



superwoman2018

We're tweaking our format this year, which is our fourteenth. We've been lucky enough to line up even more fabulous speakers than usual so talks will be shorter and the pace of the evening a little quicker. As always, there'll be fabulous wine and nibbles and the opportunity of catching up with contacts while raising money for a good cause. This year our charity is Bobath Wales, which provides physiotherapy, occupational therapy and speech and language therapy to children all over Wales who have cerebral palsy.

#### WHEN

Thursday 18 October 2018 5pm to 8.30pm

#### WHERE

Ocean Park House, East Tyndall Street, Cardiff, CF24 5ET Head office of ACT and Cardiff Skills Centre.

ACT director Caroline Cooksley is also on the board of Bobath Wales and ACT have kindly made available the conference and 5 star hygiene rated café facilities at Ocean House for Superwoman 2018.

The formidable team of Emma Jenkins of E J Catering and Amanda Kynaston of Bay Tree Wine will be providing our refreshments for the evening again, which will be top quality as usual.

#### COST

£35 – net proceeds of the event will be donated to Bobath Wales.

#### PROGRAMME

5:00-6:00pm

Afternoon tea and registration Network over a cup of tea and a slice of cake. Buy a raffle ticket (donations of prizes gratefully received). An opportunity to order your Christmas wine (or just the wine to get you through half term!) from Baytree Wine.

6.00-7.30pm

Speakers

7:30-8:30pm

Drinks and canapés

#### CERY S FURLONG, CEO OF CHWARAE TEG

Cerys describes herself as being variously a mum, wife, feminist, CEO, foodie and entrepreneur. She was appointed CEO of equality charity Chwarae Teg in 2017, having previously been director for Wales at the Learning and Work Institute and a Cardiff City Councillor. She is also part of the Lansdowne and the Grange pubs and the fine dining restaurant Milkwood in Pontcanna. She holds a number of other board positions and is a regular contributor on equality issues on both radio and television.

Cerys will talk to us about being fierce about fairness.

[@cerysfurlong](#)

**Chwarae  
Teg**

#### LOWRI ROBERTS, GOLFER AND EQUALITY CAMPAIGNER

All Lowri wanted to do was play golf on the same course as the men on a Saturday morning at a time of her choice. She ended up at the heart of a high profile, public spat with her golf club Cottrell Park about being excluded from the competition course on a Saturday because it was reserved for men.

The story was heavily covered in digital and traditional media. Lowri will tell us how in her quest to play golf herself on equal terms she ended up fuelling a wider debate about equality in golf, how the story ended and what she learned along the way.

[@Lowri\\_Amlwch](#)

#### GEMMA HALLETT, FOUNDER OF START-UP MIFUTUREAPP

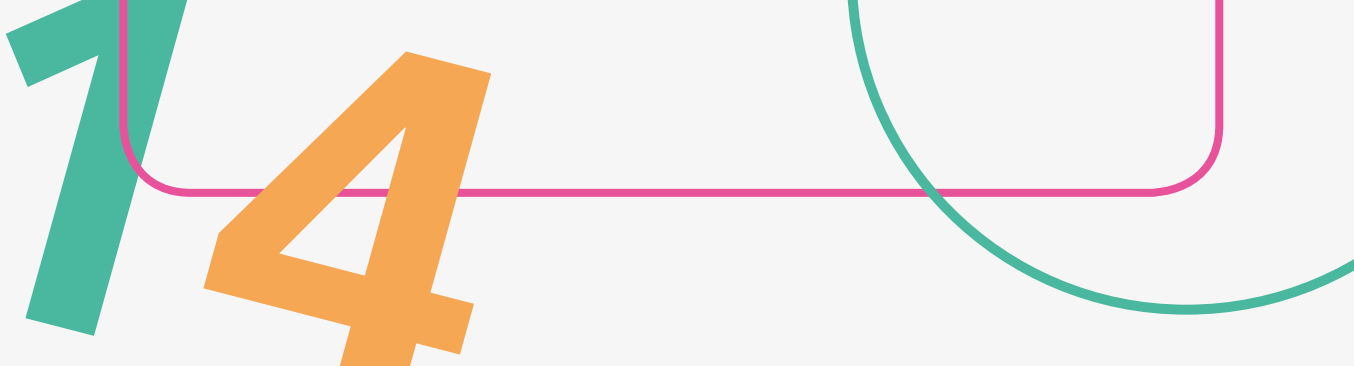
While working as a PE teacher Gemma identified a growing need for supporting young adults into suitable employability routes for life after school. She set about facilitating conversations, steering groups and workshops with over 2000 young Welsh people to help shape how the solution should look and feel, and from that the miFuture App was born.

