PROGRAM OF EVENTS

15TH NOVEMBER 2025 OLD COURSE HOTEL ST ANDREWS FIFE

THE SUMMIT THAT CHANGES EVERYTHING





ORDER OF EVENTS

07.00 AM	KUNDALINI ON THE BEACH FOLLOWED BY A
	SUNRISE SEA DIP, SAUNA AND BREAKFAST.
	PRE REGISTRATION IS REQUIRED.

08.30 AM	MAIN	SUMMIT	REGISTRATION	OPENS
----------	------	--------	--------------	-------

09.45 AM	SPEAKER	SHARON	MILLER	OF	JOYWORKS

10.15 AM BREAK

10.30 AM CHARITY AUCTION FOR FIFE WOMENS AID

11 AM SPEAKER LEE DONALD

11.45 AM SPEAKER SALLY PATTLE

12.15 PM LUNCH

ORDER OF EVENTS

1 PM	Speaker panel Q & A hosted by Caroline Blair includes Jo Salter Kate Muir Lee Donald Dr Heather Currie, Councillor Sally Pattle, Sharon Miller, Dr Debora Kayembe and Elizabeth Spencer.
1.15 PM	SPEAKER ELIZABETH SPENCER
1.45 PM	SPEAKER KATE MUIR
2.30 PM	SPEAKER DR DEBORA KAYEMBE
3.15 PM	BREAK
3.30 PM	SPEAKER DR HEATHER CURRIE MBE
4.15 PM	SPEAKER DR JO SALTER MBE
5 PM	FIREWALK CEREMONY PRE REGISTRATION IS REQUIRED



EVENING ACTIVITIES

7.30 PM

3 COURSE LEADERSHIP DINNER SERVED IN THE BALLROOM

9 PM

CHAMPAGNE RECEPTION EVENING ENTERTAINMENT

MORNING OF DEPARTURE



FLOATING SOUNDBATHS PRE REGISTRATION IS REQUIRED.



WORKSHOPS AND ACTIVITIES

EVERY HALF HOUR FROM 10 AM

SAUNA SESSIONS ARE RUN BY WILD SCOTTISH SAUNAS. TAKE A WALK TO WELLNESS AROUND THE OLD COURSE AND INDULGE YOURSELF IN A WILD SAUNA SESSION ON THE WEST SANDS RIGHT OUTSIDE THE HOTEL.

10 AM -10.30 AM HERBAL MEDICINE FOR WOMEN'S VITALITY: AN IMMERSIVE WORKSHOP WITH KLAYR HUNTER (THE SANDS)

HATHA YOGA (THOMAS KIDD SUITE)

10.30 AM -11 AM LOVE YOUR LYMPH LYMPHATIC DRAINAGE WORKSHOP WITH JEN WILSON HEALING REBEL (THOMAS KIDD SUITE)

NARCISSISTIC ABUSE: THE £316 MILLION PROBLEM WE'RE NOT TALKING ABOUT WITH MARYSOL JAMES (THE SANDS)

11 AM -11.30 AM COVETING THE JEWEL: WHY NARCISSISTS TARGET HIGH-ACHIEVING WOMEN. MARYSOL JAMES (THE SANDS)

SOMATIC BREATHWORK, MOVEMENT, AND SOUNDBATH (THOMAS KIDD SUITE)

PLEASE NOTE ALL ACTIVITIES REQUIRE PRE REGISTRATION.



WORKSHOPS AND ACTIVITIES

1.30 PM - 2 PM	ENERGIZING TEAMS IN BUSINESS WITH MALENA INGLIS (THE SANDS) HATHA YOGA (THOMAS KIDD SUITE)
2 PM - 2.30 PM	HERBAL MEDICINE FOR WOMEN'S VITALITY: AN IMMERSIVE WORKSHOP WITH KLAYR HUNTER (THE SANDS)
	SOMATIC BREATHWORK, MOVEMENT, AND SOUNDBATH (THOMAS KIDD SUITE) LOVE YOUR LYMPH LYMPHATIC DRAINAGE
2.30 PM - 3 PM	WORKSHOP WITH JEN WILSON HEALING REBEL (THOMAS KIDD SUITE) ENERGIZING TEAMS FOR BUSINESS WITH MALENA INGLIS (THE SANDS)
3 PM - 3.30 PM	HORMONAL NUTRITION WORKSHOP FOR MENOPAUSE PELVIC FLOOR PILATES
3.30 PM -	HORMONAL NUTRITION WORKSHOP FOR MENOPAUSE



PELVIC FLOOR PILATES

4.00 PM

MEET THE SPEAKERS

DR JO SALTER MBE

Dr Jo Salter MBE BEng (Hons), MBA, DA (h.c.)

