



WHAT YOU PUT IN, YOU  
USUALLY GET OUT. IF YOU  
ARE NOT GOOD ENOUGH  
ON THE DAY, FINE, BUT IF  
YOU PUT IN EVERYTHING  
YOU HAVE, YOU USUALLY  
GET A DECENT RESULT.

WHEN YOU LOSE,  
IT MOTIVATES YOU  
TO GO AGAIN, NOT  
DWELL ON THE PAST.  
ALUN WYN JONES

**SUPERWOMAN 2024**

# SUPERWOMAN 2024

**WHEN** Thursday 17 October 2024 5.30pm to 8.30pm

**WHERE** ACT Training, Ocean Park House, East Tyndall Street, Cardiff, CF24 5ET

Superwoman 2024 is being hosted by **Ocean Park House**, home of ACT Training and GroupEd Limited of which Caroline Cooksley is a director. Caroline is also a trustee of Cerebral Palsy Wales our charity for this year's event.

**Cost: £38.**

The net proceeds of this year's event will be donated to **Cerebral Palsy Cymru**, a national centre of excellence providing therapy and support for families in Wales with children who have cerebral palsy.

We are also asking everyone attending to bring a non-perishable food item or two to donate to **Cardiff Foodbank** which is just around the corner from Ocean Park House.

## PROGRAMME

5:30pm to 6:00pm Registration

Network over a cup of tea and a slice of cake, expertly catered by **The Kitchen@OPH**. Amanda Kynaston of Bay Tree Wine has retired and we thank her warmly for all her support of Superwoman over the years and also for introducing our new wine merchants for 2024, the award winning **Chilled and Tannin**, who specialise in organic and sustainable wines.

Buy a raffle ticket to support **Cerebral Palsy Cymru** (donations of prizes gratefully received).

6:15pm to 7:30pm Speakers

7:30pm to 8:30pm Drinks and canapés

## Rhuanedd Richards DIRECTOR OF BBC WALES

Rhuanedd is responsible for the creative, editorial, and operational leadership of the BBC in Wales. As 'Editor-in-chief' she provides the strategic direction for the content made by BBC Wales on radio, tv and online, in both the English and Welsh languages. Rhuanedd's teams across the nation commission and produce content for audiences in Wales and across the UK in genres such as news & current affairs, sport, drama, comedy, and the arts.

Rhuanedd is also responsible for the BBC National Orchestra and Chorus of Wales and for providing S4C with 520 hours of programmes every year.

Rhuanedd started her career with BBC Wales as a journalist before presenting some of its flagship news and political programmes on radio and television.



During the formative years of the National Assembly for Wales, she was a familiar face to viewers, reporting on the political developments in Cardiff Bay.

Having left the BBC in 2007 she worked as a special adviser to the Welsh

Government, chief executive of Plaid Cymru and latterly as a policy adviser to the Presiding Officer of the Welsh Parliament.

In 2018, Rhuanedd returned to the BBC taking up the role of editor of Radio Cymru and Cymru Fyw before being appointed Director of BBC Wales in 2021.

Originally from the Cynon Valley, Rhuanedd attended Ysgol Gyfun Rhydfelen. She then studied at Aberystwyth University and was awarded a BBC scholarship to study a post-graduate diploma in Cardiff University's School of Journalism. Rhuanedd now lives in Pontypridd with her family, and is an Honorary Fellow of Aberystwyth University.

**The Kitchen**  
Coffee | Brunch | Juice



## Beth Fisher FREELANCE SPORTS BROADCASTER AND PRESENTER

In a first for Superwoman, Beth will be our first ever speaker since Superwoman started in 2005 to be speaking to us for a second time. She first spoke in 2016 when she worked as a business development manager and was an international hockey player for Wales and a LGBT ambassador for Sport Cymru. Back then she said of herself; "I'm a woman, I'm Welsh, I'm a sportswoman and I'm gay."



All of that remains the case, but she now adds to the list "Sports broadcaster and presenter, wife and mother, winner in 2024 of the Royal Television Society Nations and Regions Factual award for the investigative journalism documentary "Welsh Rugby under the Spotlight, board member Cymru Women's Sport and university lecturer."

## Alun Wyn Jones and Dr Anwen Jones

Alun Wyn is the most capped player in world rugby history and was described by Jonathan Davies in 2019 as "the greatest ever" Welsh rugby player.

Having represented Wales at both under 18 and under 21 level he made his senior Welsh debut during the 2006 summer tests. Over a 20-year career with Ospreys and Wales, he captained Wales, the British and Irish Lions and the Barbarians. He retired from international rugby in May 2023. He and Dr Anwen Jones are the parents of three young girls.



Alun Wyn now deploys the skills he honed as an elite professional rugby player – a drive for excellence through perseverance, determination and ability to perform under pressure, resilience and commitment to personal and team success – into his new career. His various business interests include being a founder of Mimosa Rwm Espiritu and a strategic adviser at Swansea University.

Dr Anwen Jones is a former Welsh medium physiology and health lecturer at Cardiff Metropolitan University. She joined the school as a lecturer in September 2012 after completing a PhD funded by the Coleg Cymraeg Cenedlaethol, looking at the prevalence of cardiovascular disease risk factors in adolescents. Anwen had a key role as module leader of Welsh medium physiology and health modules and played a key role in coordinating the marketing of the Welsh medium education provided at the Cardiff School of Sport.

## Louise Lynn CO-CHAIR CARDIFF FOODBANK

We can't all make Taylor Swift sized donations but the items you bring with you today will really make a difference to those families that rely on Cardiff Foodbank. Louise will close tonight with a thank you from Cardiff Foodbank.

## BOOKING

If you would like to book a place on Superwoman 2024 please email [carolinehazell@thompsondarwin.com](mailto:carolinehazell@thompsondarwin.com) with the booking form attached or alternatively include the required information in your email to Caroline:

**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**

We always sell out this event (150 places this year) and we recommend you book your place quickly if you'd like to join us. Places cannot be guaranteed until payment is received.

Superwoman is supported by



We would like to give a big shout out to brand design agency Elevator, who have supported Superwoman's charities again this year like they have done since 2005 by designing our flyer for free.

**elevator**  
[www.elevatordesign.co.uk](http://www.elevatordesign.co.uk)

## Booking Form

**SUPERWOMAN 2024 – 17 OCTOBER 2024**

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