



Let's celebrate Gretna | 6 March

International Women's Day



SOUTH of
SCOTLAND
ENTERPRISE

Programme

9:00 AM – 10:00 AM

Welcome: Coffee and Networking

Mingle and connect informally with attendees, refreshments provided.
Gill Wadeson will be playing her electric violin.

10:00 AM – 10:15 AM

Opening Remarks

Our MC Yvette Hopkins and SOSE's Susan Harkins will introduce the day.

10:15 AM – 11:00 AM

Spotlight on Rising Stars of Pathways

A celebration of Pathways participants and South of Scotland Rising Stars.
Introduced by Ana Stewart and talks by Tamara Goldie and Shaz Morton,
Pathways participants.

11:00 AM – 11:15 AM

Break

Another chance to connect with fellow attendees over a coffee. Chance to get
your free professional headshot.

11:15 AM – 12:00 PM

Attend your first workshop

(Quiet area for those who don't want to take part)

12:00 PM – 1:00 PM

Lunch - let's refuel

Time to have lunch, relax and catch up with friends and connections. Chance to
get your free professional headshot.



Programme

1:00 PM – 1:45 PM

Keynote Speaker

Hear from Alice Thompson who will deliver her Fear of Failure workshop to the room.

1:45 PM – 2:30 PM

Attend your second workshop

(Quiet area for those who don't want to take part)

2.30 PM – 3:00 PM

Break and informal networking

Grab a coffee or some fresh air. Another chance to get your free professional headshot.

3:00 PM – 3:45 PM

Panel Discussion

Diverse voices addressing the theme "*Accelerate Action.*" Speakers: Cathryn Petchey, Carolyn Currie, Jill Millar, Karen Riddick, Alice Thompson – hosted by Yvette Hopkins.

3:45 PM – 4:00 PM

Closing remarks and future goals

Time to recap and reflect on the day, let's all set one goal we want to achieve: whether it be a personal or professional one.

4:00 PM – 5:00 PM

Informal Space for Networking and Drinks (Optional)

For those who wish to unwind and follow up on any connections made throughout the day.

Know the room!



Know the room! - Learn 'Who's In The Room?' at this exciting International Women's Day event.

We're excited to introduce WITR - Who's In The Room? - a networking tool designed to help you connect with the right people at in-person events. Make the most of the event by registering in advance - or simply scan the QR code at the main entrance when you arrive.

We love that you can enter your own 'headline,' which is your specific Ask/Offer for the day, so that others can relate, and make a bee-line to come and chat to you.

See who's attending, spark conversations, and build meaningful connections effortlessly!

Craig, the co-founder of WITR (<https://witr.info>) will be there to learn how he and his team can make this new startup even better for all of us, and he'd love to speak to you if you run your own networking events.

Register now to get started: <https://witr.app/event-register/F2W9b3P4nYwANJbzqNEa>

International Women's Day Artwork Competition

Over December and January, we invited creative minds from across the South of Scotland to design the official event artwork. The task at hand was to design artwork which encapsulated and celebrated International Women's Day.

Over 50 young people from across the region entered and the event organising team had the hard task of narrowing down the entries to four. After much deliberation, the winning artwork was decided by a Team SOSE vote.

Joni Pattison, S1 at Moffat Academy was the winning designer.

Joni said: 'Of all the competitions to win, I'm glad I won this one as I think all women should believe in themselves and have the right to equal opportunities in everything we do'

Rachel Martin, Art Teacher, Moffat Academy said: "The Art Department at Moffat Academy is so grateful to South of Scotland Enterprise for providing this competition opportunity for our young people. They really enjoyed taking part and learning about such a valuable celebration. We're so proud of Joni for being the overall winner!"

Well done Joni!



Meet our speakers & panellists



Yvette Hopkins

Commercial Executive,
and Non-Executive
Chairwoman and Board
Director

As a former Military Commander, Commercial Executive, and Non-Executive Chairwoman and Board Director, Yvette Hopkins has extensive experience leading teams and large complex organisations in multiple high stake environments, domains, and sectors.

Yvette serves on and leads multiple boards across the Space (Craft Prospect), Women's Enterprise (Women's Enterprise Scotland), sustainable construction (Quick Block), and Charity sectors (Shetland Charitable Trust; Dunard Centre). As recent Chair of Court (elect), Glasgow Caledonian University, Yvette will continue her lifelong pursuit of Leadership excellence.

