

THE MODERN WOMAN SHOW AGENDA



The Fearless Room

- 09:00 **Registration, Breakfast & Casual Networking**
- 10:00 Welcome and opening address by **Rosie Coxshaw**, Founder of Modern Woman
- 10:10 Opening Fireside chat with **Avril Palmer-Lavery**, Founder and Executive Chairman of Constellation Automotive Group
Our founder Rosie Coxshaw in conversation with Avril Palmer-Lavery as she shares her story from growing up in Edinburgh and starting in automotive to working her way to one of the most successful women in business.
- 10:55 Panel 1 – **Can you really have it all?**
Moderator: Rebekah Clark
Speakers: Dinah Cobbinah, Jordon Brompton, Susanna Rynehart, Ceri Evans
In a world where we are constantly balancing personal aspirations with external pressures, the question remains: Can you really have it all? This panel will explore how the expectations we set for ourselves—and those projected onto us—shift as we navigate different stages of life and career. Are we truly happy, or are we chasing an impossible ideal? Join us for a candid discussion on finding fulfilment, managing expectations, and redefining success on your own terms.
- 11:35 **BREAK**
- 12:05 Workshop – **A Woman's Voice** with **Patricia Seabright**. This hugely popular session considers that at the heart of every interaction is the ability to communicate your wants and needs with clarity and confidence. For women, this can often be met with unique challenges, from navigating subtle unconscious biases to finding the balance between assertiveness and approachability. This workshop is about more than just speaking—it's about reclaiming your voice, owning your narrative, and ensuring your ideas and needs are heard, valued, and acted upon.
- 12:45 **LUNCH** with Charity Raffel in support of **Smart Works**
- 13:45 Panel 2 – **Overcoming Adversity**
Moderator: Allison English
Speakers: Helena Hudson, Chris Tuck
Our Speakers share their stories of how they have overcome adversity and achieved their versions of success.
- 14:30 Keynote – **Achieving Financial Freedom** with **Ayesha Ofori**
Achieving Financial Freedom: is about more than saving—it's about making informed decisions that secure your future. This session will explore the importance of pensions, the variety of investment opportunities and platforms available, and how to invest wisely to build long-term wealth. Whether you're just starting or looking to optimise your financial strategy, this discussion will provide the tools and insights to help you take control of your financial future
- 15:10 **BREAK**
- 15:25 Panel 3 – **Getting to the C-Suite and Staying There**
Moderator: Dr Heather Melville OBE
Speakers: Emma Kane, Nicola Rabson, Allison English
Unlock The secrets to reaching the C-suite and thriving once you're there. This session will explore effective leadership vs. management styles, the key qualities and skills required, and practical strategies to navigate senior roles and promotions. Don't miss this roadmap to executive success!
- 16:10 Keynote - **Dame Kelly Holmes, Double Olympic Champion – A Winning Mindset**
Our founder Rosie Coxshaw in conversation Dame Kelly Holmes as she shares her story, the trials, tribulations and how we can adopt a winning mindset of an athlete into business and our work.
- 16:50 Closing Address: with **Rosie Coxshaw**
- Move to The Innovation Room for After Dark session: Casual networking, drinks, canapes with Live Artist **SouLutions** and **DJ's Riot Girl** and **Janice & Lorraine**.

The Innovation Room

10:55 Panel 1 – **Raising Investment** – Sponsored by The London Stock Exchange

Moderator: Dr Vanessa Brady

Speakers: Helen Pattinson, Jo Dalton, Florence Keelson- Anfu

Raising Investment can be a game-changer, but it requires creativity and strategy. This session explores innovative ways to secure funding, shares inspiring stories of women navigating their investment journeys—whether through external backing or organic growth—and offers practical, advice-driven tools tailored for women seeking investment. Gain the knowledge and confidence to take your business to the next level

11:35 **BREAK**

12:05 Workshop – **How to Grow your Business** with **Victoria Hutton**

In a competitive marketplace growing your business means more than just offering a great product or service. This session will dive into how to attract new customers, effectively communicate your unique value, and harness the power of strategic marketing to stand out from the crowd. Whether you're looking to expand or just starting out, this panel will provide actionable insights to help you grow your business and make a lasting impact.

