

### **CONTRIBUTORS**

(in order of appearance)



### **CHRIS TYWYDD JONES**

#### **EVENT HOST**

As well as presenting a weekly radio show on Swansea Sound, Chris has been presenting the weather on S4C for 29 years and works as a presenter and host in business, education, tv and radio. Chris has his own range of goods and products on "The weather" theme, including a range of socks, hand-made in Wales by Corgi.



# JOSH LLEWELLYN JONES CF Warriors KEYNOTE SPEAKER (11:10 – 11:30)

Josh Llewellyn-Jones was born with cystic fibrosis in 1987. Being given 10% chance of survival at birth he defied the odds and is now an ultra athlete and world record holder.

2017 saw him become the 5th person in the world to complete the 'Worlds Physical Fitness Challenge' in under 24 hours.

In 2018, he became a world record holder by lifting 1,000,000 kilos in under 24hrs.

In 2019, he has his sights on even bigger goals.





### RHODRI EVANS Juicy Lucy Designs Ltd

### WORKSHOP: THE PART TIME ENTREPRENEUR – (11:45-12:10)

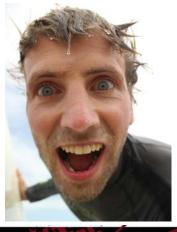
Since 2000 I have been a co-owner of Juicy Lucy Designs Limited, a company that designs and supplies greetings cards and gifts to independent retailers, high street multiples and supermarkets throughout the UK and overseas. I am also the director of a property renovation company called 85 Limited. As a qualified teacher I also work in the education sector with The Eggtooth Project running therapeutic experiential educational courses.



### HUW RICHARDS HuwsNursery

### WORKSHOP: THE PART TIME ENTREPRENEUR – (11:45-12:10)

Huw Richards began his YouTube channel HuwsNursery when he was 12, and now at age 20 has over 100,000 subscribers and 25 million views online. His goal is to inspire as many people as possible to reconnect with food and have a go at growing their own, no matter what space they have available. His first book, Veg in One Bed, published in March 2019 is designed to help people who are just starting out, to easily grow an abundance of food in a small space.





BENEDICT ROOM
Brd Gravity Centre

### WORKSHOP: THE PART TIME ENTREPRENEUR – (11:45-12:10)

Experienced Company Director with a demonstrated history of working in the extreme sports industry. Skilled in SME start Up, Social Enterprise, Entrepreneurship Education, Coaching and Lecturing. Strong business development professional with excellent presentation skills, graduated from Swansea Metropolitan University in Water and Adventure Activity Management and PGCE from USW.



### **EVERIREK**

ANDY MOORE
MD & Yeti - Evertrek

WORKSHOP: TOURISM AND HOSPITALITY: A WORLD OF OPPORTUNITIES – (11:45-12:10)

Andy Moore, a passionate entrepreneur from South Wales. An expert in high altitude trekking and climbing as well as a skilled mountaineer and explorer of the worlds highest mountain ranges. He's the founder & 'Head Yeti' of UK adventure travel company EverTrek taking people to Everest Base Camp and beyond in the mountains of the Himalayas. He started the business on a bean bag in his living room to now having a fully fledged office with his team of EverTrekkers based just outside Cardiff.



Alpacr.
The Adventure App

DAN SWYGART CEO & Founder, Alpacr

WORKSHOP: TOURISM AND HOSPITALITY: A WORLD OF OPPORTUNITIES – (11:45-12:10)

Alpacr is the social networking platform connecting the world through travel and adventure.



CAROLINE THOMPSON BeTheSpark

WORKSHOP: DARE TO THINK BUSINESS – (11:45-12:10)

Caroline is the CEO of the BeTheSpark.

BeTheSpark is a movement designed to connect like minded people to bring together and encourage innovation and entrepreneurship in Wales.



CREU SBARC BE THE SPARK CHARLY HAGGER BeTheSpark

WORKSHOP: DARE TO THINK BUSINESS – (11:45-12:10)

As Head of Operations at BeTheSpark I am accustomed to working with rapid accuracy; driving the movement to support innovation driven entrepreneurship and ensuring the Welsh ecosystem is visible, simple and connected.

