

Foróige **Leadership** **for Life** **Conference 2025**

General Schedule

28th July – 1st August, 2025 Maynooth University

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Welcome from Foróige CEO, Seán Campbell



Dear Leaders,

It is with great pleasure that I welcome you to the 18th Annual Foróige Leadership for Life Conference.

It is with great excitement that we open the doors at the Maynooth University once again to such a diverse range of young leaders. I would like to give an especially warm welcome to our international delegates joining us from three high schools and the Foróige clubs in New York, United States. We are also joined by young people from across the globe who now call Ireland home. We always look forward to welcoming you to the conference.

The week ahead is an exciting one, with inspirational guest speakers, challenging workshops and of course lots of time to socialise and get to know one another. This is an opportunity for you to learn, grow and discover what you are capable of.

You have all been selected because you demonstrate the very special qualities of leadership. You know that you can be a leader right now because you have shown great leadership in your own communities. Take this chance to develop your skills, refine your goals and be the best leader that you can be, now and in the future.

Yours Sincerely,

Seán Campbell

Chief Executive Officer

Foróige

Day One – Monday 28th July, 2025

From 10.30

Arrivals and Registration – Iontas Building Foyer

Registration, room allocation, information points etc.

12.00-13.00

Workshop 1 - Meet with your fellow workshop delegates outside the **Iontas building**. Your facilitators will lead you to the workshop room you will be using for the week and introduce you to the programme.

13.00-13.15

Campus Tour - Leaving from your workshop room, facilitators will show you around the campus so you can familiarise yourself with the buildings you will be using throughout the week. The tour will finish at the Phoenix restaurant.

13.15 – 14.00

Lunch – Phoenix Restaurant

14.00 – 14.45

Check-In to Apartments – Iontas Building Foyer

14.45 – 15.30

Opening Ceremony – Iontas Theatre

Official launch of the conference.

15.30 – 17.45

Workshop 2 & Team Challenge Preparation

Team building activities for groups to get to know each other. Group facilitators will give you details of this year's challenges!

17.45- 18.45

Dinner – Phoenix Restaurant

18.45 -19.30

Team Challenge Preparation – Workshop Rooms

Return to your workshop room and finalise any preparations for the challenge!

19.30 – 21.30

Team Challenge – All groups to meet **outside of Iontas building**

Work together to complete the challenges and tasks provided. This is a team effort and involves everyone in your group. Remember to bring your team banner so everyone knows what group you are!

21.30

Chill Time

After an early start and busy first day, it's time to chill out and get to chat with your roommates and start forming new friendships. Make a cuppa and sit, relax and reflect on what was a busy first day. Night Staff will be on duty throughout the night should you need anything.

Day Two – Tuesday 29th July 2025

7.30 – 8.00 **Rise and Shine** - Wake Up Calls

8.00 – 8.45 **Breakfast – Phoenix Restaurant**

9.00 – 10.00 **Workshop 3**

10.00 – 11.00 **Workshop 4**

11.00 – 11.15 **Break**

11.15 – 12.15 **Guest Speaker – Iontas Theatre**

Dr Niamh Shaw

12.15 – 12.45 **Reflection Time**

Return to workshops. Reflect on the guest speaker. Catch up on your workbooks and reflect on the previous workshops etc.

12.45 – 13.45 **Lunch – Phoenix Restaurant**

13.45 – 15.00 **Workshop 5**

15.00 – 16.00 **Workshop 6**

16.00 – 16.15 **Break**

16.15 – 17.30 Team Video Preparation

Workshop Rooms

17.30 – 18.30 Dinner – Phoenix Restaurant

18.30 – 19.00 Free time – Get ready for Novelty games evening!
Everybody to **meet as a workshop group at all-weather pitches** at 7pm

19.00 – 21.00 Novelty Sports Evening – All Weather Pitch

21.00 – 22.30 Music Bingo – Iontas Theatre

22.30 Return to Apartments – Chill n’ Chat.

Day Two – Guest Speaker

Dr Niamh Shaw

Dr. Niamh Shaw is an engineer, scientist, and one of Ireland's most inspiring space communicators - but her mission goes far beyond the stars. Niamh shares her personal journey from curious child to international space advocate, showing young people that dreaming big, embracing change, and staying curious can open up incredible opportunities.



Niamh's work explores how understanding space helps us see the world more holistically, giving us hope, connection, and a sense of purpose. She believes that when we understand our agency in the world, we gain the confidence to make a real difference - especially in the face of global challenges like climate change.

