



**Let's celebrate** Gretna | 5 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.

**10:00 AM – 10:15 AM**

## **Opening Remarks**

MC Yvette Hopkins and SOSE's CEO Jane Morrison-Ross will introduce the day's agenda and theme.

**10:15 AM – 10:45 AM**

## **Spotlight on Rising Stars of Pathways**

A celebration of Pathways participants and South of Scotland Rising Stars.

**10:45 AM – 11:15 AM**

## **Sarah the Safe Woman**

Give Yourself Skills, Gain Your Strength (15 minute talk followed by a 15 minute action workshop)

**11:15 AM – 12:15 PM**

## **Attend your first workshop**

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

**12:15 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 Karis Gill on owning your story, gain your advantage. Discover how owning and sharing your journey can supercharge sales, visibility and client trust.

**1:45 PM – 2:30 PM**

**Attend your second workshop**

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

**2:30 PM – 2:45 PM**

**Break and informal networking**

Grab a coffee or some fresh air.

**2:45 PM – 3:30 PM**

**Panel Discussion**

Speakers: Tanya Russell, Genna Jodie Masterton, Sarah Schofield, Karis Gill and Jane Morrison-Ross - hosted by Yvette Hopkins.

**3:30 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 – 5:30 PM**

**Informal Space for Networking and Drinks (Optional)**

For those who wish to unwind and follow up on any connections made throughout the day. Hosted by the Chambers of Commerce from Dumfries & Galloway and Scottish Borders

# **Supporting Business. Connecting People. Strengthening the South of Scotland.**

The Scottish Borders Chamber of Commerce and Dumfries & Galloway Chamber of Commerce are proud to work in partnership to champion and strengthen businesses across the South of Scotland.

Chambers of Commerce are powerful business networks that drive economic growth, create opportunity and ensure the voice of enterprise is heard. Across Scotland, Chambers collectively represent more than 12,000 businesses and over half of the country's private sector workforce. Together, our two regional Chambers play a vital role in helping businesses start, grow and succeed.

## **What they Deliver**

**A Strong Voice for Business** - Representing members to MPs, MSPs, local authorities and national decision-makers.

**Practical Support and Insight** - Sharing funding opportunities, sector updates and expert guidance to help businesses navigate change.

**Meaningful Connections** - Delivering regular events, workshops and forums that build valuable relationships and encourage collaboration.

**Recognition and Visibility** - Celebrating business success and raising the profile of member achievements.

**Wider Opportunities** - Connecting local enterprises to regional, national and international networks.

## **Stronger Together**

More than membership organisations, they are catalysts for growth. They help businesses overcome challenges, unlock new opportunities and influence the future direction of the South of Scotland economy. By bringing together leaders, entrepreneurs and innovators, they are building a more inclusive, resilient and ambitious business community.

## **Get Involved**

Whether you are starting out, scaling up or expanding your network, your local Chamber is here to support you. Join your local Chamber today.

Scan the QR codes below to learn more and become part of shaping the future of business in the South of Scotland.

Two Chambers. One Region. Stronger Together.



# Know the room!



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

Scan the QR code and opt in to a live attendee list in seconds.

Add your personal Ask/Offer headline, see who's in the room, and let AI matchmaking highlight the most relevant people to meet.

You get 48hrs after the event closes to continue networking and follow up, before all your data is safely deleted.

More intentional conversations. Smarter follow-ups.  
Simple, GDPR-compliant networking designed for in-person events.



SCAN HERE

# *Our Drop-Ins*

## **Free professional headshot**

Trinity Coombs will be available to take your free LinkedIn ready headshot during breaks and lunch, make sure to book your slot when you arrive - spaces are limited.

## **Social Media Confidence Drop-In**

Not sure what to post on social media about today or feeling a bit nervous about it? Drop by our Social Media Confidence Drop-In during breaks or lunch for friendly, one-to-one support.