Dr Jo Salter is a trailblazer in aviation and leadership, celebrated as the first female fast jet pilot in the Royal Air Force. Flying the Panavia Tornado with the prestigious 617 Squadron, she broke barriers in a male-dominated field and became a role model for women in aviation and beyond.

Following her distinguished RAF career, Jo transitioned into the corporate world, holding senior leadership roles at PwC, including Director of People & Organisation, Director of Risk Technology Strategy, and Director of Global Transformative Leadership. Most recently, she served as Global Advisory GenAI, guiding the responsible integration of artificial intelligence across PwC's international network.

Alongside her corporate achievements, Jo is a Trustee of The Royal Air Force Club, a Trustee of Ripples Charity, and an Ambassador for Global Angels. She is also an Associate Lecturer at The Open University Business School, where she teaches leadership on the MBA programme. An accomplished speaker and author, Jo inspires audiences worldwide with her insights on resilience, transformation, and the power of pioneering leadership.





KATE MUIR

Kate is a writer-activist, filmmaker, and former investigative journalist who has transformed the conversation around women's health, particularly menopause and contraception. Her forthcoming book, How to Have a Magnificent Midlife Crisis, will be published in June 2025, following the success of her bestselling titles Everything You Need to Know About the Menopause and Everything You Need to Know About the Pill.

She pitched and produced two groundbreaking Channel 4 documentaries on the menopause presented by Davina McCall, sparking a national movement that saw over one million more UK women access HRT. She went on to create Davina McCall's Pill Revolution, continuing her mission to expose how women have been misled and gaslighted around contraception and its mental health impact, while also exploring advances in male contraception.

A founding member of The Menopause Charity, she also produced Dr Louise Newson's Menopause Masterclass, a nine-hour deep dive into hormonal and non-hormonal support for women. Beyond women's health, she has had a distinguished career as Chief Film Critic and foreign features writer at The Times, and is the author of three novels.

Her work continues to challenge outdated science, amplify women's voices, and drive cultural change.





DR DEBORA KAYEMBE

Ms Debora Kayembe is a human rights lawyer, linguist, and activist whose journey from refugee to Rector of the University of Edinburgh is a story of extraordinary resilience.

Called to the Bar in the Democratic Republic of Congo in 2000, she was forced to flee for her life and the life of her unborn child, arriving in Scotland as an asylum seeker after a gruelling seven-month journey. Settling in the UK in 2005, she built a distinguished career as a multilingual lawyer-linguist, fluent in seven languages, founding her own company to support refugees, asylum seekers, and victims of war crimes across Europe, the USA, and the UK. Debora has served on the Assistant Counsel list of the International Criminal Court, as a Board Director of the Scottish Refugee Council, and with the Royal Society of Edinburgh's Young Academy of Scotland. She founded Full Options, a charity supporting survivors of domestic violence and conflict, and in 2019 became the first African citizen to have her portrait unveiled at the Royal Society of Edinburgh. Following an attempt on her life by white supremacists, she launched the Freedom Walk Campaign, Scotland's first civil rights movement. In 2021, she was elected the first person of colour - and only the third woman to serve as Rector of the University of

Would you like me to now tighten this into a 100-word version for when you need something shorter (e.g., delegate brochures or media blurbs)?

Edinburgh.



LEE DONALD

Lee is a multi-award-winning fitness entrepreneur, Everest summiteer, speaker, and mother of two, she has been helping women improve their health and confidence since 2011. Based in Aberdeen, she has guided thousands of women to lose weight, boost fitness, reduce stress, and feel happier in themselves — all without restrictive diets or the need for a gym.

