

# CAREERING INTO MOTHERHOOD *Live!*

## Event Guide

This event has been made possible thanks to the generous support  
of our hosts **Jones Lang LaSalle** and our corporate partners.



# Helping all mums to have brilliant careers

Whether you're off on maternity leave or returning to work, changing careers or managing menopause, we believe you should be able to have the career you want, and we are here to support your journey. We have the biggest online library of free coaching resources for mothers, and a cohort of over 70 professional coaches you can trust to help you with anything you face as a working mother.

We believe that professional coaching and a supportive community empower women to have rewarding careers, that fit with the way we live today. Rather than asking to be accommodated into inflexible working structures, coaching & community empower us create a brighter, more equitable future of our own.

And this is why we are holding our first in-person event, connecting our community of mums with professional coaches and supportive employers.

**"Coaching and a supportive community have the power to entirely transform our careers."**

**Jane Johnson**

Founder & Managing Director  
Careering into Motherhood

# The agenda

**09.00 Registration and networking breakfast**

**10.00 Welcome from Careering into Motherhood Founder, Jane Johnson**  
**Introduction to Conference Chair, Sarah Jackson OBE**

**10.15 Opening keynote: Stephanie Hyde, CEO, JLL UK**

**10.45 Ask the employer panel: What are companies doing to attract, engage and retain working mothers?**

The panel will explore what policies, practices and initiatives companies are adopting to attract, engage and retain working mothers.

Each panelist will talk about what their organisation is doing to support working mothers and then the discussion opens up to the floor for Q&A, led by the moderator.

**Moderator: Caroline Iggulden**, Associate Editor, The Sun

**Expert panel of speakers:**

- **Iole Matthews**, Head of Bright Horizons Coaching and Consultancy
- **Suman Hughes**, Vice President, Mastercard
- **Julia Ellis**, Partner, Ignition Law
- **Jane Warren**, Chief Underwriting Officer and UK Legal Entities Managing Director, Liberty Specialty Markets
- **Bridget Green**, General Counsel and Company Secretary, Seraphine

**11.30 Coffee and a chance to meet our community and coaches**

**11.50 Panel debate: Creating positive, supportive and inclusive workplaces - latest trends, insights and personal experiences**

- Engaging the senior leadership team in creating a positive and inclusive workplace cultures
- 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
- 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?
- Allyship at work and how we can create supportive workplaces
- Best practice and employer examples

**Moderator: Ashanti Bentil-Dhue**, Founder and CEO, Good Soil Leaders

**Jen Smollett**, Accredited Leadership Coach  
*A personal story of the workplace support that Jen and her wife experienced as adoptive parents*

**Neil Peters**, Suicide Prevention Consultant, Nuthatch Consultants  
*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*

**Mary Doyle**, Disability Inclusion Consultant and Trainer

*Helping organisations be more inclusive and accessible for disabled people*

**Michael Mpofu**, Associate Director, Citigate Dewe Rogerson

*As an advisory board member for Careering into Motherhood, Michael is an ally for women at work and on a mission to create inclusive workplaces for the future*

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### 12.30 Introduction to the coaching sessions **Liberty Specialty Markets**

### 12.40 Small group coaching taster session 1

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.

The first small group coaching session will take place at 12.30 with the second session following the lunch break at 14.10.

#### 1. Career direction and change

Discussion areas to include:

- Returning to work
- Thinking about a career change
- Building career confidence
- CV and interview advice and tips

#### 2. Relationships and parenting

Discussion areas to include:

- Tune into your child's style and reduce household stress
- Building better relationships with children and other family members
- Managing relationship breakdown and divorce

#### 3. Women's health and wellbeing

Discussion areas to include:

- Fitness and nutrition
- Managing stress and anxiety
- Confidence, stress and wellbeing
- Managing peri/menopause

With 40 sessions to choose from, coaching sessions will cover a huge range of relevant topics from the following six key categories.

All delegates will pre-select their two sessions ahead of the event.

#### 4. Grown and flown

Discussion areas to include:

- Where next when the kids have left home?
- Career change in 40s and 50s

#### 5. Business coaching

Discussion areas to include:

- Setting up your own business
- Growing your business
- Setting up a side-hustle
- Minimising the risk of going it alone

#### 6. Women and money\*

Discussion areas to include:

- Key Strategies for Building Financial Resilience

\*NB: This is coaching session and not financial advice

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### 13.25 Informal networking lunch, supported by **Liberty Specialty Markets**

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.

