



## Agenda 22 March 2023

09.00	<b>Registration and networking breakfast</b>
10.00	<b>Welcome from Careering into Motherhood Founder, Jane Johnson</b> <b>Introduction to Conference Chair, Sarah Jackson OBE</b>
10.15	<b>Opening keynote: Stephanie Hyde, CEO, JLL UK</b>
10.45	<p><b>Ask the employer panel: What are companies doing to attract, engage and retain working mothers?</b></p> <p>The panel will explore what policies, practices and initiatives companies are adopting to attract, engage and retain working mothers. Each panellist will talk about what their organisation is doing to support working mothers and then the discussion opens up to the floor for Q&amp;A, led by the moderator.</p> <p>Moderated by: <b>Caroline Iggulden, Associate Editor, News UK</b></p> <p>Expert panel of speakers:</p> <ul style="list-style-type: none"> <li>• <b>Jennifer Liston-Smith, Head of Thought Leadership, Bright Horizons</b></li> <li>• <b>Jane Warren, Chief Underwriting Officer and UK Legal Entities Managing Director, Liberty Specialty Markets</b></li> <li>• <b>Suman Hughes, Vice President, Mastercard</b></li> <li>• <b>Julia Ellis, Partner, Ignition Law</b></li> </ul>
11.30	<b>Coffee and a chance to meet our community and coaches</b>
11.50	<p><b>Panel debate: Creating positive, supportive and inclusive workplaces - latest trends, insights and personal experiences</b></p> <ul style="list-style-type: none"> <li>• Engaging the senior leadership team in creating a positive and inclusive workplace cultures</li> <li>• Making it personal makes it matter: exploring how employers can mitigate the unique challenges facing women in their careers as a result of the intersection of work, health and family considerations - impact of maternity leave, career breaks, childcare and eldercare commitments, and the negative impact this can have on women's financial wellbeing</li> <li>• What can employers do to better understand and support the specific needs and challenges facing working parents (both women and men) and the impact on their mental, physical and social wellbeing?</li> <li>• Allyship at work and how we can create supportive workplaces</li> <li>• Best practice and employer examples</li> </ul> <p><b>Moderator: Ashanti Benti-Dhue, Founder and CEO, Good Soil Leaders</b></p> <p><b>Jen Smollett, Accredited Leadership Coach</b> <i>A personal story of the workplace support that Jen and her wife experienced as adoptive parents</i></p> <p><b>Neil Peters, Suicide Prevention Consultant, Nuthatch Consultants</b> <i>The impact that being a new parent can have on men's mental health and explore how employers might better understand the specific needs and support needed for new dads</i></p> <p><b>Mary Doyle, Disability Inclusion Consultant and Trainer</b> <i>Helping organisations be more inclusive and accessible for disabled people</i></p>



	<p><b>Michael Mpfu, Advisory Board Member, Careering into Motherhood</b>  <i>Michael is an ally for women at work, having grown up in South Africa he draws upon his experience to influence inclusive workplaces of the future.</i></p>
12.30	<p><b>Small group coaching taster sessions 1</b></p> <p>In small groups of up to 6 people per coach, all delegates will have the opportunity to experience two x 45 minute coaching sessions delivered by Careering into Motherhood coaches.</p> <p>The first small group coaching session will take place at 12.30 with the second session following the lunch break at 13.55.</p> <p>With 40 sessions to choose from, coaching sessions will cover a huge range of relevant topics from the following six key categories.</p> <p>All delegates will pre-select their two sessions ahead of the event.</p>
	<p><b>1. Career direction and change</b>  Discussion areas to include:</p> <ul style="list-style-type: none"> <li>• Returning to work</li> <li>• Thinking about a career change</li> <li>• Building career confidence</li> <li>• CV and interview advice and tips</li> </ul>
	<p><b>2. Relationships and parenting</b>  Discussion areas to include:</p> <ul style="list-style-type: none"> <li>• Tune into your child's style and reduce household stress</li> <li>• Building better relationships with children and other family members</li> <li>• Managing relationship breakdown and divorce</li> </ul>
	<p><b>3. Women's health and wellbeing</b>  Discussion areas to include:</p> <ul style="list-style-type: none"> <li>• Fitness and nutrition</li> <li>• Managing stress and anxiety</li> <li>• Confidence, stress and wellbeing</li> <li>• Managing peri/menopause</li> </ul>
	<p><b>4. Grown and flown</b>  Discussion areas to include:</p> <ul style="list-style-type: none"> <li>• Where next when the kids have left home?</li> <li>• Career change in 40s and 50s</li> </ul>
	<p><b>5. Business coaching</b>  Discussion areas to include:</p> <ul style="list-style-type: none"> <li>• Setting up your own business</li> <li>• Growing your business</li> <li>• Setting up a side-hustle</li> <li>• Minimising the risk of going it alone</li> </ul>
	<p><b>6. Financial coaching*</b>  Discussion areas to include:</p> <ul style="list-style-type: none"> <li>• Set your goals and make smarter financial decisions</li> </ul> <p><i>*NB: This is a coaching session and does not include financial advice</i></p>



13.15	<b>Informal networking lunch, supported by Liberty Specialty Markets</b> Over lunch you will have a chance to meet and talk to the coaches, meet other women in the Careering into Motherhood community and talk to employers.
13.55	<b>Small group coaching taster sessions 2</b> Second group coaching sessions with a professional coach.
14.45	<b>Final remarks &amp; Questions with Jane Johnson</b>
15.00	<b>Close of event</b>

With thanks to Jones Lang LaSalle who are generously hosting us at their Canary Wharf office located at 20 Water Street, Wood Wharf, E15 9QA

We are grateful to our corporate partners, Liberty Specialty Markets, Mastercard, Bright Horizons and Ignition Law for making this event possible.

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