09:00-09:30  Welcome and Registration
09:30-10:00  Elisa Galliano – How to make a poster
10:00-10:30  Ailie McWhinnie – How to write a blog
10:30-11:00  Nick Saffell – How to make a podcast

11:00-11:30  Morning break
11:30-12:00  Dervila Glynn – How to use Twitter
12:00-12:30  Sarah Collins – How to write a press release
12:30-13:30  Lunch

13:30-14:00  Malcolm Love – How to connect to your audience
14:00-14:30  Malcolm Love – How to speak (body language)
14:45-15:00  Malcolm Love – How to deal with performance nerves
15:00-16:00  Malcolm Love – How to tell a story (creating content)

16:00-16:30  Afternoon break
16:30-17:30  Malcolm Love – How to give a great interview to the media (or anyone else!)

17:30-18:30  Drinks and networking, The Iris Café