Her personal journey is as inspiring as her professional success. Having overcome a 15-year eating disorder, alcohol addiction, depression, smoking, and challenges with weight, she understands first-hand what it takes to build not only a healthier body but also a stronger, more positive mindset. This lived experience fuels her passion for empowering others to make sustainable, life-changing progress through small daily steps.

Her achievements are widely recognised. In 2024, she became only the seventh Scottish woman to summit Mount Everest, raising £7,585 for Friends of Anchor in the process. She has also received Parliamentary recognition for her impact, alongside multiple industry accolades, including Health & Fitness Entrepreneur of the Year, Female Fitness Entrepreneur of the Year, and Personal Trainer of the Year across several national and global award platforms.

She continues to inspire women everywhere to reclaim their health, confidence, and resilience.





DR HEATHER CURRIE MBE

Dr Heather Currie MBE is a gynaecologist specialising in menopause and a leading advocate for women's health and workplace wellbeing. She is Founder and Managing Director of Menopause Matters, an award-winning platform offering trusted, accessible information through its website, digital magazine, podcast, and newsletter.

She also serves as Co-Editor of Post Reproductive Health, the official journal of the British Menopause Society, and is a regular speaker, writer, and broadcaster on topics including HRT, symptom management, menopause in workplace strategies, and women's midlife health.

With decades of clinical experience, Heather is committed to bridging the gap between medical knowledge and real-world support. Her evidence-based, practical approach ensures that complex health topics are translated into clear, reliable guidance, helping both individuals and organisations respond to menopause with confidence and action.





ELIZABETH SPENCER

Elizabeth Spencer is a social entrepreneur, Oxford alumna, and domestic abuse survivor whose lived experience fuels her mission to create spaces of dignity, opportunity, and hope. She is the Founder & Managing Director of Aberdeen Ethnic Minority Women's Group CIC, the CEO of the Women's Shed Project Ltd. and Chair of the Women's Conference at Council Chambers, where she has successfully convened three national conferences bringing together employers, policymakers, and community leaders. Elizabeth established the Aberdeen Ethnic Minority Women's Group with a vision that women who feel voiceless should be heard and empowered as equals. Under her leadership, the organisation delivers award-winning programmes supporting survivors of abuse, refugees, single mothers, and women facing isolation to rebuild skills, confidence, and community. Her flagship initiative, Threads of Change, blends circular fashion with trauma-aware peer support, inspired by the Japanese art of Kintsugi: "We do not hide our brokenness. We mend it. We give it character. We build again." A former Head of Design for international fashion labels, Elizabeth is a long-standing advocate for sustainability in the fashion industry. She also champions inclusive education, helping to establish Aberdeen's first Catholic secondary school and ensuring families of faith can access education that remains welcoming to all. Through leadership, creativity, and advocacy, Elizabeth is breaking systemic barriers to build lasting pathways into dignity, sustainability, and economic empowerment.

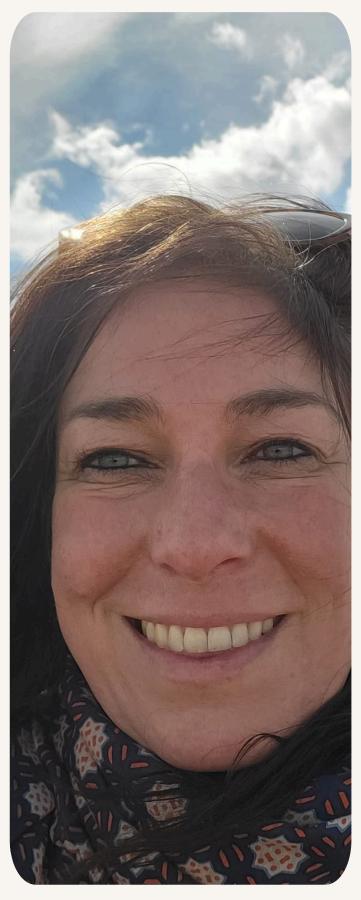


COUNCILLOR SALLY PATTLE

Sally Pattle has been the owner of Far From The Madding Crowd, Linlithgow's award-winning independent bookshop, since 2015. Passionate about literature and community, she is also the founder of two literary festivals: The Further From Festival, a ticketed annual event each January, and The West Lothian Schools Festival, a free festival designed to promote access to books and authors for local schools.