Gemma's entrepreneurial spirit along with miFuture's innovative approach has been recognised in a series of awards and programmes including 2016 Insider magazine 'Rising Star', Caerphilly Business Forum Entrepreneur of the Year Finalist and Blue Rock-ed Dragons Den Runner Up Start-up Accelerator Award and Tech Business of the Month.

Gemma will share her story from Welsh rugby to entrepreneur.

[@miFutureApp](#)

**MI-  
FUT  
URE**



**RICHARD THEO,  
CEO WEALTHIFY AND  
FOUNDER OF ACTIVEQUOTE**

Richard is an entrepreneur who has recently been appointed Fintech Envoy for Wales. He will tell us about how success in business means sometimes making mistakes and learning from them, how fintech is finally being recognised as going on outside London and why we should all be canny investors.

**@richbtheo**



**HARI JAMES,  
TOP BRITISH CROSSFITTER  
AND WONDER WOMAN  
CAST MEMBER**

Elite athlete Hari James took a break from her career as a detective constable with South Wales Police to appear as an Amazonian in the DC blockbusters, Wonder Woman and Justice League. When she isn't filming she is now a personal trainer at CrossFit Atlantic Way in Barry, which is owned by two women.

Hari will tell us about how her love of sport and fitness led to her hanging out with Wonder Woman, that being fit isn't just about having killer abs but also how being in possession of killer abs as a woman sometimes generates negative comments.

**@harijamespt**



**LIAM BURGESS,  
FOUNDER OF NOMNOM**

Liam founded NomNom chocolate when he was just 19 with a £3,000 grant from the Prince's Trust. Destined to become a chocolate maker having grown up next to Cadbury's Bourneville factory, his family later moved to Wales and lived opposite the Pemberton's chocolate factory in Llanboidy, Carmarthenshire. He took over the Pemberton's site after it was abandoned and produces organic chocolate in a wide variety of flavours from Hot Cross Bun to Halen Mon, sold mostly through independent stores. NomNom works closely with its Madagascan suppliers to ensure more value is retained in the country of origin and Liam visits Madagascar regularly. This may mean he could be in Madagascar on the day of Superwoman 2018 but if he is in Wales, he will definitely be joining us.

**@nonnomcymru**



**JENNIFER CARROLL,  
CENTRE DIRECTOR AT  
BOBATH CHILDREN'S  
THERAPY CENTRE WALES**

Jennifer is a consultant physiotherapist, having trained at the Royal Orthopaedic Hospital School of Physiotherapy in Birmingham. She is internationally renowned as a practitioner of the highly specialist Bobath therapy. She has an MA in Management Studies and a Post Graduate Certificate in Education.

She has led the team at Bobath Wales for over 20 years. In that time the charity has grown tenfold, last year delivering 1,744 sessions of specialist therapy to children who have cerebral palsy from all across Wales.

Jennifer will tell us what Bobath does and how the money we raise at Superwoman 2018 will help to support children who have cerebral palsy and their families.

**@JCarrollBobath**



## BOOKING

If you would like to book a place on Superwoman 2018 please complete and return the booking form attached, or email Caroline at; [carolinehazell@thompsondarwin.com](mailto:carolinehazell@thompsondarwin.com)

Payment can be made by cheque made payable to 'Superwoman' and sent to: **Superwoman, c/o Thompson Darwin, The Maltings, East Tyndall Street, Cardiff CF24 5EA** or directly into our bank account: **Superwoman Lloyds Bank, Sort Code 30 67 64 Account Number 16490960**

Please note that we cannot take card payments.

## Superwoman is supported by



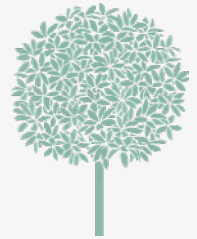
We would like to give a big shout out to creative brand agency **Elevator**, who for the 13th year running have supported Superwoman's charities by designing this flyer for free.



## Special thanks to;



Boy Tree Wine Company



# BOOKING FORM

## SUPERWOMAN 2018 – 18 OCTOBER 2018

Name			
Job Title			
Organisation			
Email address			
I would like to book	places at the Superwoman seminar		
Details of those attending	Name	Company	Email address