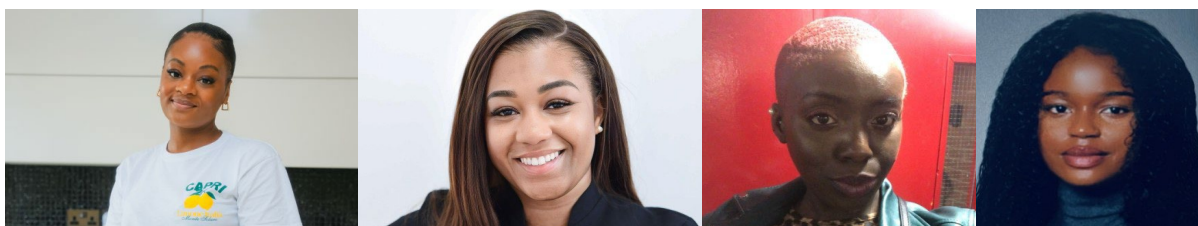




Overview of International Women's Day 2025: CAFE HOPE- inspiration for the journey, from our Ursuline Alumnae



Café Hope - inspiration for the journey from our Ursuline Alumnae

with guest speakers Lauren Wilmott, Rhoderline Osafo, Chanelle Owusu-Tuffour and Shirley Forest

A Celebration of International Women's Day
Ursuline High School- 4 March 2025



Feedback

Our students rated this conference 4.85 out of 5. Some of their feedback included:

"I really was inspired by how relatable it was to us"

"I liked hearing relatable speakers from the same place I am at the moment"

"I loved how honest the speakers were"

"I liked meeting people that actually inspired me, who shared my similar interests"

"They spoke incredibly"

"I loved the different career paths and the informal and fun setting"

"It was unfiltered and relatable. It was great!"

Aims of the conference

The theme of International Women's Day this year is "Accelerate Action" and in the Catholic Church it is the year dedicated to the Pilgrimage of Hope. We are going to celebrate

International Women's Day by hosting our own "Café Hope" by hearing from our four Ursuline alumnae who will share on their own journeys, what gives them drive, what challenges they have had to overcome, and how they consider the girls can "accelerate action" to make a positive change in the world. We will look at the following questions:

- What has been the journey of our speakers from their time at the Ursuline to now?
- Where do they see signs of Hope in the world, and where do they see challenges?
- What can we learn from the experience of our speakers and our discussions with our peers?
- How do we want to use our studies and our experience of life to address issues which matter to us collectively as women and also as individuals?
- How together we can accelerate action to improve our world.

Our speakers

We have four speakers attending the conference who will share their successes and challenges and reflect on what International Women's Day and Hope mean to them.

Lauren Wilmott is a private chef specialising in bringing restaurant-quality dining into people's homes, from intimate dinners to corporate events. I also create food content for brands and run a successful Jamaican marinade brand. Her culinary journey began with an A-Level in Food Technology at UHS, leading me to a catering diploma and an apprenticeship in a high-end Mayfair restaurant. Since then, I've explored various aspects of the industry, culminating in becoming a MasterChef: The Professionals 2023 semi-finalist. With a Level 3 qualification in Managing Kitchens and extensive experience, my focus remains on delivering bold flavours, top-quality ingredients, and health-conscious meals.

Rhoderline Osafo has two career paths. By day, she supports young people in their transition to adulthood as a dedicated social worker. By night, she is a qualified esthetician, providing classic and advanced facial treatments to help clients enhance their skin, boost confidence, and reveal their inner glow.

Chanelle Owusu-Tuffour (Miss OT) is working as a Teacher of Art and Design, and also qualified in Graphics, Food Tech and Design, and as a ESOL teacher. She is also the owner of Hagan Studio.

Shirley Forest is a trainee Solicitor specialising in commercial law, legal tech, telecommunications, and construction, with a strong focus on in-house legal practice. Shirley has extensive experience in contract management, procurement, and compliance, particularly within tech and software space. Currently pursuing further education with the means to qualifying soon, she is committed to achieving distinction-level results while continuing to develop expertise in legal technology and commercial transactions. She is passionate about streamlining legal processes and ensuring regulatory compliance, she aspires to excel in the in-house legal sector as a qualified solicitor.



CAFE HOPE- inspiration for the journey, from our Ursuline Alumnae

9.30am to 9.40am	Guest speakers arrive (Crescent Road)
9.45am	Year 12s arrive
9.50am	Welcome to the conference
9.55am	Speakers introduce themselves (5 mins each). Running order- Lauren, Rhoderline, Chanelle and Shirley
10.20am	Question and Answer session for all the guests
10.35am	Coffee and shared baked treats, during which time the guest speakers will circulate around the tables and students can chat more informally with the speakers. Lauren to give advice to any aspiring chefs on the food they have brought in to share!
11.10am	Evaluation forms to be completed
11.15am	Thank you and close