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### 14.15 Small group coaching taster session 2

Second small group coaching session with a professional coach.

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### 15.00 Final remarks and close of event

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# Meet the speakers



**Jane Johnson**

Founder and MD,  
Careering into  
Motherhood

**In 2015, after eight months on maternity leave, I returned to work as a Global Director at a multi-national bank and negotiated a job-share. I was the first person there to negotiate a job-share at that level. It was an extremely successful partnership both for my employer and me.**

In 2016 I went on to start a highly-successful recruitment business helping women to find senior roles that offered flexible working. My clients included Lloyd's of London, KPMG, BT, HSBC, Covent Garden Market Association, Boston Consulting Group, Nestle, MTR CrossRail, among others.

I was inundated with candidates and could not meet demand, so rather than turn away the women I had set out to help, in 2019 I started the Careering into Motherhood community. Initially as a Facebook group, membership has grown by word of mouth to more than 8,000 women today, and so has our offering. I have run mentoring programmes for 60 women, online coaching programmes during lockdown, launched the award-winning Careering into Motherhood podcast, hosted well-known female speakers at our Masterclass series, even a lockdown comedy night by Zoom. I speak at corporate events for firms that want to be part of a societal change when it comes to women and work. In 2019 I was invited by 10 Downing Street to advise the Department For Business (BEIS) on flexible working.

Throughout all of this I have seen one common thread – coaching, mentoring and a supportive community, can completely change a woman's career trajectory. And post-pandemic, demand for coaching has never been greater. By using our platform to connect women with Coaches and coaching resources, we help them to access more opportunities and to have fulfilling careers.



**Ashanti Bentil-Dhue**

Chief Executive,  
Good Soil Leaders

**Ashanti is the CEO of Good Soil Leaders, an inclusion work culture and leadership development company that works with organizations to realize an ROI on their diversity, equity, and inclusion endeavors.**

They help organizations realize these benefits through the identification, selection, and engagement of the right DEI experts and providing training, coaching, and consulting to stakeholders involved in DEI work. Ashanti is also the host of Good Soils Podcast and Confessions of A DEI Pro: The Podcast for Practitioners & Consultants.

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## Meet the Speakers



**Sarah Jackson OBE**

**Sarah is a work-life balance and flexible working expert. Since becoming a parent over thirty years ago, her working life has involved campaigning and practical action to make paid work more inclusive of parents and carers.**

She was until 2018 the CEO of Working Families, a role in which at times she job-shared, job-split and worked reduced hours, in order to retain time for her family life. Her experience at Working Families included the annual employer best practice awards, commissioning and editing research into flexible working, and lobbying government on behalf of working mothers and fathers.

She is an expert in workplace discrimination, and in family-friendly and flexible working best practice and policy development. Her innovation and practical thought leadership has included the Modern Families Index, the now annual survey of working parents in the UK: Go Home On Time Day, and the Happy to Talk Flexible Working recruitment initiative.

Sarah is also Visiting Professor at Cranfield University School of Management, Chair of PiPA (Parents and Carers in Performing Arts), a trustee of Rosa, the UK Fund for Women and Girls, and a trustee of Scottish Opera.



**Stephanie Hyde**  
Chief Executive, JLL UK

**Stephanie's leadership is a transformational chapter for JLL in the UK, the company's second largest market, at a time when real estate is growing in prominence.**

Stephanie joined in Spring 2021 following 25 years at PwC. Her role is to lead the UK business and strengthen JLL's position as the technology focused and market leading real estate advisor. Stephanie is a passionate big advocate of Sustainability, is focussed on meeting JLL's ambitious targets and supporting clients to think beyond words to measurable actions and delivery. She is Chair of the CBI's 'Centre for Thriving Regions and Nations', its flagship vehicle for engaging with the government's levelling up agenda, which is a key priority supports the pivotal role the Real Estate industry can play as a regeneration catalyst.

During her time at PwC, she delivered growth across multiple business lines, developed client programmes in the UK and globally, and ran its industry programme with a key focus on technology, transformation and sustainability. She previously led the UK regional business for PwC and was a member of the firm's Global Leadership Team and UK Executive Board.

She's an avid reader, keen swimmer and loves dogs.

