

Time	Topic	Speakers
9am	<i>Registration and refreshments</i>	
9.30am	Welcome and overview of the day RCS update	Farah Bhatti Chair of WinS
Session 1: Setting personal objectives and reaching your goals Chair, Stella Vig		
9.45am	Emerging leaders	Mike Escudier Faculty of Dental Surgery Dean Laura Gartshore Emerging leader
10.05am	Reaching my goals	
10.25am	Q & A panel discussion	
10.40am	<i>Refreshment break</i>	
Session 2: Breakout session Personal development and work life balance		Facilitators
11am	Medical students/ FYs Making the most of your portfolio	Toni Ardolino Emerging leader Fiona Myint RCS Council member Kat Ford Lili Cooper
11am	Surgical trainees Work life balance and flexible working	Felicity Meyer RCS Flexible Advisor TBC

11am	Senior women Round table discussion	Patricia Boorman Consultant General Surgeon Virginia Bowbrick Consultant Vascular Surgeon
11.45am	Feedback session	
12.05pm	Keynote: Reaching my goals	Nabila Tejpar British Rally Champion
12.50pm	Q & A discussion	
1.10pm	<i>Lunch and exhibition</i>	
Session 3: Bringing others along with you Chair, Farah Bhatti		
2.10pm	Inspirational talk	Stella Vig RCS Council member
2.30pm	Panel discussion: The gender pay gap	
3pm	<i>Refreshment break</i>	
Session 4: Breakout session Chair, Mike Escudier		
3.20pm	Mentoring	Stella Vig RCS Council member Claudia Eichenauer Medical Student
	Media training	Tamora Langley Head of Policy and Public Affairs Nicola Kane Media Relations Manager
	Coaching	
4.10pm	Social media and networking	

4.35pm	Keynote	Richard Canter Visiting Professor of Surgical Education
5.20pm	Q & A discussion	
5.35pm	<i>Summary and closing remarks</i>	Farah Bhatti Chair of WinS
<i>Drinks reception</i>		