Beyond the literary world, Sally is deeply involved in public service and politics. Elected in 2022 as Councillor for the Linlithgow ward, she became the first Liberal Democrat to represent West Lothian in over 30 years. She currently serves as the Scottish Liberal Democrat spokesperson for Mental Health and was appointed Chairperson of SESTran, the South East of Scotland Regional Transport Partnership, in 2024.

A dedicated community leader, Sally balances her public and literary work with family life, theatre, music, and walks with her beloved beagle.





SHARON MILLER JOYWORKS

Sharon Miller is the founder and director of Joyworks!, Scotland's multi-award-winning hub for laughter yoga, creative arts, and wellbeing. With over 30 years' experience across education, training, and the arts, Sharon combines a background in primary education with professional acting training from the Welsh College of Music and Drama, and certification from Dr Madan Kataria, the founder of laughter yoga in India.

Her career began as a television presenter before moving into theatre, where she devised and directed projects for the National Theatre of Scotland, Scottish Opera, and rehabilitation programmes in women's prisons. Today, through Joyworks!, she delivers transformative events and training for organisations including Coca-Cola, the NHS, the Scottish Parliament, and the Scotland Football Team, helping individuals and teams reduce stress, build resilience, and experience the power of joy.

A sought-after keynote speaker and media contributor, Sharon is passionate about making wellbeing accessible, uplifting, and unforgettable.





MEET YOUR HOST CAROLINE BLAIR

Caroline Blair is an accomplished presenter, broadcaster, and event host with more than two decades of experience across news, sport, and live events. She began her media career at just 16 as a cub reporter at Forth 1, before going on to work as a journalist and presenter with Sky News, BBC, and STV, covering major stories across the UK and beyond.

In 2013, she founded Caroline Blair Media, expanding into live event hosting for clients including Scottish Rugby, the R&A, Royal Bank of Scotland, Elior, and SP Energy Networks. She is also the co-host of the Official Scottish Rugby Podcast, stadium presenter at Scottish Gas Murrayfield, anchor of SP Energy Networks' Powering Conversations Podcast, and a guest presenter with Forth 1.

A passionate advocate for charity, Caroline is an ambassador for the My Name'5 Doddie Foundation and supports causes including Edinburgh Children's Hospital Charity and Women's Aid. She also co-founded Bob & Blether, a cold-water swimming group dedicated to community and fundraising.





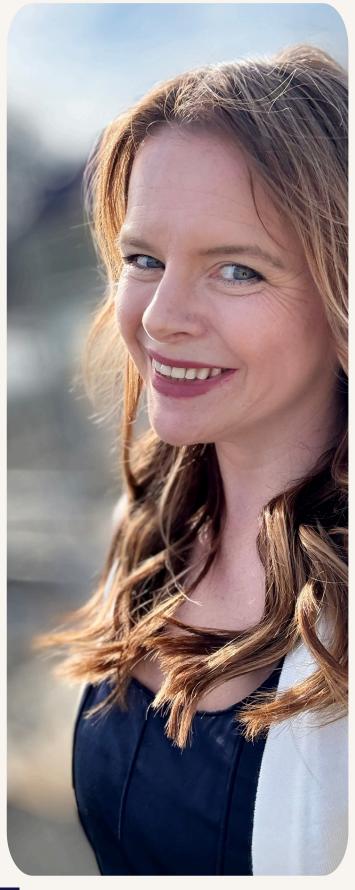
MEET YOUR ORGANISER

LESLEY CANIS

Lesley Canis is a certified corporate burnout coach, Kundalini yoga teacher, and the founder of Calm & Co Office Yoga and the Scottish Women's Wellbeing Summit. Drawing on a background in corporate life, journalism, and entrepreneurship, she specialises in helping high-achieving women and organisations prevent burnout, build resilience, and thrive.

Her own journey through corporate burnout, single motherhood, and rebuilding life and business from scratch — including a bold move to Barbados with her young son — shapes the fierce authenticity she brings to her work. Now based in Scotland with her husband, seven-year-old son, and two-year-old twins, she channels her experience into wellbeing programmes, retreats, and events.

