



International Women's Day

OPPORTUNITIES & OPTIMISM EVENT

AGENDA

- 9.30am Arrival - Coffee & Networking
- 10.00am Welcome & Introduction - Lynn Bailey
- 10.10am Vicky Bailey - The Healthy Mind Platter
- Principal One - Focus Time
- 10.30am Nicky Morgan - Value Your Time
- 10.50am Principal Two - Playtime
- 11.00am Comfort Break
- 11.15am Rachel Curtis -
The First Rule about Imposter Syndrome
- 11.45am Principal Three - Connecting Time
- 12.00pm Principal Four - Physical Time
- 12.15pm Lunch
- 1.15pm Principal Five - Time In
- 1.30pm Dr Carolyn Eddleston - Self Care on a Bad Day
- 2.00pm Principal Six - Downtime
- 2.10pm Principal Seven - Sleep Time
- 2.30pm Coffee, Cake & Networking