successful supplements brand, FabÜ.

Our Leading Lights



Leading Light Representing LEO Cork North & West - Caroline Murphy - West Cork Eggs

Caroline's is a story of city chic to country chick. Originally from London, Caroline married a dairy farmer and in 2009, bought her first 4 hens. This was a decision that was to change her life. Fast forward to today and Caroline now has 3500 free range hens on the family farm near Rosscarbery, West Cork.

West Cork Eggs is part of the Supervalu Food Academy family and Guaranteed Irish. They supply their delicious free-range eggs into most of the Supervalu Stores in Cork city and County, as well as numerous hotels, cafes, restaurants, and independent outlets.

West Cork Eggs is a family business with 3 members of staff, and they manage all their own deliveries. Their motto is "Today's eggs are on the shelf tomorrow". They have won 2 Gold and 1 Silver Blas na hEireann awards, and Caroline herself previously won Businesswoman of the year at Network Ireland Business Awards. The business has brought many opportunities for Caroline including writing a monthly column for the Farmers Journal and being Network Ireland Branch President in 2020. Caroline is also a business coach, guiding other business owners so they can learn from her experiences and become better at what they do.

Leading Light representing LEO Cork South - Dr Wendy Oke – TeachKloud.

Dr Wendy Oke is an accomplished entrepreneur, with a passion for making a positive impact on the lives of children and families through education. She is the founder of **TeachKloud**, a multi-award-winning early childhood management and compliance platform, which has been embraced by thousands of parents and teachers across Ireland and the UK. With a PhD in early childhood education from Munster Technological University, Wendy's belief in the transformative power of early education was solidified.



Her vision for **TeachKloud** was born out of a desire to create a more efficient and effective way for childcare providers to manage administrative tasks, so that they can focus on providing quality care for children. In addition to her entrepreneurial pursuits, Wendy is a passionate advocate for using technology to create positive change in people's lives. **TeachKloud** has been featured in many publications, including Google, The Irish Times, Business Post, EU-Startups, The Irish Examiner and SAGE. When she's not working, Wendy enjoys watching movies, playing badminton, and taking naps! <https://teachkloud.com/>



Leading Light representing LEO Cork City - Kathy O'Dwyer.

Kathy O'Dwyer, is an accomplished Career Coach, Trainer, and the **Founding Director of Career Training Internships**. With a genuine passion for empowering individuals in their professional journeys, Kathy has solidified her reputation as a prominent figure in the field of international internships and career training.

Before establishing CTI, Kathy honed her skills as an employment advisor in the corporate

landscape of London. Seeking to expand her expertise and assist others more effectively, she pursued advanced training in Career Counselling at the University of East London. Kathy's unwavering commitment and exceptional contributions have garnered recognition, earning her the prestigious Business All-Star Accreditation from the All-Ireland Business Foundation in 2018. Her accomplishments have also merited multiple nominations for esteemed Awards, including two recent nominations for the Network Cork - Businesswoman of the Year Awards 2023. Kathy has a wide range of expertise encompassing business mentorship, career guidance, support for women re-entering the workforce, and comprehensive career training for those facing employment barriers. <https://www.careertraininginternships.com/>

Leading Lights representing LEO Kerry - Anna and Orla Snook O'Carroll - Valentia Island Vermouth.

Anna and Orla Snook O'Carroll are the wife and wife team behind Ireland's first vermouth, **Valentia Island Vermouth**. They handcraft this award-winning vermouth in Co. Kerry using twenty botanicals, handmade caramel and a Verdejo grape from the Rueda Valley, near Madrid.

Valentia Island Vermouth is available in Michelin starred restaurants, high end cocktail bars and restaurants, good independent off licenses throughout the country. Having completed the SuperValu Food Academy, Valentia Island Vermouth is also available in SuperValu's in the Munster region.



Anna and Orla have high hopes for the future with plans underway to export to the US and Canadian markets. Their next vermouth Rúa, a red vermouth is currently in development. They have been recognised for their work through awards in the International Wine and Spirits Award, Blas na hÉireann, Great Taste awards, and have been named Top Ten vermouth in the world by Falstaff Magazine. They have most recently received a Connect Businesswomen in Kerry award for social media and first place in Taste of Dublin's best dressed stall.

Valentiaislandvermouth.ie

For more information or to book, please log onto:

LEO Cork North & West www.localenterprise.ie/corknorthandwest

LEO Cork City www.localenterprise.ie/corkcity

LEO South Cork www.localenterprise.ie/southcork

LEO Kerry www.localenterprise.ie/kerry



Location - Dunmore House, Clonakilty, West Cork, P85 HC03

Phone - 023 883 3352

Website - <https://www.dunmorehousehotel.ie/>

Google Maps Coodinates - 51.590353684192216, -8.86697969704306



**National Women's
Enterprise Day**