

SHINE Festival



From the 8th to 10th March 2021, Transition Year students were given the opportunity to attend the Shine Festival, which went virtual this year.

SHINE Festival is possibly the biggest gathering of inspirational Irish women ever. With over 80 speakers including Vicky Phelan, Laura Whitmore, Holly Cairns, Evanna Lynch, and many, many more, speaking about topics such as mental health, mindset, career, diversity, individuality, the arts, sports, social issues, and sustainability.

What follows are reports from two TY students, on speakers whom they found particularly inspiring, over the three-day festival.

Speaker: Ruth Codd **Report by Hannah Fitzpatrick**



One of the speakers we were able to watch was former student Ruth Codd. I was especially intrigued to watch and listen to her story, as I have seen her on Tik Tok, the video-sharing social networking service, and she's always worn a smile and made me laugh. When Ruth was 15, she broke her leg. Little did she know, this would change her life. The break never healed resulting in her having to make the decision to get it amputated. She had to undergo 8 operations over 9 years. She said at the age of 15 she would never have imagined what life

had in store for her. She spoke about how she was the only disabled girl in her school and that she faced bullying and depression.

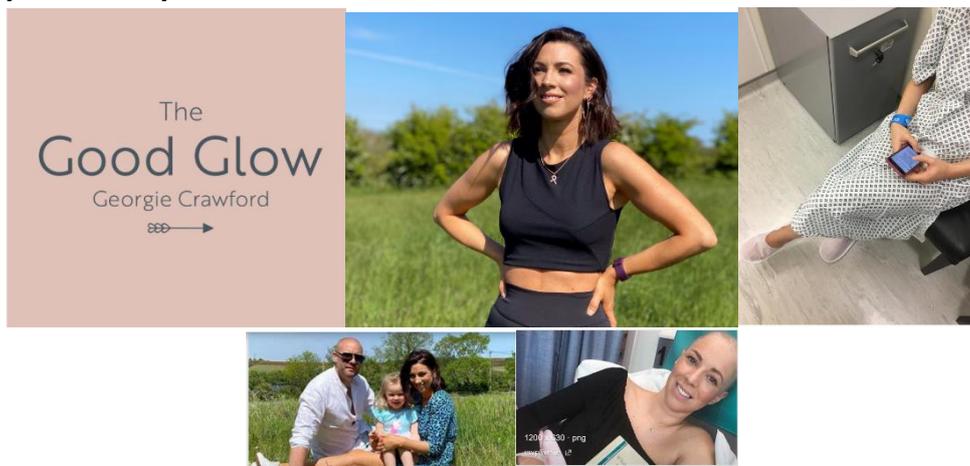
I found her speech very inspirational and funny at the same time. She always likes to crack a joke about her leg, she doesn't see it as a weakness, but a strength. When she got her leg amputated, she never thought she'd be able to run or ride her horse ever again, but she fought hard to be able to do those things today. She quoted, "there's no correct way to handle hard situations in life", and she's right. You handle the situation how you want to and how you feel is right for you, nobody else. She also said, "you have to be kind to yourself first", there's no point trying to be kind and happy to others, if you aren't kind to yourself.

She always tried to look on the bright side and accept her disability. She said, "I was no Mother Teresa". Of course, she had bad days, we all do, it's how we pick ourselves up after that changes us. It took her 9 years to fully accept her disability, but after accepting it, she's such an inspiration to so many people going through the same as her.

I really enjoyed hearing her story

Speaker: Georgie Crawford

Report by Rachel Gaynor



One of the speakers that inspired me was Georgie Crawford. Georgie spoke about the importance of taking care of yourself.

She created the Good Glow Podcast in 2018. She made the Podcast because she wanted to inspire and motivate people on how to be a better person and how to take care of themselves.

Georgie got diagnosed in October 2017 with breast cancer, at the age of 32. During that time she found herself getting depressed and not taking care of herself. This was a very dark time for her. The podcast was a way for her to document her journey and to try to raise awareness of the increasing occurrence of breast cancer in younger women.