My expertise span entrepreneurial mindset, adaptability and learning agility and pre-revenue strategy - all of which are crucial to starting and running a successful business.



HAYLEY WHEELER
Just the Beginning

ENTREPRENEURIAL JOURNEY - INSPIRATIONAL TALK (12:25-12:35)

WORKSHOP: THE ENTREPRENEUR MINDSET – (13:05-13:30)

I work with adults and children to help them conquer their anxiety and depression. I coach people who are ready to challenge and conquer anxiety, depression or stress, to take back control of their life and business.



In 2015, I ended up with depression. Having got the right help and support myself and through my own understanding of anxiety and depression, I created my own coaching model which helps adults and children with their mental health struggles.

My mission is to help people understand the cause of their mental health struggles, and be able to conquer it.



JAY SMITH
The Stage 8 Group Limited

ENTREPRENEURIAL JOURNEY - INSPIRATIONAL TALK (12:35-12:45)

Jay is a multi award winning young entrepreneur from Neath. His business journey has been varied with many highs and lows but through all this he has come out the other side with a strong business and a strong ethos to match, he relishes the opportunity to help other young people to develop their entrepreneurial spirit.



THEATRE SCHOOL



Capital Law CHRIS NOTT Capital Law

ENTREPRENEURIAL JOURNEY - INSPIRATIONAL TALK (12:45- 12:55)

I have been a practicing lawyer for over 30 years, specialising in disputes in the ownership and operation of businesses. This has involved me founding two law firms. I founded Capital Law in 2006 and have grown it to a turnover of £10m, employing over 140 people. It's now rated as one of the UK's leading law firms and was recently awarded Welsh Law Firm of the Year (The Legal 500). We recently won the FT Innovation in Law award for our work on financing litigation. We're also highly regarded for our innovative business model.





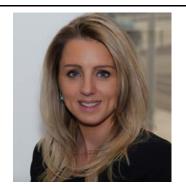
### GEORGE SAVVA It Takes 7 Seconds

### WORKSHOP: HOW TO PRESENT YOURSELF (13:05-13:30)

George grew up in South Africa. After leaving school he went to worked in a bank before serving in the SA Army where, he learned the meaning of 'Self-Reliance'.

He chose a 'dual career' as a marketer & sales professional in the manufacturing sector and as a trainer and educator for Dale Carnegie He ran a successful 'below-the-line' marketing business providing 'Point of Sale' systems for Gillette, Revlon and Dulux.

In the UK, George has been involved with the Welsh Baccalaureate, Youth Entrepreneurship initiatives for the Welsh Government and Marketing and Training services for SME's in Wales and England.



Tramshed o Tech

LOUISE HARRIS Tramshed Tech

WORKSHOP: TOP TIPS FOR FREELANCING (13:05-13:30)

Louise is founder and MD of Welsh-based Digital Skills Training organisation Big Learning Company (BLC) and co-founder of Tramshed Tech, flexible working spaces for Digital Industries and Technology companies to connect, collaborate and grow. Louise has recently founded the Al-Academy for women, a network designed to encourage women into STEM careers with a focus on solving real world problems using A.I. Louise's expertise in business and technology skills allows her to support Welsh businesses to raise investment and export their products and services nationally and internationally.



NOEL JAMES Comedian

WORKSHOP: TOP TIPS FOR FREELANCING (13:05-13:30)

Noel has performed live comedy across the UK for over 20 years. He started on the alternative circuit in London and then set his sights further afield. Today his experience includes performing on cruises, Radio and TV and the army headquarters in the Falklands. He is fluent in both Welsh and English. In 2018 he reached the semi-final of BGT.







WORKSHOP: TOP TIPS FOR FREELANCING (13:05-13:30)

WORKSHOP: THE DIGITAL WORLD: BEING A TECHTRAPRENEUR

(14:15-14:40)

Lee Woodman runs Swansea based digital marketing consultancy VisitDigital.com. They specialise in helping clients understand their customers online and we aim to find highly valuable data to allow stakeholders to make better, more confident decisions in their business. Their clients include The Lad Bible, Billionaire.com, Car Buyer and several of the UK's top 50 websites.





