

Agenda

22 March 2023



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
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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

The agenda

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

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.

14.15 Small group coaching taster session 2

Second small group coaching session with a professional coach.

15.00 Final remarks and close of event

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.

Click [here](#) to purchase your tickets now