Through Calm & Co, Lesley delivers workplace yoga, wellbeing training, and bespoke programmes to organisations across Scotland and online globally. With the Scottish Women's Wellbeing Summit, she is creating Scotland's first large-scale, luxury wellbeing and leadership gathering, uniting 250 women for inspiration, connection, and bold change.





EVENT SPONSORS BIOMEL LOVE YOUR GUT



Biomel "Love Your Gut" offers science-backed, plant-based gut health products, including probiotic drinks and powders, designed to support the digestive system, immune function, and mood through a blend of live bacterial cultures, diverse prebiotics, digestive enzymes, vitamins, and minerals. Their products are dairy-free, gluten-free, and made with 100% natural ingredients, available in convenient formats like shots, drinks, and powders to fit daily routines.



EVENT SPONSORS CALM & CO OFFICE YOGA



Calm & Co Office Yoga is a workplace wellbeing company dedicated to reducing burnout and building resilience through yoga, mindfulness, and evidence-based practices. Founded in Scotland by certified corporate burnout coach and Kundalini yoga teacher Lesley Canis, Calm & Co delivers tailored programmes including desk yoga, posture care, breathwork, resilience workshops, and team wellbeing days. Services are available in person across Fife, Edinburgh, Dundee, and the Central Belt, as well as online globally. With an inclusive and accessible approach, Calm & Co helps organisations create healthier, happier, and more productive teams.



EVENT SPONSORS MARYSOL JAMES



Marysol James is a bestselling romance author turned global speaker and coach, known for helping high-achieving women heal from narcissistic abuse and step boldly into the life they truly deserve. With an MA in International Business, a successful career spanning continents, and 32 bestselling novels, she knows what it means to shine... and what it feels like to be dimmed.

For six years, she was in a narcissistic and abusive relationship that slowly dismantled her confidence, clarity, and identity.

Leaving wasn't just an escape - it was a reckoning. A return to self. Now, she channels that hard-earned wisdom into speaking and coaching that's as empowering as it is healing.



EVENT SPONSORS

KLAYR HUNTER



An exclusive experience in botanical medicine for women prioritising their health and longevity.

Step into the world of natural medicine with Klayr Hunter, one of the UK's leading medical herbalists and founder of The Hunter Institute for Health. With over 15 years of specialist experience in women's health, Klayr offers an elegant and intelligent approach to supporting the body through hormonal transitions.

This immersive workshop invites you to taste and explore a curated selection of practitioner-grade herbal medicines used in Klayr's bespoke treatment plans. Discover how powerful plants can regulate hormones, enhance cognitive function and resolve fatigue- all safely alongside medications.

Whether you're seeking resilience, balance, or a return to your most radiant self, this intimate session will leave you feeling both empowered and supported.

Klayr currently practices from a private GP setting, but she previously provided expertise for the Outlander TV series as well as the Prince's Foundation Health and Wellbeing Centre. Klayr blends traditional herbal wisdom with modern medical insight to deliver results that are both effective and deeply nurturing.



EVENT SPONSORS

LINDA STEWART



My professional journey began as a primary school teacher in London. During my

probationary year, I was hospitalised with septic shock. Being in intensive care and off work

for months prompted me to re-evaluate my path and redirect my focus toward holistic health.

A year later, I travelled to San Deago and began my journey as a yoga teacher. My award-winning business, Hot Yoga Glasgow, is now the largest yoga studio in Scotland.

I hold certifications in Hot Yoga, Yin Yoga, Intermediate Hot Yoga, and Yoga Nidra, as well

as a master-level certificate in Reiki Healing and an honours degree in Psychology.

I am also an advanced SOMA Breathwork instructor and founder of The Breathwork Reset,

using science-backed techniques to help individuals and teams reduce stress, sharpen focus,

and increase vitality by harnessing the power of breath.



EVENT SPONSORS

CORE BUSINESS

CORE

Fall back in love with your business

Malena Inglis is the founder of Core Business, where she helps entrepreneurs and teams get to the heart of business challenges, unlock growth and reenergise the people behind them. With a career spanning the successful founding and scaling of multiple businesses, she has partnered with industry leaders from organisations including Virgin Active, IBM, Cameron House, The Body Holiday, the STA Butternut Boy and WILD Open Water

Body Holiday, the STA, Butternut Box and WILD Open Water.

