



Future You 2023

EMPOWERING EXECUTIVES AND BUSINESS
OWNERS TO BUILD A SUCCESSFUL LIFE PLAN



METIS IRELAND
HONEST EXPERIENCED FINANCIAL PLANNING

Your future in your hands.

Succession planning doesn't happen by accident. It takes careful thought and vision.

How do you want the years ahead to play out? Have you really had time to think about how the future will work for you, your family or your company?

To help you start your journey and begin planning the answers to these questions, we're inviting you to spend some time in the inspiring surroundings of the Armada Hotel, as we lead you on a journey of discovery, either alone or accompanied by your partner.

We will help you start to build a roadmap for your future with the help experts covering a wide range of topics which you may need to consider.

"Future You covered topics and conversations that we as business people never take enough time to plan for our personal lives."

"Highly impressed by both content and speakers – sharing their stories equips us all to live our best lives. Now it is time for us to take action."

– PRAISE FROM FUTURE YOU 2022 ATTENDEES



WHAT IT OFFERS INDIVIDUALS

- It's an opportunity to take time out to start planning for your future.
- To speak to highly experienced people who have been where you are now and engage with experts on financial, lifestyle, wellbeing and legal matters.
- To allow you time to think about your role and progression within the company and how that will shape the years ahead for you and your family.

WHAT IT OFFERS COMPANIES

- This is a unique opportunity to give your senior people the time to consider their family's future and understand how your company fits into it.
- To show you value your executive's contribution and care about their wellbeing.
- To allow your valued people engage with and develop your company's succession plan.
- Giving your executives peace of mind regarding their future so they can give their best your company now.

Your next big life event

Whether you're thinking about moving on from your business in one, five or ten years' time, the time to plan for it is now. This is the event that will help you do it.

WHAT:

Metis Ireland's 'Future You' event

WHERE:

Armada Hotel, Spanish Point, Co. Clare

WHEN:

Monday 11th and Tuesday 12th September 2023

COST:

€1,000* per delegate, exclusive rate.

*All accommodation and food is included.
You may bring your partner free of charge.*

Future You is designed to help you map out your future and understand how it fits into the future of your business. With a host of incredible and knowledgeable speakers, it's sure to be a fascinating and inspirational couple of days.

This event will equip you with the tools and knowledge to build a realistic and robust plan for your future.

*Plus VAT

**THE ARMADA HOTEL**

There's no better place to feel inspired than this glorious hotel that lets you share in the sights, sounds, tastes and wild beauty of this dramatic coastline. Experience rooms styled by the best Irish designers, toiletries infused with locally harvested seaweed, and a menu inspired by the most stunning local ingredients imaginable. Come. Stay. Plan your future.



Our speakers

Metis Ireland has curated a line up of incredible, knowledgeable speakers to help you kick-start your succession planning journey.



CARL WIDGER
MANAGING DIRECTOR
METIS IRELAND

Carl is a veteran of financial planning and wealth management, with more than 25 years' experience of helping people live their best life.



VICKI O'TOOLE
FOUNDER
TOLA CONSULTANCY

Vicki O'Toole was previously the Managing Director of JJ O'Toole, Ireland's leading purveyor of packaging and design. Since successfully selling the company in 2022, she has been focused on her new consultancy business, Tola Consultancy.



GERALDINE MURPHY
FOUNDER, EVOLUTION PARTNERS
CONSULTING AND COACHING

An accomplished CEO with over 30 years' experience in the Irish & global biopharmaceutical industry, Geraldine is now focused on her portfolio career as a non-executive director, strategy consultant and executive coach.



TOMMY GEARY
CO-FOUNDER
CINCO COACHING AND CONSULTING

In his time as Senior Vice President of Global Sales Operations for Hewlett Packard, Tommy led a team of over 5,000 people across 100 locations. Today he's enjoying semi-retirement as an Executive Coach, Mentor and Consultant.



MUIRIS GAVIN
PRINCIPAL SOLICITOR
DERMOT G O'DONOVAN SOLICITORS

Muiris oversees the Probate and Estate department, which includes a registered Trust and Estate Practitioner and membership of STEP, the global professional association for those advising intergenerational families. He's also an Associate of the Institute of Taxation in Ireland, having previously worked with a Big Four accountancy firm.



JOE O'CONNOR
LECTURER
FOUNDER OF COACHPACT

Joe lectures Exercise Physiology and Performance Nutrition at the Munster Technological University. He also works with corporate athletes via CoachPACT where clients strive for improved personal and professional performance through exercise, lifestyle and nutrition coaching.



GILLIAN HORAN
CEO AND FOUNDER
THE PUDDING BRAND CONSULTANCY

Gillian is an entrepreneur, investor, author and speaker who has worked with a range of high-profile clients on their branding, including Colgate, Smyths Toys, Blackrock Clinic and WP Engine. Her brand consultancy company, The Pudding, has won five national and international awards since 2021.



PROFESSOR PATRICK RYAN
ASSOCIATE VICE PRESIDENT
UNIVERSITY OF LIMERICK

Professor Patrick Ryan is a Chartered Clinical Psychologist, working as Associate Vice President at the University of Limerick. As a clinician, author, lecturer, researcher and strategic leader, he uses scientific frameworks to enhance mental health functioning across the lifespan.



DR MARK WHITE
RETIRED (MOSTLY!)
IN DEEP BUSINESS GROWTH LTD.

Dr Mark White PhD is a retired entrepreneur. During his career he worked as Director at Údarás na Gaeltachta, co-founder and CEO of weather forecasting business Nowcasting Weather, and founded In Deep, through which he managed the National Marine Development Team of Ireland's Marine Institute.



AFTER DINNER SPEAKER

We will also have a very inspirational after-dinner guest speaker... however we are keeping this as a special surprise for our attendees. What's life without a few surprises?!

Our charity partners



BRENDAN & TERRY RING
FOUNDERS
CLIONA'S FOUNDATION

Brendan and Terry Ring set up Cliona's Foundation following the sad death of their daughter Cliona, from an inoperable brain tumour in 2006 aged 16. Since its launch, the foundation has raised over €3.5 million and has helped more than 1,200 families with children with life limiting illnesses.

Your Future You host



SUSAN WALSH
PRIVATE CLIENT MANAGER

Susan is a Private Client Manager at Metis Ireland, where she guides clients through their financial journey to help them achieve their goals. She will be your host and facilitator for the Future You event.

Can you afford to miss this?

This is one business investment that's sure to reap dividends. It will help you and your family understand how you want your future to look, taking away the emotional stress of the unknown.

"I found all the speakers incredibly insightful, good storytelling, relatable and full of wisdom and advice. A lot of these talks told of the 'how' and the 'what' of their topics, and then the 'why' pulled it all together. Superb."

– FUTURE YOU 2022 ATTENDEE



SECURE YOUR PLACE NOW

This is an exclusive event, only open to top-flight executives, business owners, self-employed individuals, and their partners or spouses.

There are limited places at this wonderful boutique hotel overlooking the Atlantic. So, book now to avoid disappointment.

BOOK NOW

<https://future-you-2023.eventbrite.ie>

QUESTIONS?

If there's anything you'd like to know about our Future You event before you book, please contact Susan Walsh on 061 518365 or email events@metisireland.ie

"Sometimes the most successful people don't get a chance to properly plan for their future – they are just too busy. An event like this could really help you to take a step back and consider what actions to put in place for when you want to get off that work 'treadmill.'"

– TOMMY GEARY
CO-FOUNDER OF CINCO COACHING AND CONSULTING