Whether you want help taking a selfie, filming a short video, writing a simple caption or just figuring out what (and where) to post, SOSE's Lesley Forsyth and the team will be on hand to support you in a relaxed, no-pressure way. No jargon, no expectations - just practical help to share your IWD experience in a way that feels right for you.

Pop along and leave with a post you feel confident sharing.

# 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 stakes 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.

# Meet our speakers & panellists



**Karis Gill**

**Storytelling Speaker**

Karis Gill is a multi-award-winning founder and speaker specialising in storytelling for sales. She helps businesses use story strategically to build trust, influence decisions, and convert clients. Having delivered 150+ high-impact workshops and keynotes, she teaches leaders and teams to move beyond jargon and explain ideas with clarity and confidence. Grounded in neuroscience and lived experience, Karis has generated multi-seven-figure revenue using the same principles she now shares. Her methods have secured funding, grown a team of 13, delivered nationwide campaigns, and achieved 85% sales-call conversion rates. She created the proven Three Stories for Sales™ Framework.



**Sarah Schofield**

**Founder & Director  
The Safe Woman**

From victim of crime to Safe Woman. Sarah has taken women's safety and given it a makeover! Designing award winning accredited personal safety workshops around the needs of real women, that can be accessed and achieved by all women. Working with organisations UK wide, pro-active not reactive safety for women by women

# Meet our speakers & panellists



**Jane Morrison-Ross**

**Chief Executive  
SOSE**

Jane is the Chief Executive of South of Scotland Enterprise (SOSE). Formerly CEO of ScotlandIS, she worked on Connecting Scotland and the Digital Nation Challenge, earning Digital Leaders National and Regional Champion in 2020. She has held senior roles with Capgemini and previously led Taigh Cearsabhagh in North Uist. Jane serves on several boards, including CivTech, the Economic Growth Board and the Scottish Energy Advisory Board. She brings extensive experience in strategy, transformation, innovation and economic development. Jane lives in Sanquhar and enjoys horse riding and wild swimming.



**Genna Masterton**

**Founder  
Kinoro**

Genna is a Strathclyde University alumna, former primary teacher and proud founder of edtech start-up, Kinoro. Kinoro is category-defining technology that allows learners to exercise their rights to own their data from the early years. Genna's lived experience and participation in Scotland's tech ecosystem has unlocked Genna's ambition to scale a product globally from Glasgow.

# Meet our speakers & panellists



## Tanya Russell

**Director**  
**GTR Contracts Ltd**

Tanya Russell is a Director and Co-founder of GTR Contracts Ltd, a nationally operating plant hire, heavy haulage, agricultural and civil engineering business. For 20 years, she has helped lead and grow the company into a trusted provider of high-quality services. With extensive experience in construction, project delivery, and client relationships, Tanya is passionate about building strong teams, maintaining trusted partnerships, and creating opportunities for women in traditionally male-dominated industries. As an International Women's Day panelist, she aims to inspire young women to excel in business while balancing family life.

# The Workshops



## From Burnout to Brilliance

### Lindsay Thomson

#### CBT with Lindsay

This interactive workshop supports women in business, founders, and entrepreneurs who are navigating high pressure, rapid decision-making, and ongoing uncertainty. Participants explore how chronic stress affects focus, confidence, and decision-making and how regulating the nervous system can become a strategic advantage in business.

The workshop combines evidence-based insight, practical breathing techniques, and guided manifestation/positive imagery to help participants reset their nervous system, strengthen confidence, and refocus their energy and direction. Supporting women to feel calmer, clearer, and more confident in how they show up and lead.

#### Meet Lindsay.

Lindsay Thomson is a CBT Therapist, EMDR Practitioner and Mindset Coach who works across individual, corporate and community settings to transform wellbeing and build lasting resilience. Known for her empowering and down-to-earth approach, she helps people recover from trauma, manage stress and strengthen their mindset using practical, evidence-based tools that create real, sustainable change. Her work is focused on helping people feel stronger, more confident and better equipped to thrive in both life and work.