Malena is passionate about supporting founders to fall back in love with their businesses. She understands first-hand the demands of leadership and helps clients strategically unblock themselves in ways that also protect and enhance their own wellbeing. Her approach blends strategic expertise with an objective, questioning mindset and open, trust-based conversations that uncover opportunities across industries and disciplines.

Inspired by her own entrepreneurial journey, Malena established Core Business to deliver a personal, hands-on service that is second to none. Beyond her work, she finds balance in family adventures with her husband, two young sons and their dog Harvey, as well as enjoying yoga, cycling, paddleboarding and exploring new places to eat.



CHARITY PARTNER FIFE WOMEN'S AID



We are proud to partner with Fife Women's Aid, a vital charity providing life-changing support for women, children, and young people experiencing domestic abuse across Fife. For over 40 years, Fife Women's Aid has offered safe refuge, one-to-one support, advocacy, and community outreach, empowering women to rebuild their lives free from fear. Their work ensures that survivors are not only protected but also heard, respected, and given the tools to thrive. By partnering with them, we stand in solidarity with their mission to create safer communities and brighter futures. Together, we amplify the message that every woman deserves safety, dignity, and the chance to live free.



ON THE DAY

SUNRISE KUNDALINI WITH CALM AND CO OFFICE YOGA,

Kundalini yoga isn't about flexibility — it's about frequency. It's a practice that uses breath, sound, movement, and meditation to shift your internal state fast. This is a technology for transformation: it clears emotional residue, strengthens your nervous system, and raises your energetic baseline.

It doesn't ask who you've been — it shows you who you really are.

Beneath the burnout. Beneath the roles. Beneath the noise.

Kundalini strips away what no longer serves and reconnects you to the grounded, radiant self you've always had access to. It's not just a practice — it's a recalibration of your entire system.





WILD SEA DIP AND SAUNA WITH WILD SCOTTISH SAUNAS

There's something ancient in cold water and fire. Wild sea dipping jolts the system awake — flushing cortisol, sharpening the mind, and flooding the body with feel-good endorphins. It builds real resilience.

Not the corporate kind — the cellular kind.

Paired with wild sauna sessions, it becomes a full-body reset. Heat opens, cold renews. The cycle between the two boosts circulation, reduces inflammation, balances hormones, and brings you back into your body — fast.

This isn't a trend. It's primal medicine for modern burnout.





FIREWALK RUN BY FIREWALK SCOTLAND

Everything you want is on the other side of fear.

And sometimes, the only way to get there... is barefoot, across hot coals.

Joining our absolutely phenomenal line up of women is @firewalkscotland.

Lee Walls is a firewalk instructor and confidence coach with nearly 20 years of experience helping people rediscover the bravery they were born with. At the Scottish Women's Wellbeing Summit in St Andrews this November, Lee will be guiding participants through a powerful firewalk experience, designed to help you move through fear, reconnect with your inner fire, and take bold steps in your life. Expect courage, laughter, and a reminder that you are braver than you think.





HATHA YOGA

Hatha Yoga is the traditional branch of yoga that focuses on uniting body and mind through physical postures (asanas), breathing techniques (pranayama), and relaxation. Rooted in ancient practice,

Hatha is often described as the foundation of modern yoga styles, designed to balance strength with flexibility, effort with ease. The word Hatha itself means "sun" (ha) and "moon" (tha), symbolising harmony and balance. Classes typically move at a steady, mindful pace, making them accessible to beginners while still offering depth for experienced practitioners. Hatha Yoga promotes physical wellbeing, mental clarity, stress relief, and a deeper connection to self.





PELVIC FLOOR PILATES WITH NANCY AT OHBEE THERAPIES

Pelvic Floor Pilates is a focused practice designed to strengthen and support the deep core muscles that form the body's foundation.

Centred on breath, alignment, and controlled movement, it targets the pelvic floor, abdominals, and lower back to improve stability, posture, and overall core health. This practice is especially beneficial for women during and after pregnancy, through menopause, or for anyone experiencing issues such as back pain, poor posture, or bladder weakness. By building awareness and strength in these essential muscles, Pelvic Floor Pilates not only enhances physical wellbeing but also restores confidence, balance, and resilience in everyday movement.





