

	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 price is success at work?' Chaired by Leyla Okhai, CEO of Diverse Minds. Invited guests - Professor Dame Carol Black, Principal, Newnham College; Anna Harvey, Partner, Price Bailey Legal Services LLP; Alison Kindred-Byrne, Director, To the Moon and Back Fostering and Georgie Catling, Womb Meditation Facilitator.	How to Stop Feeling Like a Fraud - 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' Chaired by Dr Lynn Morgan, CEO of Arthur Rank Hospice. Invited guests - Magdalena Zawisza, Senior Lecturer in Psychology, ARU; Jaspreet Kaur, Award Winning Spoken Word Artist, Poet & Writer; Dr Theresa Simpkin, Senior Lecturer, ARU and Ariana Hlavaty, Tech Lead & Software Engineer, IBM.	How to Stop Stressing and Start Thriving Again with Adelle Shaw Flach	Be seen, Be heard – 10 smart ways to raise your profile with Susan Ritchie
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?' Chaired by Sarah Reakes of KISS Communications. Invited guests - Helen Turner, Operations Manager, John Lewis; Rosa Dos Santos, MD, Exact Sourcing; ThorA Rain, Health & Well-being Practitioner, The Helpful Clinic and Mariella Giancola, Head of HR, British Antarctic Survey.	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? Chaired by Professor Dame Carol Black, Principal, Newnham College. Invited guests - Yemisi Mokuolo, Creative Industries Consultant, Hatch Africa; Liz O’Riordan, Consultant Oncoplastic Breast Surgeon, Ipswich Hospital NHS Trust; Susan Ritchie, Executive & Leadership Coach and Miranda Weston Smith, Business Development Consultant and Biobeat Founder	Be an International Superstar Communicator with Susan Heaton Wright	Mindfulness with Carolyn Pallon
16:00	Return to Main Hall for Happy Hour & Wine		
16:15	Happy Hour, Prize Giveaway, Performances & Mingle		
17:30	Event Close		