

superwoman



*An inspirational conference and networking
opportunity for businesswomen.*



super 10 woman

With leading figures from the worlds of media, politics and sport, our 10th conference should be our best yet.

WHEN: Thursday 23 October 2014
4.30pm to 8.30pm

WHERE: Cardiff Business School, Colum Road, Cardiff.

Cardiff Business School is widely regarded as one of the leading business and management schools in the UK and is ranked 4th in the UK for Research Excellence. Its £13.5m new building opens in September 2014 and has a 60-seat trading floor, executive education suite and lecture theatres.

Cardiff Business School has kindly made its brand new building available for free.

COST: £35. Net proceeds of the event will be donated to our two charities:

Valleys Kids www.valleyskids.org works with disadvantaged children and families in the South Wales valleys

Tenovus www.tenovus.org.uk, Wales' leading charity cancer, provides support services for all affected by cancer.



Programme

4.30pm-6pm Afternoon tea and registration

Network over a cup of tea and a slice of cake. Browse the stalls selling a range of goods including jewellery, beauty products, Superwoman tea towels and retro sweets.

6pm Nicole Cooke MBE "The Breakaway"

After setting her heart on an Olympic gold medal at the age of 11, Nicole went on to an incredible career in cycling, achieving her Olympic dream in Beijing 2008 under the backdrop of the Great Wall of China and becoming the first rider in history to win Olympic and World Championship road race gold in the same year.

Other highlights in a career that spanned 13 years include riding in the Yellow Jersey over the mythical mountains of the Tour de France en route to two Tour victories. When Nicole announced her retirement from racing in 2013, she took the opportunity to address the issues of doping in cycling.

Having just completed a full time MBA course at Cardiff Business School, Nicole will talk about how lessons learned in sport can track through to a life in business, what she has learned from studying an MBA while writing an autobiography and the next challenges she has set herself.

www.nicolecooke.com

6.20pm Elan Closs Stephens CBE "Self Reflection"

Elan has worked in policy and regulation in media and the arts, and more widely in corporate governance. She is the BBC's National Trustee for Wales, Chair of Audience Council Wales and a member of the S4C Authority, representing the BBC Trust. She is also a Non Executive Director of the Welsh Government Permanent Secretary's Board and Chair of its Corporate Governance Committee.

Elan is Emeritus Professor at Aberystwyth University's Department of Theatre, Film and Television Studies and has held a number of senior positions in media including Chair of the S4C Authority between 1998 and 2006, a Governor of the British Film Institute until 2007, Chair of the Wales Advisory Committee of the British Council, Board Member of the Film Agency for Wales, and Chair of Chwarae Teg.

In 2006, she chaired the Stephens Report on the financing and structure of the arts in Wales and in 2009 was appointed to chair the Recovery Board for Isle of Anglesey County Council. She was High Sheriff of Dyfed for 2012/13.

Elan has two grown up children and is a proud grandmother.

Elan will talk about women in senior positions, as well as women in the media – on screen and on radio – and would like to hear your views on the BBC's performance.

6.40pm Anna Ryder Richardson "Walking on the Wild Side of Life"

Originally an interior designer best known for appearing on BBC's *Changing Rooms* and *House Invaders*, as well as on ITV's *I'm a Celebrity Get Me Out of Here*, Anna now owns the Manor House Wildlife Park in St Florence, near Tenby.

She and her husband, restaurateur Colin MacDougall, relocated from Glasgow with their two young daughters when they bought Manor House in 2008. A conservation-led zoo, the park is home to endangered species from all corners of the world – visitors can watch rhinos roaming in acres of land, gibbons swinging from trees or just sit and relax among the lemurs! The 52 acres of Pembrokeshire Park is among the most beautiful and natural attractions Wales has to offer.

Anna will share her experiences as a business woman, a designer and TV presenter and tell her unique story which led to buying a zoo!

www.annaswelshzoo.co.uk

@Annaswelshzoo

@AnnaRRichardson

7.00pm Eluned Morgan, Baroness Morgan of Ely "How to be a Baroness"

Eluned is the shadow minister for Wales and foreign affairs in the House of Lords and speaks on behalf of the Labour party. She is also a shadow whip in the Lords, and chairs the Charity Live Music Now in Wales.

Born and brought up in Ely, Eluned was the youngest MEP when she took up her seat in 1994. On leaving the Parliament in 2009 she worked as the Director of National Development for SSE in Wales (SWALEC) from 2009 to June 2013 where she was responsible for establishing the new SWALEC Smart Energy Centre in Treforest.

Married to a GP Priest and with two children, Eluned commutes regularly from Cardiff to the Lords.

Eluned will talk about her path to politics, the challenges she has faced and why more women don't follow her path into politics.

7.30pm-8.30pm Drinks and canapés.



If you would like to book a place on Superwoman 10 please complete and return the booking form attached.

Payment can be made by cheque (payable to Superwoman) and sent to:

Superwoman, Llangoed, 16 Clos Llanfair, Wenvoe, Cardiff, CF5 6DJ

or directly into our bank account:

Superwoman
Lloyds Bank, Sort Code 30 67 64
Account Number 16490960

From past experience we expect demand to be high and we recommend booking quickly. Places are not guaranteed until payment is received.

Superwoman would like to thank creative brand agency **Elevator** who for the ninth year running have designed our flyer free of charge.



Superwoman is supported by



Booking Form

SUPERWOMAN 10 – 23 OCTOBER 2014

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



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Cost: £35 per person

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