



SATURDAY 27 SEPTEMBER

09:15	09:15 Doors Open						
09:45	09:45 - 10:45 Welcome & Louise Newson: "Hormones and why do we need them"						
10:45	10:45 - 11:00 Break						
					For health professionals	Wellness Lounge	
11:00	Break	Break	11:00 - 12:00 Ashley Usiskin: "From Overwhelmed to Supported: How to build the Courage to Ask for Help"	11:00 - 11:45 Genevieve O'Kelly: "Spiritual Connection for Real-Life Clarity and Healing Part 1"	Break	11:00 - 12:00 Wianda Hoogakker: "The Midlife Reset: Nervous System Regulation in Practice"	
		11:10 - 11:55 Liselotte Robbe: "Pre-meno PMS and PMDD"			11:05 - 12:05 The M Factor		Break
11:15	11:05 - 11:55 Diana Siepmann: "Hormones, Health & HRT: Navigating Menopause with Insight and Integrity"						
11:30				11:50 - 12:35 Genevieve O'Kelly: "Spiritual Connection for Real-Life Clarity and Healing Part 2"			
11:45							Break
	Break	11:50 - 12:35 Genevieve O'Kelly: "Spiritual Connection for Real-Life Clarity and Healing Part 2"	Break				
12:00	12:05 - 12:15 Monique Hartog: "Introducing Stichting Overgang en Hormonen"			Break	Break		
				12:10 - 12:40 The M Factor Q&A Moderator Karin Hesselvik Panel with Suzanne Rethans, Dr Ghiselle Panneflek, Monique Hartog			
12:15	12:20 - 12:35 Partner: Zina Kitchen Fireside Chat						
		Break					
12:30	Break	Break		Break			
12:45							
13:00							
	13:20 - 14:05 Herman Depypere: "Hormones, Memory, and the Future of Women's Brain Health"	13:20 - 14:05 Lena Perepelova: "Finance session - . My life, my finances"		13:20 - 14:05 Iris Josephina Leonardus Verstappen: "Cyclical Living for High Achieving Women"	13:20 - 14:05 Dr Deyo Famuboni, Dr Chinwe Ude, Dr Ghiselle Panneflek: "Women of Colour & Menopause"	Break	13:05 - 14:05 Wellness Session TBC
13:30							
13:45							
14:00							
	Break				Break		
14:15	14:15 - 15:00 Sponsor: Vi Health- topic - Panel discussion with Dr Millie Nwoye	14:15 - 15:00 Suzanne & Eveline van der Wel: "DNA, neurotransmitters and hormones."	14:15 - 15:00 Tamara Janmaat: "Radical Self Connection"	14:15 - 15:00 Dr Lotte van Dijk "Reclaiming your potential"	Break	14:15 - 15:00 Yoga-Katrin Yoga Nidra - the magic journey between wakefulness & sleep.	
14:30							
14:45							
15:00	Break	Break	Break	Break		Break	
15:15	15:10 - 15:55 Sponsor Luxus Ashton Egner: "From Sci-Fi to Wi-Fi: The Future of Tech-Enhanced Intimacy" (panel)	15:15 - 15:45 Deyo Famuboni: "Alternatives to Hormone replacement therapy/ Menopause hormonal therapy"	15:15 - 15:45 Sharon van Sprang: "From people pleasing to powermoves"	15:10 - 15:50 Emilia Villegas: "Your Hormones and Productivity in the Workplace"	15:10 - 15:55 Nora Hendriks: HRT in peri-meno moderator Suzanne Rethans	15:10 - 16:05 Ingrid: "introductory breathwork workshop"	
15:30							
15:45							
		Break	Break	Break	Break		
16:00	16:10 - 16:55 Dr Chinwe Ude: "Breaking Loneliness: Reconnecting Women in our Digital Age"	16:10 - 16:55 GP Panel with doctors about their experiences and Q&A Moderator Nicolette Lazarus, Margrita Slagter, Deyo Famuboni	16:15 - 16:45 Sanna Sumner: "Why the Way You Eat Isn't Working Anymore: How to Eat for Perimenopause"	16:10 - 16:55 Amsterdamme: "When Desire Disappears: Reigniting Sexuality Through Power Play"			
16:15							
16:30			Break	Break		Break	
16:45							
	Break		Break				
17:00	17:05 - 17:45 Louise Newson: Testosteron			17:00 - 17:40 Katia Khomich: "Beyond the Body: The Missing Link in Fertility Care"			
17:15							
17:30							
				Break			
17:45	Break						
		17:50 - 18:00 Sponsor: Kumasi					
18:00	18:00 - 18:55 Closing, Special Guest & Drinks (Sponsored by NoNo Zero)						

*Program details may be updated — thank you for your understanding.