HORMONAL NUTRITION WORKSHOP

Hormonal Nutrition for Menopause is a practical and empowering workshop designed to help women understand how food can support the body through the physical and emotional changes of midlife. By exploring the connection between nutrition, hormones, and energy, participants learn how simple dietary shifts can ease common symptoms such as fatigue, brain fog, mood swings, and weight changes. The session offers evidence-based guidance on balancing blood sugar, supporting bone and heart health, and boosting overall wellbeing through nourishing, hormone-friendly foods. Women will leave with practical tools, meal ideas, and renewed confidence in using nutrition to thrive through menopause and beyond.





Love Your Lumph: Lymphatic drainage massage with Jen Wilson

Self-Guided Lymphatic Drainage Massage is a gentle, empowering practice that supports the body's natural detoxification system. In this workshop, participants will learn simple, accessible techniques to stimulate the lymphatic system through light, rhythmic self-massage. These movements can help reduce fluid retention, boost circulation, improve skin vitality, and strengthen immunity, while also creating a sense of calm and relaxation. Rooted in holistic wellbeing, lymphatic massage is particularly beneficial for easing tension, supporting recovery, and enhancing overall energy levels. Attendees will leave with practical skills they can incorporate into their daily self-care routines for lasting benefits to both body and mind.





Covering the Jewel: Tackling Narcissism with Marysol James

Marysol James is a bestselling romance author turned global speaker and coach, known for helping high-achieving women heal from narcissistic abuse and step boldly into the life they truly deserve. With an MA in International Business, a successful career spanning continents, and 32 bestselling novels, she knows what it means to shine... and what it feels like to be dimmed.

For six years, she was in a narcissistic and abusive relationship that slowly dismantled her confidence, clarity, and identity. Leaving wasn't just an escape – it was a reckoning. A return to self. Now, she channels that hard-earned wisdom into speaking and coaching that's as empowering as it is healing.

Coveting The Jewel: 3 Reasons Why Narcissists Target High-Achieving Women

Strong Women, Narcissistic Abuse: The £316 Million Problem We're Not Talking About





Herbal Medicine for Women's Vitality: An Immersive Workshop with Klayr Hunter

An exclusive experience in botanical medicine for women prioritising their health and longevity.

Step into the world of natural medicine with Klayr Hunter, one of the UK's leading medical herbalists and founder of The Hunter Institute for Health. With over 15 years of specialist experience in women's health, Klayr offers an elegant and intelligent approach to supporting the body through hormonal transitions.

This immersive workshop invites you to taste and explore a curated selection of practitioner-grade herbal medicines used in Klayr's bespoke treatment plans. Discover how powerful plants can regulate hormones, enhance cognitive function and resolve fatigue- all safely alongside medications.

Whether you're seeking resilience, balance, or a return to your most radiant self, this intimate session will leave you feeling both empowered and supported.





Somatic Breathwork, Movement, and Sound with Linda Stewart

In this uplifting and immersive session, we blend conscious breathing techniques, gentle

physical activation, and neuro-somatic programming with empowering affirmations and

uplifting music to create powerful shifts in awareness and state.

The Soma breathwork protocol we will be practising has been shown in research to shift

brainwave states in as little as 22 minutes, enhancing mood, creativity and focus and

unlocking states of flow and inspired thinking.

You'll also learn a simple breath pattern validated by Stanford research as one of the fastest

ways to calm the nervous system and release stress in real time.

Plus, you'll receive an audio recording to take home: a guided breathwork meditation for

daily practice, designed to build emotional resilience, boost energy levels, and improve mental clarity.





IN THE EVENING

3 COURSE DINNER IN THE BALLROOM

Enjoy a beautiful 3 Course dinner in 5 star surroundings and 130 women in leadership





AFTER PARTY

After dinner it's time to celebrate and let your hair down. The party continues into the evening as the ballroom transforms with a dance floor and live music. Your celebratory glass of champagne is included to toast the day.