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## Meet the Speakers



**Caroline Iggulden**

Associate Editor,  
News UK

**Caroline Iggulden is Associate Editor at The Sun newspaper. In her current role she is responsible for editorial campaigns and partnerships across print and digital such as the award winning 'Jabs Army' Covid vaccination volunteer drive and 'Green Team' environmental initiative. She is also on the paper's regular editing rota.**

Caroline started at The Sun in 2003 as a trainee reporter and has held various positions including Head of Features.

As a writer and editor, Caroline has reported on everything from elections to terror attacks, World Cups to the London Olympics, royal weddings and most recently the death of Her Majesty the Queen.

She spent 5 years in New York where she wrote for The Sun and The New York Post and covered the 2016 US election. Whilst in the states she also consulted on various editorial start-up projects for parent company News Corp.

In 2021 she was nominated for Interviewer of the Year at the British Press Awards. She lives in London with her husband and three children.



**Iole Matthews**

Head of Bright  
Horizons Coaching  
and Consultancy

**With 30 years facilitation, training and management experience within the charity and private sector, Iole now provides strategic and operations leadership as Head of Bright Horizons Coaching and Consultancy business.**

As well as leading a team which delivers coaching globally to over 80 clients, she also manages the Advisory Services in order to bring expert advice to over 40,000 working parents and carers via our Work+Family Space portal. Having been a working mother for the greater part of her career she now has the privilege of supporting working parents across our clients as they make work+family work

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## Meet the Speakers



### Jane Warren

Chief Underwriting Officer,  
Liberty Specialty Markets

**Jane Warren is Chief Underwriting Officer (CUO) and Active Underwriter at Liberty Specialty Markets (LSM). She is also UK Legal Entities Managing Director, a role she has held since March 2019.**

Jane is responsible for strategic and operational leadership relating to Lloyd's Syndicate 4472 SBF. She is a Liberty Managing Agency Limited board member and supports the management of Liberty's underwriting platform at Lloyd's. Jane is also the UK Branch Manager for LSM's European company platform Liberty Mutual Insurance Europe SE and the Executive Sponsor for Diversity, Equity & Inclusion for LSM.

Jane joined Liberty in 2019 from Axis Specialty Europe, where she was Chief Operating Officer (COO). She was responsible for Axis' international insurance operations in Singapore, Bermuda, Dublin, and London Market, including Syndicate 1686, and maintaining regulatory relationships. The role included supporting the strategic development of key countries and their leadership teams. Jane held a number of senior roles within Axis prior to her appointment as COO.

Jane has over 25 years' experience in the insurance industry in senior management, Operations, Re/Insurance Underwriting, Risk Management, Broking and Regulatory roles.



### Julia Ellis

Partner and Head of  
Commercial Law,  
Ignition Law

**Julia has decades of experience supporting businesses with a broad range of commercial challenges and legal needs. She started her career in private practice at international law firms Weil Gotshal and Taylor Vinters, then worked in-house for large corporates including Premier Food, TK Maxx and Centrica.**

She later moved to Ignition Law, where she leads the commercial practice, and also advises start-up and SME clients on a broad range of commercial matters, including the supply of goods/services (business-to-business and business-to-consumer); procurement activities; intellectual property and data protection. Most of Ignition's lawyers (including Julia) work remotely on a part-time basis, juggling other roles, businesses and/or the demands of family life.

As well as overseeing the firm's marketing function, Julia is involved in coaching and mentoring early in career lawyers. She is also a mum of two, and so life is never dull!

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## Meet the Speakers



### Neil Peters

Suicide Prevention  
Consultant, Nuthatch

**Neil is an accomplished freelance programme and project manager specialising in suicide prevention and mental health.**

In 2020, Neil set up Nuthatch Consultants to support charities and business with suicide prevention, mental health & well-being advice. They can provide guidance, consultancy and project management to support organisations.

He is currently working with Parents 1st to set up a Pan Essex Peer Support Network to support parents in pregnancy and beyond. As a Dad of two young girls, issues around fatherhood are of particular interest to Neil.

Recent Nuthatch projects have included reviewing suicide prevention and intervention pathways for a local authority, programme managing the launch of the National Suicide Prevention Alliance's lived experience network and working with Samaritans to review Highways England's suicide prevention strategy. Neil worked with JLL to write a suicide prevention strategy for their retail business. He has particular knowledge of reducing suicides in public places.