In 2023 Yvette completed a nine-month global expedition on Women and Leadership with the Women Emerging Non-Profit organisation and the Rockefeller Foundation to encourage, inspire, and support women in-and into leadership.

Yvette's degrees are in Political Science (BA), Strategy, (MS) and National Security (MA). She has been awarded numerous awards to include the Distinguished Service Medal, Legion of Merit, and Bronze Star Medal. She has also earned parachutist, Air assault, and Combat Action badges.

Yvette leads a not-so-quiet life in the Shetland Islands (Scotland, UK).

Meet our speakers & panellists

Alice is an Enneagram & Purpose Coach who helps individuals and teams find authentic communication and deeper fulfilment from their work.

After co-founding Social Bite, Scotland's pioneering social enterprise that brought George Clooney and Leonardo DiCaprio to Scotland while creating 600+ homes for people experiencing homelessness, Alice struggled from a confused lack of fulfilment or joy in her work, resulting in multiple burnouts. This created a profound curiosity about the neurobiology of purpose, authenticity and professional well-being.

Now, she guides clients through transformative coaching that combines Jungian psychology to understand archetypal patterns (the Enneagram of Personality) and the neurobiology of motivation & drive. This science-based approach helps her clients break free from unconscious patterns getting in their own way, and to connect with their potential in a way that means something to them as much as it does to others.

Currently qualifying as a Psychotherapeutic Counsellor, Alice holds three Honorary Doctorate Degrees, a Higher Diploma in Professional Coaching & Mentoring, multiple certifications in neurobiology and the Enneagram, and is a member of the Association for Coaching.

Through coaching, team workshops, and speaking engagements, Alice helps professionals discover how understanding themselves and others on a much deeper level than traditional workplace personality tests (such as the Myers Briggs/16 Personalities), can create sustainable success without sacrificing well-being.



Alice Thompson

Alice Thompson Coaching
Enneagram & Purpose
Coach

Meet our speakers & panellists



Susan Harkins

SOSE

Head of Innovation and
Entrepreneurship

Susan Harkins leads on Innovation & Entrepreneurship for South of Scotland Enterprise (SOSE). Susan joined SOSE in July 2020 to develop early-stage enterprise activity with a particular focus on Young Enterprise, Women's Enterprise, Entrepreneurship, and Innovation in South of Scotland. Her work includes introducing enterprise coaches into pre-start journey, shaping and delivery of Pathways Pilot, shared prosperity enterprise activity and Hawick Business Centre.

Prior to SOSE Susan headed up Business Gateway in Edinburgh for 5 years where she led her team to support over 10,000 small businesses to start-up and grow.

Susan has a passion for working with micro businesses, and has a keen interest in Women Led Businesses, Young people, Digital and Social Enterprise. Susan has played a key role in Scotland's public sector business support eco system having chaired the Business Gateway National Operational network, a founder of Women in Business Edinburgh network, a member of the Scottish Government Women in Business Action Group and regularly contributes to the Scottish Government Cross party group on Women in Business.

Karen is the Founder of Second Nature Online - an eco-friendly homeware business based in Dumfries. She runs this alongside an ecommerce training company through which she writes and delivers business training material for private and public sector bodies. She is also a SOSE Pathways Enterprise Coach covering the Dumfries area.



Karen Riddick

Second Nature Online

Meet our speakers & panellists



Cathryn Petchey

Center Parcs

Chief People Officer

Cathryn joined Center Parcs as Chief People Officer in 2024, prior to this she was Global People Director at Superdry and HR Director at Mulberry. Cathryn started her career on the M&S graduate scheme and is a Chartered Fellow of the CIPD. Cathryn has a wealth of experience across consumer and retail businesses, both in the UK and globally, she has worked in a variety of People and HR roles for the last twenty five years. She is passionate about making work better for everyone and enabling everyone to reach their potential. Cathryn lives in Wiltshire and loves spending her spare time outdoors, walking her border terrier and riding her horses.

Forstaris Studio - Interior design and furniture, made in Scotland. Based in the Ettrick Valley, near Selkirk, they work locally and further afield - with both commercial and residential clients. Led by Shaz Morton, who's background is in design for film, where great storytelling lies at the heart of everything. She brings this experience to her interior and furniture design, by always imbuing them with a strong sense of narrative. Their work has featured in British Vogue, The New York Times, Scotland on Sunday, Condé Nast Traveler and The Times.



