

Saturday

10:30	Winning on and off the field	Philly McMahon, Noelle Healy, Niamh Briggs
11:15	Igniting inner passion and performance	Gerry Hussey
12:00	Extreme adventures	John O'Regan, Paul Gleeson
13:00	A passion for performance	Dr. Liam Hennessy
14:00	Coaching and mindset	Derek McGrath, Stephen Hunt
14:45	Revolution in sport	Joe Brolly
15:30	Healthy habits to transform your life	Prof. Donal O'Shea, Aoife Hearne
16:15	Resilience - discovering your strengths	Noel McGrath, Jessie Barr, Aileen Flynn

Sunday

10:30	Goal-setting and motivation	Gerry Duffy
11:15	Insights from a legend	Sean Kelly
12:00	Half hour hero cooking demo	Roz Purcell
13:00	Life after elite sport	David Gillick, Alan Quinlan, Jonny Holland
14:00	Leadership and coaching	Stuart Lancaster
15:00	Positive psychology	Jessie Barr, Gerry Hussey
15:45	Adventures outdoors	Seamus Hennessy, Nikki Bradley
16:30	The walking revolution	Frank Greally, Cormac MacDonnell

Moderated by Ger Gilroy, Off the Ball; Nathan Murphy, Off the Ball; Joanne Murphy, Tri talking sport; and Paul Byrnes, former RTE producer