Prior to setting up Nuthatch, Neil led the award-winning suicide prevention on the railway programme for Samaritans in partnership with Network Rail.

In 2022, Neil presented a 12 part series on Men's Radio called Men Talk Mental Health. Neil's experience has shown that men are talking more about difficult subjects but there is still a real barrier to talking about how they are feeling and their emotional and mental health. The radio series explored with friends and others why this is discussed important issues which affect men's mental health including parenting, fatherhood and supporting partners. He has also launched Nuthatch Retreats, a side project to support people's wellbeing by connecting them with nature.



### Suman Hughes

Vice President,  
Mastercard

**Suman is Vice President, Communications Europe for Mastercard, leading media relations across the region. A passionate believer in the power of communications, her expertise lies in helping a brand connect with its many audiences through integrated campaigns which enhance both external reputation and employee engagement. She is a trusted advisor to executives on all issues related to communications and reputation.**

Suman has around 20 years communications experience spanning agency and in-house roles. She has two sons and lives in South-East London.

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## Meet the Speakers



**Mary Doyle**

Disability & Inclusivity  
Consultant

**As a proud wheelchair user, my life and work are dedicated to personal and organisational development to improve inclusion and understanding in society through coaching, consultancy and disability equality training. I want people to rock their difference, whatever it looks like.**

Attributes of disabled people are often valued leadership attributes, collaboration, enabling others, empathy, and managing the unknown. I'm not your regular leadership development partner. When thinking about how to optimise personal and organisational performance, collaborating with a disabled female leader and IT geek is not the most obvious option. However, to develop different outcomes you need an experienced person offering alternative perspectives and solutions. I will help you take on your most important challenges, find exciting new directions, make brave choices, and turn them into an outrageous success.

I use my wealth of experience from my corporate positions and as a person who successfully deals with a disability in my life, to assist my clients to maximise their own potential, build inclusive teams and deliver exceptional service to their own customers and employees.



**Jen Smollet**

Accredited Leadership  
Coach

**Jen is a professional women's leadership coach. Jen specialises in authentic leadership, supporting women to lead with authenticity, confidence and resilience so that they can thrive in their leadership, with less stress, worry and self-doubt.**

A former nurse, Jen and her wife adopted two girls into their family. She is a partner Coach with Careering into Motherhood who has talked about her experience of the adoption process to help other parents going through something similar.



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## Meet the Speakers



### Michael Mpofu

Careering into Motherhood  
Advisory Board Member

**Michael began his career in South African politics, working for the official opposition and later in government as the spokesperson for the Premier of the Western Cape.**

He has influenced policy and led behavioural change campaigns.

A media and Public Relations expert, he advises some of the UK's most influential firms. Michael shares our belief that social change happens through inclusive discussion and diversity of perspective, and he brings his experience of nuanced political and social change to the business as it grows.



### Bridget Green

General Counsel and  
Company Secretary,  
Seraphine

**Bridget provides legal counsel to maternity fashion brand, Seraphine, as well as being their HR Director. She joined Seraphine in May 2021, when she was 4 months pregnant - a testament to Seraphine's commitment to working mothers. And she is also a very proud single mother - by choice - of two.**

Bridget is a seasoned in-house lawyer having worked almost entirely for well-known retail brands since qualifying. Retail is not known for its generous attitude towards working parents and this is all too often reflected in paleolithic benefits packages and a terrible attrition rate for mothers once they go on maternity leave. Bridget's mission is to ensure that Seraphine's core customer value of being "With Mums for the Journey" goes for its employees too. Seraphine is at the beginning of this journey, but is clear on its mission to "support our working parents with genuinely helpful initiatives, so that they can thrive in both their home and working lives".

# Meet the coaches

With thanks to our fantastic professional coaches who are kindly giving up their time to enable our community to experience in-person, face-to-face coaching at **Careering into Motherhood Live**.

For more information, click on the coaches names to link to their profiles.