Shaz Morton

Forstaris Studio

Meet our speakers & panellists



Jill is one of the internal, experienced and qualified business coaches at South of Scotland Enterprise. Jill coaches' clients at the early stage and during their business journey. Prior to becoming a coach Jill was a business advisor and supported over a 1000 thousand start-up businesses. Jill has over twenty years' experience and has predominantly worked with women and young people. Jill is passionate about her role and the impact it has.

Jill Millar

SOSE

Business Coach

Carolyn has enjoyed an extensive career at a senior level. Roles include Head of Business Lending at NatWest Group, managing the multi-billion-pound lending book and Head of Women in Business, leading the initiative to over 200 trained, specialist staff across the UK.

Now CEO at Women's Enterprise Scotland she works to enable more women to realise their business aspirations, guiding research and the development of start-up and scale-up support. She gives evidence to the Economy Committee in the Scottish Parliament and has contributed policy papers to the World Economic Forum and the Think-20. She is a Chartered Banker, a founding Director of Mint Ventures business angel syndicate and chairs the Productivity Institute in Scotland.



Carolyn Currie

**Women's Enterprise
Scotland (CIC)**
Chief Executive

The Workshops



CBT for Stress and the Effects of Cortisol on Your Body and Mind, Especially During Menopause

Lindsay Thomson

CBT with Lindsay

Explore the impacts of stress on the brain and body, with a specific focus on cortisol. Learn how stress can affect women both mentally and physically, including during menopause, and discuss how CBT techniques can be used to manage these effects.

Meet Lindsay

Lindsay is a BABCP accredited Cognitive Behavioural Therapist with over 15 years of experience working in mental health. Her journey into therapy was shaped by her own struggles with stress, anxiety, and feeling stuck. Going through that experience showed her that change is possible, and she is now passionate about helping others do the same.

She has worked extensively in one-to-one therapy, workshops, life coaching, and school counselling, supporting people through a wide range of challenges, from anxiety and depression to trauma and relationships. She is particularly fascinated by the brain, stress, and the effects of cortisol on well-being, and loves integrating research into her work. Whether she is working with individuals, leading groups, or speaking at events, her aim is always to provide practical, empowering tools that help people move forward.

The Workshops

Sound Bath with The Parlour Room

Tamara Goldie

Director - The Parlour Room

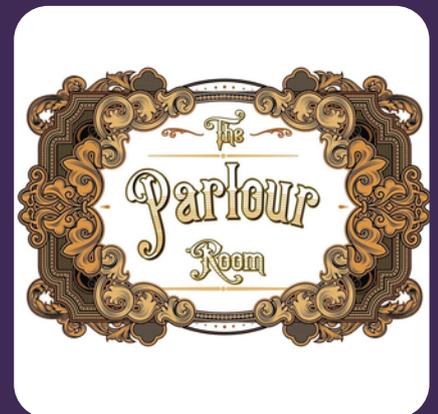
An immersive, and empowering restful and relaxing sound journey experience in line with this year's International Women's Day theme: Accelerate Action.

About Tamara

Tamara, an E-RYT 500 and IYA 200 designated yoga teacher, has over 2,000 hours of teaching experience across nine years, both internationally and in diverse settings. As the founder of COYAMA: Centre of Yoga and Meditation Academy and owner of The Parlour Room, Hawick's first yoga studio, she leads transformative yoga, wellness, and mindfulness experiences. With deep knowledge, a pragmatic and inclusive approach, Tamara creates and facilitates engaging and immersive sessions for students in every setting.

About The Parlour Room

Located in the Scottish Borders. They are a fully equipped, Yoga and Wellness Studio in the centre of Hawick in the historical Prudential Building. A studio with Hatha Yoga, Vinyasa Yoga, Yin Yoga and Restorative Yoga daily as well as Absolute Beginners Yoga Courses.



The Workshops

Impact and Influence - How the words you use speak volumes

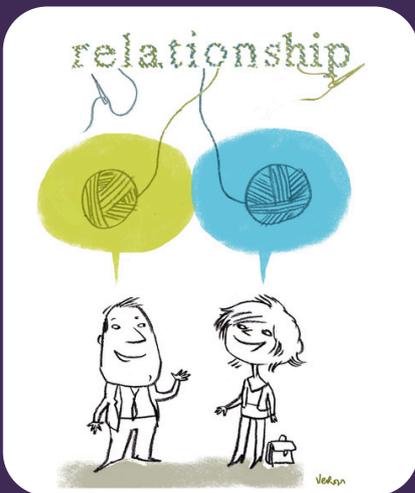
Sarah Hanson

Interactifs - Partner & Professional Trainer

Looking at the idea of Social Intelligence in an interactive session. Participants will leave with clear ideas on small adjustments they can make to build trust, more concrete outcomes and more meaningful connections through their verbal and written communication.

