



#WePlay Inspiring Girls in Sport Conference

Wednesday July 3rd 2019

Sport Ireland National Sports Campus, National Indoor Arena

Swim Ireland's #WePlay Inspiring Girls in Sport Conference returns this July to the Sport Ireland, National Sports Campus! The day runs from 10.00 to 16:00 and is open to ALL ages from ALL sports! Whether you are an athlete, parent of an athlete, coach, official or spectator this is an event you will not want to miss!

Ireland's elite athletes and sporting professionals will take to the stage for panel discussions, educational and motivational talks on mental resilience, body image and health and well-being as an athlete.

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| 10:00 | Welcome from Swim Ireland & Sport Ireland |
| 10:10 – 10:50 | Panel 1: Balancing Life as an Athlete Sporting Professional from NGB's and the Irish Institute of Sport will discuss their experiences in sport and advice on how to make the most out of your sport. |
| 10:50 – 11:30 | Panel 2: In the Face of Adversity "Strength through effort and growth through struggle". Irelands elite athletes will discuss the challenges they have faced in their sport, how they over-came them and what they learnt. |
| 11:30 – 12.00 | Energizer & Break |
| 12.00 – 12.45 | Panel 3: The Un-Comfort Zone "Great things never come from comfort zones". Ireland's elite athletes will discuss the champion mind set they have built throughout their career and how your mind is the key to achieving your potential. |
| 12:45 – 1.45 | Meet & Greet The Sporting Stars into Lunch! |
| 13:45 – 14:20 | Period and Menstrual Health |
| 14:20 – 15:00 | Key Note: Mental Resilience |
| 15:00 – 15.50 | Athlete Key Note: Title TBC |
| 15.50 – 16.00 | Closing |