TINO DZARO Tino's Café

WORKSHOP: HOW TO START A HIGH STREET BUSINESS – (13:05-13:30)

Tino owns a catering and food delivery business, she also has a women's networking group called WINS.





DR BEN REYNOLDS Director, Urban Foundry BCorp

WORKSHOP: HOW TO START A HIGH STREET BUSINESS – (13:05-13:30)

Ben is Director of Urban Foundry BCorp – a creative regeneration agency forging great ideas to change the world for the better. His doctorate is in the creative regeneration of cities and he has 25 years experience delivering regeneration initiatives from multi-million pound nationwide schemes to small community projects.

He has served on numerous boards/panels for social enterprises, charities and regeneration partnerships and was a Commissioner for the Welsh Government's Cooperatives and Mutuals Commission.

Ben has also written on the cultural regeneration of cities, contributed to published works on community regeneration and has taught at Swansea University and UWTSD.



## **AVARUS**

### RYAN STEPHENS AVARUS

### WORKSHOP: HOW TO START A HIGH STREET BUSINESS – (13:05-13:30)

I started my first company at the age of 19 and have opened several others since then.

At 20 I won Entrepreneur of the year award for the enterprise course I was on, which only accepted 12 people in a year from all of Wales. I currently own a company called AVARUS, an online fashion marketplace with over 3500 products for men and women.

Big Ideas Wales helped me when I was starting out before I became a role model for them, so it's amazing for me to be giving back some of the knowledge that was bestowed upon me.



The (A) Patch



#### LISA FEARN

Y Sied Carmarthen & The Pumpkin Patch Cookery & Gardening School

#### ENTREPRENEURIAL JOURNEY - INSPIRATIONAL TALK (13:45-13:55)

Lisa runs The Pumpkin Patch cookery and gardening school in South Wales, which focuses on GYO, cookery and healthy eating. Lisa is a well-known face at food festivals and community events around Wales and appears regularly on Prynhawn Da, S4C's magazine program, Radio Wales and Radio Cymru. As a teacher and an experienced Mum to 5 teenagers, she regularly attends numerous local schools, clubs and organisations where she encourages and enthuses people of all ages to get cooking.

Lisa published her first cookery book Blas/Taste celebrating food & family in 2017, followed by Celebrate/Dathlu in Dec 2018 also by Gomer Press.



### VIRTUS TECH.

GEORGE BELLWOOD Virtus Tech Ltd

#### ENTREPRENEURIAL JOURNEY - INSPIRATIONAL TALK (13:55-14:05)

My journey of becoming an entrepreneur came from a lecture. I saw an opportunity to change the online experience for users and took it.

Virtus Tech is a new tech start-up company which provides Virtual Reality (VR), and Artificial Intelligence (AI) services to businesses seeking to increase their online interface and in-store experience with customers. We are currently working on a new project with local retailers in the Cardiff community, developing a new Augmented Reality (AR) application to help assist our client's customers whilst browsing through the store. This has been the greatest entrepreneurial journey so far.



### ANTHONY JOHN RICHARDS Admiral Group

WORKSHOP: YOUR WORK, YOUR BUSINESS (14:15-14:40)

Previous award winning manger and trainer who is intrinsically motivated with a passion for developing people. Quality driven, who has always been focussed on customers, staff and the company group as a whole, in appreciating individual and direct working cohesions. Self motivated, passionate and driven to gain the desired results and success whilst creating a fun, professional and motivational training and bespoke training sessions to support the business' ongoing strategy for learning and development.





DENZIL HOPKINS Admiral Group

WORKSHOP: YOUR WORK, YOUR BUSINESS (14:15-14:40)

An experienced and Award winning Manager who has worked for Admiral for almost 18 years working in a number of departments both here in the UK and globally. A manger who is focused on encouraging and motivating team members to achieve their full potential and be the best that they can be.