# The Workshops

## Exporting for Women-Led Businesses

**Karen Ridick**

**Second Nature Online**

This session provides a practical overview of exporting for women-led businesses, including the benefits of exporting and the routes available to overseas markets. It forms a complete introduction to export - including market research, methods of selling, classification of goods, logistics and customs. The session also reflects common challenges faced by women exporters and highlights practical ways to approach exporting with confidence.

### Meet Karen

Karen is the founder of Second Nature Online - an ethical homeware company which she started in 2008. Since 2017, she has used her background and experience to deliver support and training events for a wide range of UK public sector bodies. Her areas of specialism include research, business planning and performance, consumer and trading legislation, international trade, digital marketing, and ecommerce. More recently she has launched Co-Here Works, a new co-working; content creation; training; and meeting space in Dumfries.



# The Workshops



## **Investing in Women-Led Growth: Leveraging your resources for sustainable growth**

### **Bonnie Clarke**

**CEO of Taylor Clarke & board member at Women's  
Enterprise Scotland**

In this workshop you will gain an understanding of the current landscape for women-led businesses in Scotland; develop a success mindset for sustainable growth; identify practical ways to maximise existing resources; explore crowdfunding as a growth strategy and leave with concrete actions for growing your business.

#### About Bonnie

Bonnie Clarke is CEO of Taylor Clarke, a global Organisation Effectiveness and Development consultancy specialising in leadership, coaching, organisational and team development, and psychological assessment, particularly during transformational change. Passionate about human communication, she regularly speaks on the Science of Kindness, Psychological Safety, Diversity of Thought, the Wellbeing Economy and Gender Diversity, and has contributed to research on workplace culture and inclusion. Previously CEO of Remarkable and Director for Scotland at Badenoch & Clark, Bonnie also serves on the board of Women's Enterprise Scotland and has held several leadership roles in national organisations. She mentors women-led business startups and is a two-time IoD award winner.

# The Workshops

## Success Saboteurs: Master Your Mindset for Success.

### Mehalah Beckett Lead Powerful Impact

Discover what's holding you back and transform your mindset for success. Every entrepreneur wants to succeed, but often the biggest obstacle is not external - it's the hidden ways you may be self-sabotaging without even realising.

In this interactive masterclass, you will uncover your unique Success Saboteurs, the inner mental patterns that create stress, limit performance, and hold you back as a business leader. Once registered, you'll be sent a unique link to take your Saboteur Assessment, and in our session, you'll learn how to spot these hidden saboteurs and start rewiring your mindset for greater clarity, energy, and impact.

#### **Meet Mehalah**

Mehalah Beckett, Founder of Lead Powerful Impact, coaches impact-driven leaders and sustainable businesses to accelerate their impact with ease and energy; struggle and stress are not necessary conditions for success! An Economist by background, she has worked across the public and private sectors, both at home and abroad, managing teams, businesses, and achieving multi-million-dollar turnovers.



## Special thanks...



Hannah Millar is the Founder and Event Manager of UltraV Sound, delivering professional DJ and event experiences for weddings, corporate events, and private celebrations. With a background in event coordination and a strong understanding of production and logistics, she combines creativity with structure to ensure events run smoothly and leave a lasting impression.

UltraV Sound is named after her daughter, Violet. Hannah found out she was pregnant on International Women's Day 2021 - a moment that has since become a quiet reminder of why she chose to build a business on her own terms. Today, she leads UltraV Sound with a focus on high standards, strong client relationships, and creating a life that balances ambition with family.



### **Hannah Millar, UltraV Sound - Our DJ**

Trinity grew up in Thornhill, Dumfries and Galloway, she has just finished a 4 year Honours Degree in photography at the City of Glasgow College and now returning home to continue to establish herself in this region.

Trinity enjoys all forms of photography, but with a particular focus on Documentary, fashion and landscape. Trinity strives to tell stories with her images, with a wonderful natural approach coming through all her work.

### **Trinity Coombs - Our professional headshot photographer**