



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