

Shona Shine Festival

On Wednesday, 22nd October, we had the amazing opportunity to attend the Shona Shine Festival. The day began with activities and a lively welcome from hosts Shonagh Lyons and Megan O'Regan-Byrne from Beat 102-103. Their energy set the tone for an exciting and empowering day ahead.

The festival featured an incredible line-up of speakers covering a wide range of topics. Tammy Darcy, the founder of The Shona Project, started things off by sharing her story and encouraging everyone to embrace confidence and kindness. We also heard from Anna McGann and Beth Buttimer on the importance of women in sport, followed by a calming meditation session with Mary Bradley.

Throughout the morning, we were inspired by speakers like Fionnuala Moran, who spoke about sustainability, and the Change-makers Panel featuring Destiny Ayo Vaughan, Mary Hayes, and Katie Joubert, who discussed leadership and making positive change. Sarah Corbett Lynch spoke about developing a strong mindset, and Tara Rafter shared insights on mental health. Before lunch, Laura Dowling, known as The Fabulous Pharmacist, gave valuable advice on women's health.

After lunch, there was time to explore activities before diving back into more sessions. A "Moment to Chat" encouraged us to check in on how we are all doing, followed by Amanda Ade's talk on being an ally. Dancer Danspire got everyone moving with a high-energy session called "Let's Bust Some Moves!" Later, Yemi Adenuga, a councillor and TV personality, inspired the audience with her empowering story about confidence and ambition.

The day ended with a sing-along social and dance party, where everyone joined in to celebrate an incredible day of positivity and empowerment.

Overall, the Shine Festival was a fantastic experience that reminded us to support each other, look after our mental health, and always believe in ourselves.