Through her work with the European Space Agency, RTÉ's *Home School Hub*, and science festivals across the world, Niamh has inspired thousands to think differently about science, sustainability, and themselves. She's participated in lunar analogue missions in Hawaii, earned a qualification in Practical Science Communication from Cambridge, and is part of the prestigious Homeward Bound programme for women in STEMM.

Her story is proof that even the biggest dreams - like going to space - start small. And she's here to help the next generation see just how powerful their ideas, questions, and actions can be.

Day Three – Wednesday 30th July 2025

7.30 – 8.00	Rise and Shine – Wake Up Calls
8.00 – 8.45	Breakfast – Phoenix Restaurant
9.00 – 10.00	Workshop 7
10.00 – 11.00	Workshop 8
11.00 – 11.15	Break
11.15 – 12.15	Guest Speaker – Iontas Theatre <i>Luke Casserly</i>
12.15 – 13.00	Reflection on speaker and Workbook catch up. <i>Return to workshops</i>
13.00 – 14.00	Lunch – Phoenix Restaurant
14.00 – 15.00	Workshop 9
15.00 – 16.00	County and Country Photographs – All delegates to gather outside the Iontas Building and await instruction as to where your County and Country photos will be taken.

Return to Apartments

Day Three – Guest Speaker

Luke Casserly

A proud former member of Foróige in Longford and graduate of the Leadership for Life Programme, Luke credits his time in Foróige with nurturing his deep love for the arts and performing. It was in youth clubs and on stages across Longford that he first discovered the joy of storytelling, creativity, and collaboration, passions that would shape his future career.



Today, Luke is a multidisciplinary performance maker whose work stretches across environmental research, documentary, sound art, and live performance. From wandering through bogs in the Midlands to planting indigenous trees, his projects invite us to experience place and memory in new ways. His artistry carries the confident curiosity first sparked during his Foróige days, a space where he found his voice and the confidence to create.

Luke holds a BA in Drama and Theatre Studies from Trinity College and a Certificate in Art and Ecological Practice from NCAD. His achievements include the Arts Council Next Generation Bursary, the Norman Houston commission with Solas Nua in Washington DC, and selection for the International Forum at Theatertreffen Berlin 2023.

Luke continues to push boundaries, weaving together autobiography, ecology, and performance to craft experiences that linger long after the final curtain. His journey, from Foróige clubs to international theatre festivals, reminds us how early opportunities can plant the seeds of a lifelong creative legacy.

Day Four – Thursday 31st July 2025

7.30 – 8.00 **Rise and Shine** – Wake Up Calls

8.00 – 8.45 **Breakfast** – **Phoenix Restaurant**

9.00 – 10.00 **Workshop 11**

10.00 – 11.00 **Workshop 12**

11.00 – 11.30 **Break**

11.30 – 12.45 **Workshop 13**

12.45 – 14.00 **Lunch** – **Phoenix Restaurant**

14.00 – 15.00 **Guest Speaker** – **Iontas Theatre**

Peter Cosgrove

15.00 – 16.30 **Workshop 14 & Tidy up**

16.30 – 18.30 **Free Time (Preparation for Gala Dinner)**

Speakers for graduation should be ready to leave at 17.30.

18.30 **Departures for Gala Dinner**

*Buses depart from outside the Accommodation Blocks.
Staff will direct you to the correct location.*

19.30 **Gala Dinner – The Westgrove Hotel, Clane**

*Gala dinner and graduation ceremony followed by
entertainment.*

00.00 **Buses return to Maynooth University**

Day Four – Guest Speaker

Peter Cosgrove

Peter Cosgrove is a leading expert on the future of work, digital wellbeing, and leadership. As Managing Director of Futurewise, he helps people and organisations adapt to a changing world. With over 25 years of business experience, Peter also chairs mental health charity Aware and Brain Tumour Ireland.

He's a passionate advocate for young people, having spoken at events like the AIB Future Sparks Festival, inspiring thousands of students nationwide. Peter is known for his energetic, relatable talks that explore leadership, resilience, and unplugging from technology. He is the author of *Fun Unplugged*, encouraging families to connect offline. His message to young people: you don't have to wait to lead - start now.