**Sarah  
Taylor Phillips**



**Beth Macleod**



**Sam Rudd**



**Tonya Malone**



**Priya Mohal**



**Suzy Malhotra**



**Michelle  
O'Sullivan**



**Tamsin  
Williamson**



**Deanne Logan**



**Hannah  
Porteous-Butler**



**Aileen Carson**



**Katrina Court**



**Ellie Yell**



**Elrika Erasmus**



**Janine Esbrand**



**Heather  
Rutherford**



**Vicky Harrison**



**Gemma Rabbini**



**Ayesha Murray**



**Jen Smollett**



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## Meet the coaches



**Henrietta  
Nelson**



**Lucy Higgins**



**Emma Gill**



**Anna Hewitt**



**Louisa  
Harrison**



**Denise Tuke**



**Lin Courage**



**Rebecca Amin**



**Cathy Sansom**



**Sarah Clarke**



**Charlotte Worth**



**Pamella Bisson**



**Teresa Klasener**



**Helena Ewers**



**Rachel Childs**



**Anna Orenstein  
Cardona**



**Emily Bal**



**Sara Smalley**



**Jane McKenna**



**Ruth Richards**

# Meet our corporate partners

**With thanks to our corporate partners who have made this event possible.**

We see a brighter way forward for our clients, our people, our planet, and our communities. By combining innovative technology with world-renowned expertise, we're unveiling opportunities that create a brighter future for all.

At JLL, we take pride in doing things differently. We see the built environment as a powerful medium with which to change the world for the better. By combining innovative technology and data intelligence with our world-renowned expertise, we're able to unveil untapped opportunities for success.

We help buy, build, occupy and invest in a variety of assets including industrial, commercial, retail, residential and hotel real estate. From tech startups to global firms, our clients span industries including banking, energy, healthcare, law, life sciences, manufacturing, and technology.

You can find more information [here](#).

Liberty Specialty Markets offers specialty and commercial insurance and reinsurance products across key UK, European, Middle East, US, Bermuda, Asia Pacific & Latin America markets. We provide brokers and policyholders with a broad product range of over 50 insurance coverages and have over 2,000 employees in approximately 60 offices across the world.

Inclusion is at the heart of how we do business and live our values each day. Our Inclusion Matters framework supports our commitment to strengthen our diverse workforce and grow our inclusive environment. We put people first by providing an environment of conscious inclusion, where everybody feels that they are valued and belong. We're proud of our inclusive policies that support our people to be their unique selves at work.

We have implemented family friendly policies that promote a healthy work-life balance and support our employees through the joys and challenges that life brings. We understand that each individual has responsibilities outside of the workplace. We aim to provide a flexible and supportive culture that promotes a healthy work-life balance.

You can find more information and opportunities [here](#).

At Bright Horizons we have been supporting the evolving needs of working families for 35 years. From the unique learning experiences we create at approximately 300 nurseries across the UK, to trusted back-up care, expert coaching and eldercare, our comprehensive solutions help everyone to thrive. We know the needs of every family are different, so flexibility and an innovative range of services are tailor made to provide exactly what you need, when and where you need it.

Our caring and experienced teams across all our services are engaged professionals and in our early years settings that means they thrive on empowering your children, preparing them to flourish in our ever-changing world. Working together they create inspiring learning experiences that encourage little ones to be curious and confident to explore the world around them. We are also proud of our well-being centred Bright Beginnings curriculum which more than covers the national Early Years Foundation Stage and includes a range of specially designed components to ensure each child is inspired and supported to bring out the very best in each of them.

We look forward to meeting you and your family.

You can find more information [here](#).

Mastercard is a global technology company in the payments industry. Our mission is to connect and power an inclusive, digital economy that benefits everyone, everywhere by making transactions safe, simple, smart and accessible.

Using secure data and networks, partnerships and passion, our innovations and solutions help individuals, financial institutions, governments and businesses realize their greatest potential. Our decency quotient, or DQ, drives our culture and everything we do inside and outside of our company.

With connections across more than 210 countries and territories, we are building a sustainable world that unlocks priceless possibilities for all.

You can find more information [here](#).

Ignition Law are a full service, award winning law firm that focus on helping start-ups, scale up and Entrepreneurs.

Maybe you're a start-up navigating the maze of complications to get your business up and running, a scale-up looking to raise funds or a mature business needing cost-effective, expert legal and commercial advice. Wherever you are in your entrepreneurial journey, we have the legal experience you need.

Experienced and entrepreneurial, Ignition lawyers are creative thinkers with an entrepreneurial edge; their blend of enthusiasm and diligence is how they provide your business with innovative solutions.

You can find more information [here](#).

