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## About CreateHER

CreateHER is the University of Galway's female pre-incubator programme. The programme is competitive with only 10 participants selected to participate for each cycle of the programme. CreateHER will open minds to the possibility of developing skills and ideas to create new business now or in the future careers. CreateHER is designed to enhance self belief, financial literacy, innovation mind-set and leadership skills and increase the number of female-led innovative businesses developed during participants' time in University.

The CreateHER graduate is one who is confident and innovative. They actively seek out opportunities to develop and grow. They have developed their communication and storytelling skills. They are well networked and a role model for other students of the University. They have developed their communication and storytelling skills. They are well networked and a role model for other students of the University. They have an entrepreneurial mind-set and are ready to create their future.

## CreateHERs

Empowered and empowering creative innovators who join as individuals and leave as a community.



## Industry Day

Our CreateHER participants got to experience a day in a company and gained insight into the different aspects of work. We are hugely grateful to these companies and their teams for their ongoing support, and for allowing us to trial a new addition to our programme with them.

The 'shadowing' element was based on a gap identified by three students who took part in the Stanford Innovation Fellowship with IdeasLab last year - Sophie Spellissy, Mia Shanley-Brookes and Ciarán Cox. During the Fellowship programme, they identified a gap where students didn't get the opportunity to really walk in the shoes of those working in industry, and they came up with this shadowing programme. IdeasLab was delighted to support them in piloting the programme as part of CreateHER.

## Your Journey with CreateHER – Step by Step

- WEEK 1 The Tribe**  
Participants engaged in team-building activities to foster connections and collaboration. A special guest artist and past participant shared their experiences, inspiring the group and emphasizing the importance of community in creative pursuits.
- WEEK 2 Building Your Personal Brand**  
This workshop focused on developing a strong personal brand for both real-life and digital platforms. Students learned practical strategies for self-presentation, online visibility, and the impact of personal storytelling on career development.
- WEEK 3 Defining Your Values**  
Participants explored the concept of core values, reflecting on personal beliefs that guide their decisions and aspirations. This session encouraged self-discovery and alignment of personal and career values.
- WEEK 4 Goal Setting**  
Participants engaged in hands-on activities to clarify their personal and professional objectives, helping to define actionable steps toward success.
- WEEK 5 Creative Career Pathways**  
Representatives from the Galway International Arts Festival shared behind-the-scenes insights into the festival's operations. This session highlighted diverse career paths and offered creative inspiration for participants to pursue their own passions.
- WEEK 6 Voice & Language**  
In an interactive workshop, participants learned techniques for effective communication, empowering them to confidently express their ideas in creative and professional contexts.
- WEEK 7 Inspiring Inclusion & Belonging**  
The programme concluded with a celebration of International Women's Day emphasized themes of inclusion and empowerment, leaving participants with lasting inspiration. A key message was the importance of being tenacious, being confident and comfortable in yourself, and to keep going when things are difficult in the knowledge that it will pass as part of life's ebb and flow.



**ENLIGHT Competencies**

- Problem Solving
- Innovation Capacity
- Decision Making
- Leadership
- Communication Skills
- Critical Analysis
- Creative Thinking
- Collaboration
- Diversity Awareness



## What our students say...

"It has been an absolute privilege to be part of the CreateHER programme. Through the interactions I had with other women, I came to realise that despite our differences, we are all very much the same at our core. This experience has been truly transformative, and I am grateful for the opportunity to grow alongside such incredible women."

Claudine Mulihano | 1st Year Podiatric Medicine

"The CreateHER programme was a fantastic opportunity to meet like-minded and ambitious women. I have made friends for life and many professional connections. We learned about leadership, empathy, branding and networking. The skills I learned throughout this programme will help me both professionally and personally in the future. Thank you for such a phenomenal experience!"

Sarah Jane Hughes | 1st Year Engineering

## Where to next?

