

Carina Monteith

Team Bride



CONTACT DETAILS

T: +353 83 8701 591
E: hello@teambride.ie
www.facebook.com/Teambride
www.teambride.ie



Having worked as a bridal buyer for one of Ireland's leading bridal departments for several years, Carina Monteith knew all about the preparations that go into planning the perfect wedding.

Her experience in the wedding industry inspired her to set up her own blog offering tips and tricks to brides-to-be ahead of their nuptials. The popularity of her blog then led Carina to develop it into a business that would help brides plan their big day stress-free.

In October 2017, she launched Teambride.ie, from her home in Lifford, Co Donegal, offering a range of wedding services, from planning, to bridal breakfasts and helping the bride get ready on the morning of her wedding.

Carina works closely with couples and adapts her services to suit whatever elements they need help with.

Many of her clients currently are based in Donegal and the North West but Carina also travels all over the country to help couples plan a stress-free wedding.

Carina joined ACORNS just as she had launched Teambride so it helped her to focus on what direction the business should go. She appreciated the support she got through the programme and from her fellow participants, many of whom she still regularly keeps in touch with.

Carina was a finalist in the Weddings Online Awards 2019 and she was nominated for Best Newcomer in the Mrs2Be Awards 2018. She has expanded the business to offer marketing support to wedding suppliers through content creation, social media training, collaborations and events. Her next step is to employ a second team member to help with weddings, so she can continue growing the business.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
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Food and the Marine