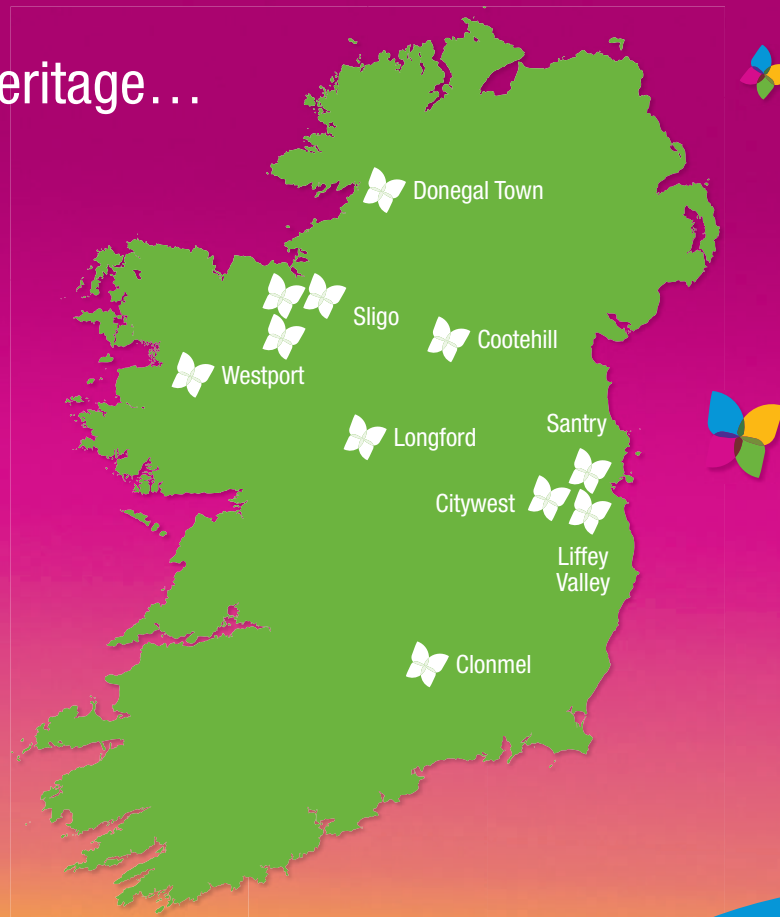


Proud of our long Irish heritage...

- Over 65 years in Ireland
- 11 sites employing over 3,000 employees in Ireland
- Over 610 employees in nutrition
- Source of protein* in all Abbott feeds is Irish



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Date of Preparation: February 2013 | IREANI130004



Irish Society for
Clinical Nutrition
& Metabolism



An invitation to a breakfast meeting on

Personal Leadership: Leading From Within

Wednesday 6th March 2013 | Clyde Court Hotel, Ballsbridge
Breakfast served 7am | Session 7:30am to 8:30am

Kickstart your day with an energising breakfast meeting

Abbott Nutrition, in association with **IrSPEN** would like to invite you to a meeting on:

Personal Leadership: Leading From Within

Guest Speaker **Ms Amanda Cahir-O'Donnell** M.Ed.Mgmt., B. Ed., Dip. Pers. Mgmt., FCIPD, FIITD, FAC, ICF (PCC)



RSVP to Janet Furney on **01 469 1530** or email janet.furney@abbott.com by **Thursday 28th February**

Session outline

As clinicians, dietitians, nutritionists and other health care professionals (from clinical practice, research and education), you are relied upon to lead the field of nutritional management of patients in hospital and the community. Research has shown us that 'leadership' begins with self-leadership. This session will address critical and topical themes for leaders including:

- Building Personal Resilience - Quick Wins for You.
- 'Brand You' - What it is & Why it Matters.
- Becoming a Better Leader - It's not Rocket Science!

This session will be interactive, practical and stimulating; based on the latest thinking available on management and leadership.

Speaker's bio



Amanda Cahir-O'Donnell is a renowned European expert on Leadership, Management, Team and Personal Development. She has been working in this field for over twenty years and has a broad range of experience across diverse industry sectors including financial and professional services, pharmaceutical, software, manufacturing and the public sector. Amanda established the highly successful Consultancy Company called TIO Consulting in March 2006 specialising in Executive Coaching, Team Development and Strategic Facilitation. Previous corporate roles included Head

of Learning and Development in AIB Capital Markets and Internal Training Consultant within Hewlett-Packard Ireland.

Amanda has had hands-on experience of managing and facilitating individuals, teams and large-scale change in multiple roles; including internal and external consultancy & senior leadership positions. She brings robust expertise, pragmatism, humour and a solution-focused approach to her work. Amanda is also the co-author of two major Irish publications: 'Making Training and Development Work: A Best Practice Guide' and 'Developing Managers and Leaders'.

