



Virginia Show

In partnership with



# 2023 Show Conference

## Women in Agriculture:

## Finding the Balance in a New Agricultural Environment

Virginia Show Day, Wednesday, 23<sup>rd</sup> August

11.00 to 12.30 @ the Food Hall

### Women in Agriculture: Finding the Balance in a New Agricultural Environment

*The role for farm women in shaping the new agricultural environment.*

**Dr Monica Gorman**, Associate Professor of Agricultural Extension and Innovation, University College Dublin

*Managing your day: Improving labour efficiency and time management to achieve a better work life balance.*

**Dr Marion Beecher** BAgSc PhD Teagasc Research Officer, Moorepark

*The role for developing safe, nutritious, and sustainable diets to support positive aging.*

**Ms Barbara Bray** MBE FIFST Nutritionist and food safety consultant

For conference updates and further discussion follow us on

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## Keynote Speakers:



**Dr Monica Gorman**

### ***The role for farm women in shaping the new agricultural environment.***

**Dr Monica Gorman** is Associate Professor in UCD's School of Agriculture and Food Science. She has developed and coordinates postgraduate Masters programmes for agricultural science graduates who intend to work in farm advisory and agricultural education roles; working in collaboration with Ireland's agricultural knowledge and innovation system. From a family farm in Wicklow she has previously worked in international development in Africa and continues engagement in projects in Kenya and Eritrea. Her research interests include multifunctional agriculture, expanding livelihood opportunities for farm families, gender issues in agriculture and how best to support multi-actor engagement in co-creating innovative responses to the challenges facing agriculture.



**Dr Marion Beecher**

### ***Managing your day: Improving labour efficiency and time management to achieve a better work life balance.***

**Dr. Marion Beecher** is currently working with Teagasc as a Research Officer in the Animal & Grassland Research and Innovation Centre in Moorepark. Her research interests include dairy farm labour productivity specifically looking at labour saving technologies, infrastructure, and work organisation including Lean Management as well as evaluating human resource management practices within Irish dairy farm businesses. Prior to this she co-ordinated the Professional Diploma in Dairy Farm Management Programme which involved coordinating the placements of students on approved dairy host farmers for training. She graduated from University College Dublin with a PhD in animal science.



**Ms Barbara Bray**

### ***The role for developing safe, nutritious, and sustainable diets to support positive aging.***

Barbara Bray MBE FIFST is a Registered Nutritionist and food safety consultant driving and delivering food safety and nutrition strategy for food businesses. Her leadership roles have included being Co-Chairman of the Oxford Farming Conference and representing the Private Sector Mechanism in interventions at the UN Committee for Food Security in Rome. She is also a Fellow and committee member of IFST and a trustee of the Nutrition Society. In 2017, Barbara was awarded a Nuffield Farming Scholarship and travelled to Singapore, Indonesia, Japan, Israel, UK and USA to study international food and farming systems.

In 2019, Barbara was awarded an MBE in the Queen's Birthday Honours list for her 'Services to Food Nutrition'. Barbara is currently researching diets to protect health of older adults in a doctoral training programme at the Centre for Public Health at Queen's University Belfast.

**Highlights of 2023 Virginia Agricultural Show** will include €13,000 Diageo Baileys Irish Champion Cow in association with Tirlán. IN TOTAL OVER 470 CLASSES FOR ALL LIVESTOCK, FARM & GARDEN PRODUCE, HOME INDUSTRIES, ARTS & CRAFTS, CHILDREN CLASSES, DOG & PET SHOW.

So for a packed day of fun for all the family join us this year, enjoy the classes, stop at the trade stands, take part in the demonstrations or bring a group to Cavan on August 23rd.

Further information from the Show Office 049 8547197. Fax 049 8548308 email [virginiaishow@gmail.com](mailto:virginiaishow@gmail.com) or just download from the Society's web page [www.virginiaishow.com](http://www.virginiaishow.com) or join us on Facebook and Twitter.

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