

The Rising Festival Schedule 14th March 2020

| | Main Hall | Upper Hall (1 st Floor) | Old School Hall (Outside) |
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| 09:00 | DOORS OPEN: Registration and Mingle in The Square | | |
| 10:00 | Welcome by Zara Janjua, Festival MC | | |
| 10:10 | Intension Setting & Call to Arms by Jaspreet Kaur | | |
| 10:15 | Keynote 'From Universal Access to Accessing the Universe' by Candace Johnson | | |
| 10:30 | Performance by Vibhati Bhatia | | |
| 10:45 | Assemble for Next Session | | |
| 11:00 | Open Conversation: Blazing Passion chaired by Catherine Carr with Dame Barbara Stocking, Julie Meyer, Lailany Sierra & Bridget Connell | Embodying the Feminine Cycle - George Catling | Growing Our Compassionate Self - Hilary McLellan |
| 11:45 | Assemble for Next Session | | |
| 12:00 | Open Conversation: Owing It chaired by Zara Janjua with Candace Johnson, Dame Jane Elizabeth Francis, Harriet Fear MBE & Sarah Hughes | The Power of No - Zannah Ryabchuk | Boost your Inner Battery - Dr Minha Rajput-Ray |
| 12:45 | Lunch in The Square / 13:00 Conscious Breathing (20 mins) in Upper Hall | | |
| 14:00 | Assemble for Next Session | | |
| 14:15 | Open Conversation: The F Word chaired by Julie Spence OBE with Sarah Reakes, Hilary McLellan, Dr Soraya Jones & Dr Jelena Aleksic | Mental Health and Wellbeing in the Workplace – Prof. Dame Carol Black | Elevate your Confidence, Impact and Influence - Tara Fennessy |
| 15:00 | Assemble for Next Session | | |
| 15:15 | Open Conversation: Equal Balance: #EachforEqual chaired by Jaspreet Kaur with Carrie Yang, Sian Scanlon & Clare Gorman | Life's Journey and Fulfilment – Prof. Alan Barrell | Mentoring: Why, How, and Useful Tips - Dr Lynn Morgan MBE |
| 16:00 | Return to Main Hall | | |
| 16:10 | Reflections by Professor Dame Carol Black | | |
| 16:20 | Prize Giveaway and Winner's Announcement | | |
| 16:30 | Happy Hour in The Square | | |
| 17:00 | Speed Networking with Purpose | | |
| 17:30 | EVENT CLOSE | | |