**GEMMA HALLETT** Chief Mobiliser, miFuture

WORKSHOP: THE DIGITAL WORLD: BEING A TECHTRAPRENEUR (14:15-14:40)

A former PE teacher and International Rugby Player, Gemma Hallett, from Beddau, near Pontypridd, took redundancy and used her pay-out to selffund miFuture app.

Frustrated with the current careers provision Gemma worked with over 2,500 young people to create a solution to finding and applying for opportunities.

The miFuture app brings suitable opportunities direct to the hands of young people where they can apply for jobs, courses, training and volunteering in just a swipe. Following a successful pilot, she is now taking her app nationwide with a clear mission of 'mobilising a 100,000 young welsh people towards employability and prosperity'.



### RICHARD WOOLLEY Paperclip

### WORKSHOP: THE DIGITAL WORLD: BEING A TECHTRAPRENEUR (14:15-14:40)

Rich is the CEO and founder of Paperclip, the leading provider of student marketplaces to universities around the UK. Currently listed as one of 'Wales 35 most influential business people', Rich resides in Cardiff, where he has a growing team based out of the Natwest Accelerator at One Central Square.

### <del>மூ paperclip</del>



### JULIA PERRY

Business Growth Enabler, NatWest

### WORKSHOP: STARTING UP ON A SHOESTRING (14:15-14:40)

My role as a Business Growth Enabler in Dyfed and Swansea has been developed to support local businesses and assist entrepreneurial activity in the local community. Connecting new and existing customers with relevant internal and external professionals to help them meet their needs, and saving them time and money.



I am a personable, motivated and determined individual with a passion for education and entrepreneurship. I play an active part in my local running club and have recently begun to develop my swimming and cycling abilities.



### STACEY ADAMIEC Serial Entrepreneur

### ENTREPRENEUR PANEL Q&A - (14:55- 15:30)

Stacey is a serial Entrepreneur and business growth strategist. Breathing life into empty properties for people with purpose. Inspired by moving back from London as a Choreographer, she founded her first businesses a city centre Dance Complex 'Revue' growing it into a hub of studio spaces for creative independants and freelancers. A big contributor to enterprise with social purpose and how they can engage to become destination business models Stacey also runs independant regeneration consultancy '10C' along with a network for female entrepreneurs 'She Started It!' and is a big supporter of high street growth #Bizlifestacey





PAUL HARWOOD TechHub

WORKSHOP: TOP TIPS FOR FREELANCING (13:05-13:30)

ENTREPRENEUR PANEL Q&A – (14:55- 15:30)



Paul is a seasoned web entrepreneur with a proper grey beard! He's a full stack developer with a working knowledge of BigData systems and is into cryptocurrency in all its forms (and loves to help startups grow). Originally from Swansea, Paul spent the last 17 years working on his own web companies in Bristol and London and founded TechHub Swansea because he wanted to see the South Wales scene grow and transform people's opportunities, as he has seen in other cities.



MICHELLE ROCHE Enterprise Nation

ENTREPRENEUR PANEL Q&A – (14:55- 15:30)



With a BA Hons in Business and Japanese, and an MA in Experimental Theatre I deftly straddle both the Creative and Business worlds. I created a reality from the infamous Lemonade game and have successfully run my own Lemonade Stands for over 13 years, creating my own 'lifestyle' business. I am also a freelance theatre maker, producer and project manager working with young people to realise their potential through the arts. In 2014 I attended the School for Creative Start-Ups with my start-up Secret Date Club which will be launching in Bristol, and relaunching in London this year. I also work with self-employed artists/individuals, small arts based enterprises, and CIC's to interrogate their structure and strategy, as well as developing their marketing and social media strategies.



ANGHARAD WOODLAND
The Woodland Davies Partnership LLP

ENTREPRENEUR PANEL Q&A – (14:55- 15:30)



I am a Solicitor and Managing Partner of Woodland Davies in Hay on Wye and Brecon having started my own firm in 2003 when I was 28. I live in Brecon with my husband and three sons.







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