

The Rising Festival Programme

10th March, Cambridge

	Main Hall	Lower Hall	Upper Hall
9:45	Doors open for Registration, Coffee and Mingle		
10:15	Welcome and Talks: Liz O'Riordan & Jaspreet Kaur		
10:45	Assemble for next session		
11:00	WELL-BEING Open Conversation: 'What are the factors that affect women's well-being?'	An Introduction to the Imposter Phenomenon with Dr Theresa Simpkin	
11:45	Assemble for next session		
12:00	CONFIDENCE Open Conversation: 'Say goodbye to the confidence gap'	How to Stop Stressing and Start Thriving with Adelle Shaw Flach	Be an International Superstar Communicator with Susan Heaton Wright
12:45	Lunch & Mingle in Main Hall, Talk to Coaches & Advisors 13:45 Womb Meditation (15 mins) in Upper Hall		
14:15	BALANCE Open Conversation: 'Can the personal and professional life live in harmony?'	Turning Points and the Pursuit of Passion with Neil Prem	
15:00	Assemble for next session		
15:15	MINDSET Open Conversation: What will be will be, or will it?	Be seen, Be heard – 10 smart ways to raise your profile with Susan Ritchie	Mindfulness with Carolyn Pallon
16:00	Return to Main Hall		
16:30	Happy Hour & Mingle		
17:30	Event Close		