12:45 **LUNCH** with Charity Raffle in support of **Smart Works** in **The Fearless Room**

13:45 Panel 2 – **Property & Construction**

Moderator: Lorraine Thomas

Speakers: Dr David Hancock, Sara Cartin, Charlotte Whincup

What lies ahead for the industry? The property and construction sectors are evolving rapidly, with critical implications for communities, sustainability, and the economy. This session will discuss Labour's housing plans, their impact on existing communities and public infrastructure, rising mortgage rates, and the push for green energy in construction amid a skills shortage. Gain insights into the challenges and opportunities shaping the industry's future.

14:30 Panel 3 – **Automotive & EV** – Sponsored by Genesis

Moderator: Rosie Coxshaw

Speakers: Hannah Gordon, Mark Griffiths, Kristina Simpson

The Automotive and EV industry is at a crossroads, with major shifts shaping its future. This session explores the readiness of infrastructure for a petrol and diesel ban by 2035, the environmental impact and sustainability of EVs, and the evolving market dynamics as competition heats up. Discover how these changes influence the way cars are marketed and what it means for the future of mobility

15:10 **BREAK**

15:25 Workshop – **Mastering your personal brand on Social Media** with **Sarah Clay & Paul Hutchinson**

Master the art of social media to build your personal or product brand across platforms including LinkedIn, Instagram, Facebook and TikTok. Learn how to boost visibility, improve click-through rates, enhance your sales funnel, and navigate the do's and don'ts for social media success.

17:00 After Dark session begins: Casual networking, drinks, canapes with Live Artist **SouLutions** and **DJ's Riot Girl** and **Janice & Lorraine** in the Innovation Room.



Her Voice Matters Room

10:55 **Speed Mentoring Part 1 – Sponsored by Cinch**

Get one-on-one guidance in 15-minute sessions with expert coaches during this speed mentoring event. Gain valuable insights, actionable advice, and the opportunity to book follow-up sessions to deepen your learning. These are always very popular sessions so book your slot now!

11:35 **BREAK**

12:45 **LUNCH** with Charity Raffel in support of **Smart Works** in **The Fearless Room**

13:45 Round Table – **Raising Investment** – Sponsored by **The London Stock Exchange**

This exclusive session hosted by The London Stock Exchange experts in raising investment, for a focused discussion tailored to attendees' needs. With only 15 spots available, this is a unique opportunity to gain expert insights and actionable advice on securing investment for your business.

14:30 Workshop – **Constructing your Career** – Sponsored by **NHBC**

Discover how women are shaping the future of construction, in this engaging and interactive session. Hear inspiring stories from trailblazers like **Dr Carol Massay** and **Cassie Codling**, tackle challenges through group discussions, and uncover practical strategies to overcome barriers. Learn about exciting opportunities in construction and how to take your career to the next level.

15:10 **BREAK**

15:25 **Speed Mentoring Part 2 – Sponsored by Cinch**

Get one-on-one guidance in 15-minute sessions with expert coaches during this speed mentoring event. Gain valuable insights, actionable advice, and the opportunity to book follow-up sessions to deepen your learning. These are always very popular sessions so book your slot now!

The Modern Woman Room

The Café is open all day for you to have quieter conversations with the interesting people you meet at **The Show**.

Meet the team from **Pauselive** talking all things women and menopause.

Drop off your clothing donations for Smart Works

Also in the café are **Jones Chase** who are hosting our first ever **Employment Legal Clinic**

11:45 – 12:45 **The Employment Clinic** – Sponsored by **Jones Chase**

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15:10 – 16:10 Whether you are an employer or an employee – do you have a burning question about employment law that you need answered or are you dealing with some tricky problems at work? Connect with Jones Chase's expert employment lawyers for a free 20-minute, fully confidential consultation. They would be delighted to help you. Pre-registration required - Secure your spot!

Evening

Drinks and Canapes will be served in the **Innovation Room** from 17:15.

Enjoy your casual networking to the sounds of **Janice and Lorraine**, **SoulLutions** and to round off the evening until we depart at 8pm **DJ Riot Girl** will bring us to a close.