Day Five – Friday 1st August 2025

8.30 **Rise and Shine** – Wake Up Calls

8.30 – 9.30 **Breakfast – Phoenix Restaurant**

9.30 – 10.00 **Check Out Time**

*Pack up all of your things and check out of your apartment. Luggage store in the **foyer of Iontas building**.*

10.00 – 11.30 **Workshop 15**

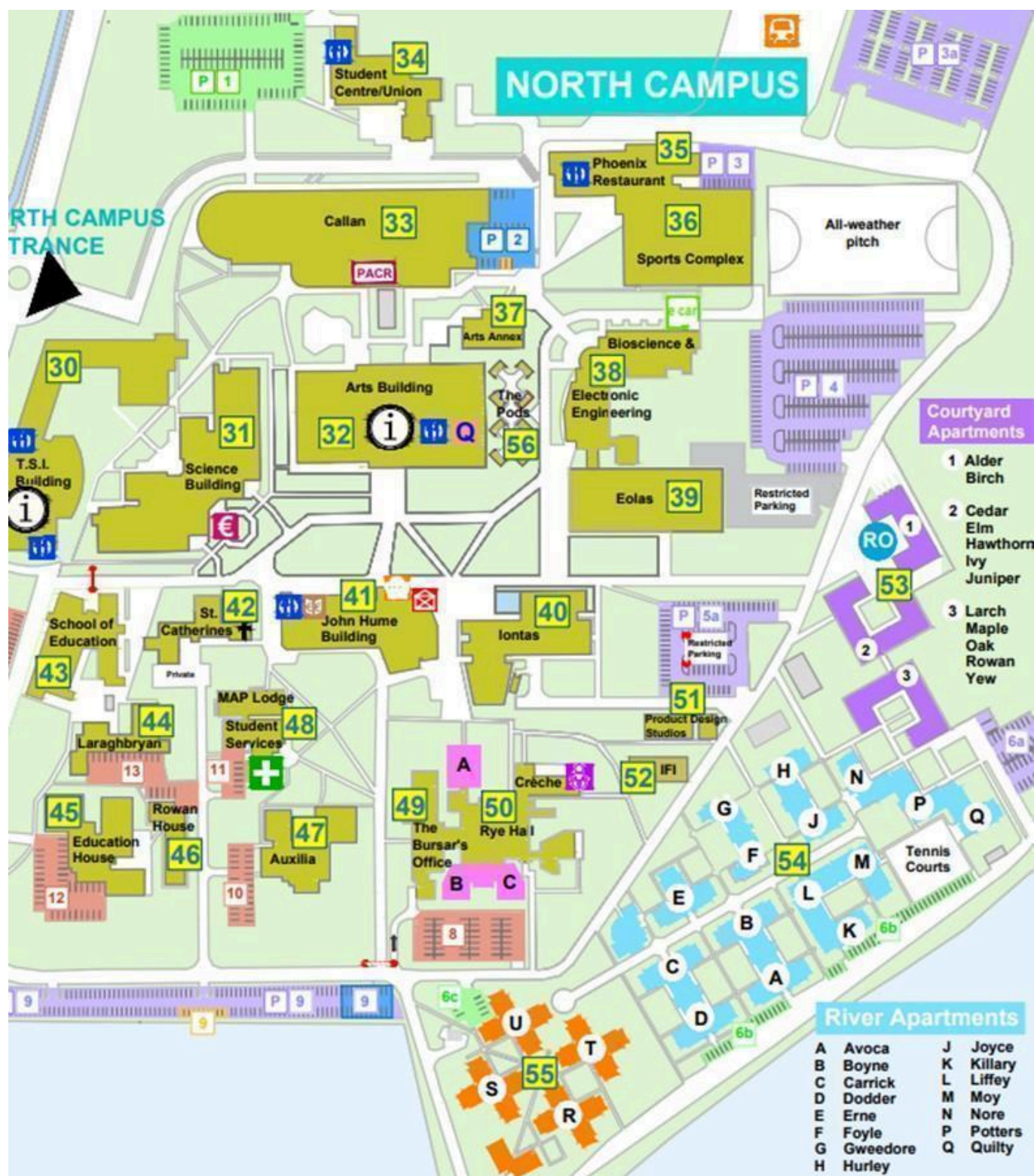
11.45 – 12.30 **Closing Ceremony – Iontas Theatre**

Slideshow featuring the highlights of the week, closing remarks and farewells.

12.30 – 13.30 **Lunch – Phoenix Restaurant**

14.00 **Departures**

*Ensure you collect your bag from the **Iontas Building Foyer**.*



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