



**Inspire and Thrive**  
**Saturday 14<sup>th</sup> March 2020**  
*Hyatt Regency Manchester*

**Programme**

Time		Speaker(s)
09.00 – 09.45	Registration and Coffee	
09.45 – 10.00	Welcome and Introduction	Miss Victoria Beale
10.00 – 10.30	The Generation Game	Miss Zarina Shaikh
10.30 – 11.00	Surgical Mentorship – Building for Success	Dr Iona Dimasi
11.00 – 11.30	Coffee Break	
11.30 – 12.00	The Leap to Senior Leadership	Miss Kanwalraj Moar
12.00 – 12.30	Sell Yourself – Evict the Imposter	Miss Lynne Fryer
12.30 – 13.30	Lunch	
13.30 – 14.00	Undermining and Bullying – Where do I fit in?	Miss Alice Hartley
14.00 – 15.20	Resilience Workshop – Thriving Through Your Life and Career	Dr Clare Allen Dr Judith Ormrod
15.20 – 15.50	Coffee Break	
15.50 – 16.20	Women in Science – Inspiring the Future	Dr Heather Williams
16.20 – 16.50	Tax SOS – Whose Money is it Anyway?	Mr Stephen Dicker Mr Laurence Newman
16.50 – 17.00	Closing Remarks	Victoria Beale
17.00 – 19.00	Relaxation Time	
19.00 – 19.40	DRINKS RECEPTION	Bridgewater String Trio
19.40 – Late	CONFERENCE DINNER	

Registration [www.SWiMS.org.uk/conferences.html](http://www.SWiMS.org.uk/conferences.html)



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**Social Programme**

<b>08.30 – 10.30</b>	<b>SWIMS MORNING RUN OR CHILL OUT TIME</b>
<b>10.30 – 13.00</b>	<b>MANCHESTER GUIDED WALKING TOUR</b>
<b>13.30 – 16.00</b>	<b>SUNDAY LUNCH – LOCATION TBC</b>
<b>16.00</b>	<b>CONFERENCE CLOSE</b>