About Sarah

Sarah has trained and coached more than 1,200 participants in different industries across the UK, Europe and North America - from start-ups and charities to multinational consulting, engineering and pharmaceuticals. With a background in corporate HR, she's acutely aware of the importance of relationships in the work-place and the consequences (good and bad) of how people treat others - from increasing engagement to dealing with micro-aggressions. These days, Sarah spends most of her time coaching people at every level of an organisation, running the Interactifs business in the UK and spending time sailing and swimming in the Solway Firth with her family.



The Workshops

Empowerment and Goal Setting

Cynthia Moore

SOSE - Business Coach, Innovation & Entrepreneurship

An immersive workshop that combines powerful goal-setting techniques with proven empowerment strategies to help you chart your unique path to success. Through horizon scanning, vision creation and strategic planning, you'll develop a personalised action plan to amplify your impact and embrace your full potential.

About Cynthia

Executive Coach, Cynthia Moore, offers a unique blend of expertise in business and organisational transformation, building strategy, and leadership development. Her 20+ years of experience includes international work within the STEM industry and the insights gained from her own successful business. Her proven approach combines strategic insight with practical goal-setting frameworks, helping professionals develop clear vision and direction, navigate complex challenges and overcome barriers.

Throughout her career, Cynthia has guided hundreds of entrepreneurs, leaders and teams through transformative journeys, specialising in helping women leaders architect meaningful change and sustainable success. Her unique methodology integrates strategic planning with personal empowerment, enabling her clients to set ambitious goals and achieve breakthrough results.

Beyond work, you'll often find Cynthia sipping coffee at a café, reading a book or cycling through beautiful Dumfries & Galloway. She loves to travel and has lived and worked all over the world before settling in the South of Scotland in 2022.



Our professional headshot photographers

Available to take your free headshot during breaks and lunch.

ELLEN BOYD
PHOTOGRAPHY



First impressions matter—whether on social media, your website, or LinkedIn. My headshot sessions are designed to capture authentic, confident, and engaging portraits that reflect you and your brand. With a relaxed approach and an eye for natural storytelling, I create professional yet approachable images that help you stand out. Whether you're a business owner, entrepreneur, or creative professional, let's create a headshot that truly represents you.

Huia Takau is a photographer based in the Scottish Borders with a passion for capturing people in their natural essence and element. With an emphasis on authentic visual storytelling and portraiture, Huia is an advocate for cultivating a deeper connection with nature and with oneself. She finds photography an enriching way to reflect back to others the beauty of being seen, which can have a profound and lasting impact.
<https://www.huia.uk> |
[@huia.takau](https://www.instagram.com/huia.takau)

Hi, my names Amelia, I'm originally from Kent but have been living in the Borders for a few years now. I have a BA in Film Production, after working in the film and tv world for a few years I decided to pick up the camera for myself. I love documenting life through the camera, I think the best photos are the most natural ones that reflect the subjects authenticity. I adore listening to peoples stories and bring them to life through the lens.

Special thanks...



Gill Wadeson is a Cumbria based virtuoso musician who harnesses her signature Bridge electric violin and takes contemporary rock, pop and dance music that people love, and radically but lovingly reinterprets them.

Her performances are renowned on one level for their beauty, providing classical arrangements of contemporary popular music suitable for weddings and private parties.

Gill Wadeson - Violinist

Special Events Wedding Decor is a small business situated on the border of Scotland and England, managed by Laura Copland, who has over 30 years of experience in the wedding industry. Special Events focuses on every aspect of event decor, offering both fresh and artificial floral displays. Every piece of decor and floral arrangement is crafted with care and love.

Special Events Wedding Decor



Attendee Appreciation Packs - special thanks

Thank you to the kind businesses below for donating to our packs.

- Gretna Green Group
- Purple Sage Soap Co.
- Solway Blankets
- Impact Growth Academy Ltd
- Sacred Tribe (A Pathways Project)