# Venue Information

**Date & time:** Wednesday 22 March, 10.00 – 15.00 (registration opens from 09.00)

**Location:** 20 Water St,  
Wood Wharf,  
London E14 9QA

**Directions:** Directions and an interactive map is available [here](#)

## Tube

Canary Wharf is the closest Tube station and it provides connection with the Jubilee Line and Elizabeth Line.

## DLR

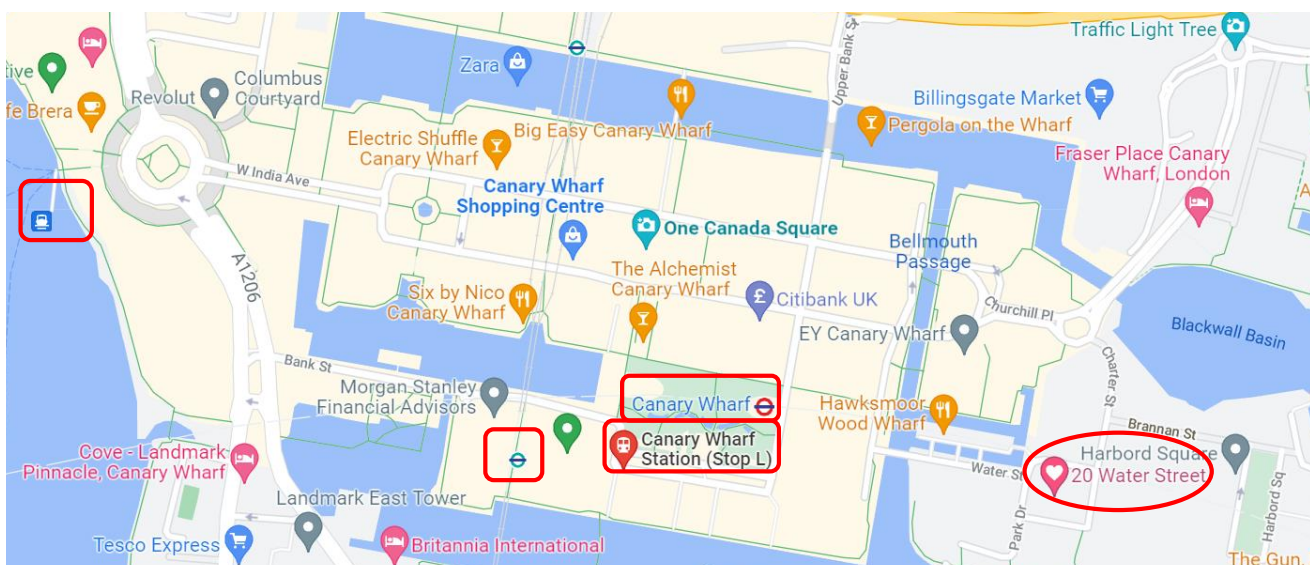
The closest DLR Stations are Herons Quay and Canary Wharf with trains going towards Lewisham, Woolwich, Stratford and Bank.

## Bus stops

The closest Bus Stop is Canary Wharf Station (Stop L) for bus no. 135, 277 and D7.

## River Bus

Thames Clippers operates four peak services per hour to Canary Wharf pier from central London (Waterloo) in the west and Woolwich in the east. Stops include Westminster, Embankment, Blackfriars, Bankside, London Bridge and Tower piers to the west and Greenland (Surrey Quays) Pier, Masthouse Terrace and Greenwich. The Canary Wharf pier is located a few minutes' walk from the centre of the Canary Wharf Estate, close to Westferry Circus.



## Careering into Motherhood helps mums to have brilliant careers.

Our Advisers and Consultants work with employers who want to support their people through key parental transitions.

We are informed by the insight and data of 20,000 working parents in our online community. And our corporate clients benefit from the diverse experiences and expertise of 70+ Professional Coaching Consultants.

We curate the UK's largest digital library of coaching expertise that supports working mothers, and those who want to see them thrive – from maternity leave to returning to work, changing careers to managing menopause, we have the coaching resources to help you, and coaches you can trust.

For more information about our consulting work get in touch here

**[Jane@careeringintomotherhood.com](mailto:Jane@careeringintomotherhood.com)**

With thanks to our  
corporate partners  
for their generous  
support.



CAREERING INTO  
MOTHERHOOD

Careering into Motherhood **Live**  
22 March 2023  
Canary Wharf, London