

The Rising Festival Schedule – 9th March 2019

	Main Hall	Upper Hall	Old School Hall (Outside)
09:30	DOORS OPEN: Registration and mingle in Main Square		
10:00	Welcome by Zara Janjua, Festival Host		
10:15	Intention Setting with Dr Helen Zhang		
10:20	How Quitting Alcohol Changed my Life by Clare Pooley		
10:30	Odd One In by Helen Lederer		
10:45	Assemble for next session		
11:00	Open Conversation: Inner Leadership and Career Journeys chaired by Professor Dame Carol Black with Dame Mary Archer, Sharon Allen & Helen Lederer	Female Wellness and Herbs with Jaspreet Kaur AKA Hipster Veggie	
11:45	Assemble for next session		
12:00	Open Conversation: Your Money Matters chaired by Jane Portas with Claire LaRue, Victoria Stubbs & Dr Helen Zhang	Finding Your Voice with Jaspreet Kaur, Behind the Netra	Personal Branding and Your Future Self with Dr Matt Higgs
12:45	Lunch and mingle in Main Square and Hall / 1-2-1 with Coaches / 13:45 Meditation (15 mins) in Upper Hall		
14:15	Open Conversation: Changing Direction chaired by Adelina Chalmers with Lily Cheng, Suzanne Macdonald-Carr, Dr Chiraz Ennaceur & Kath Austin	Daring to Be Me with Dr Helen Zhang	Demystifying the Fairy Tale of Financial Planning with Claire LaRue
15:00	Assemble for next session		
15:15	Open Conversation: What's Next? Chaired by Zara Janjua with Dr Lynn Morgan, Loveness Mangezi, Jennifer Mullucks & Anna Harvey	Guided Hypnosis for Stress Management with Sue Dunn	Empowering Women in the Workplace with Dr Minha Rajput-Ray
16:00	Return to Main Hall		
16:10	Your Next Steps with Sarah Reakes		
16:20	Prize Giveaway and Winner's Announcement		
16:30	Happy Hour – grab a drink!		
17:00	Speed Networking with Purpose		
17:30	EVENT CLOSE		