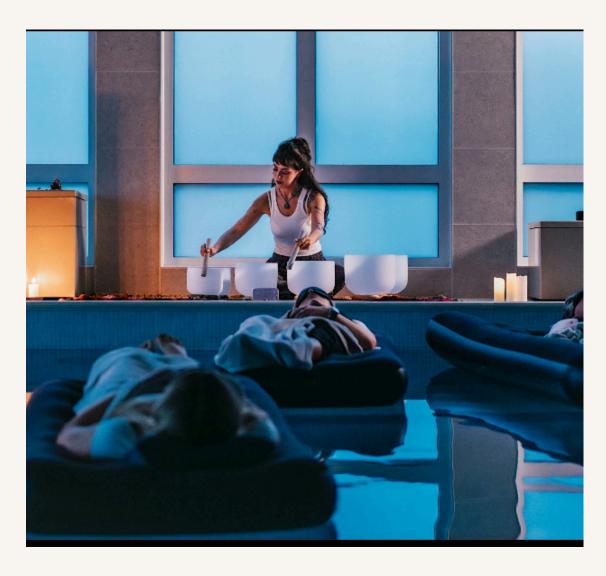




THE MORNING AFTER

On the morning of departure, why not register for one of our amazing floating sound bath sessions which will be held in the Kohler Waters Spa. Two sessions will run from 6.30 AM until 8.30AM.

End the summit at breakfast and head home with a little bit of wellbeing in your soul.





EVERYTHING YOU NEED TO KNOW ABOUT YOUR TICKETS

DAY DELEGATES £479

DAY DELEGATES TICKET HOLDERS HAVE ACCESS TO ALL EVENT ACTIVITIES BETWEEN THE HOURS OF 9AM AND 4.30PM.

MAINSTAGE KEYNOTES DELIVERED BY 6 INCREDIBLE SPEAKERS.

MAINSTAGE Q&A HOSTED BY CAROLINE BLAIR

CHARITY AUCTION TO RAISE FUNDS FOR FIFE' WOMEN'S AID

CHOOSE FROM 6 WELLBEING WORKSHOPS (MUST BE PRE BOOKED)

SAUNA SESSIONS RUNNING THROUGHOUT THE DAY (MUST BE PRE BOOKED).

UNLIMITED REFRESHMENTS

DELICIOUS LUNCH SERVED IN THE SANDS RESTAURANT

BEAUTIFULKY CURATED GIFT BAGS

PERSONALISED JOURNAL



DAY DELEGATES VIP £895

DAY DELEGATE VIP TICKET HOLDERS HAVE ACCESS TO EVERYTHING INCLUDED IN OUR DAY DELEGATE PACKAGE

PLUS

MEET THE SPEAKERS SESSION
PRIORITY FROMT ROW SEATING
UPGRADED GIFT BAGS



OVERNIGHT DELEGATES £1200

OVERNIGHT DELEGATES ENJOY ALL OF THE PERKS OF DAY DELEGATES

PLUS

LEADERSHIP DINNER

CHAMPAGNE RECEPTION

EVENING ENTERTAINMENT

OVERNIGHT ACCOMMODATION

ACCESS TO SPA, GYM, AND LEISURE CENTRE

FLOATING SOUNDBATH SESSIONS IN KOHLER WATERS SPA ON HE DAY OF DEPARTURE

BREAKFAST ON THE DAY OF DEPARTURE



OVERNIGHT DELEGATES VIP £1849

OVERNIGHT DELEGATE VIP PACKAGE INCLUDES ALL OF THE PERKS OF THE OVERNIGHT DELEGATE PASS

PLUS

MEET THE SPEAKER SESSIONS
PRIORITY FRONT ROW SEATING
UPGRADED GIFT BAG
UPGRADED ROOM



OVERNIGHT DELEGATES COME WITH A FRIEND £2000

THIS PACKAGE ENTITLES
TWO PEOPLE SHARING TO
ALL EVENT ACTIVITIES
INCLUDED IN THE DAY
DELEGATE AND
OVERNIGHT DELEGATE
PACKAGES.



OVERNIGHT DELEGATES COME WITH A FRIEND VIP £2800

THIS PACKAGE ENTITLES TWO PEOPLE SHARING TO ALL EVENT ACTIVITIES INCLUDED IN THE DAY DELEGATE AND OVERNIGHT DELEGATE PACKAGES.

PLUS

MEET THE SPEAKERS

PRIORITY FRONT ROW SEATING

UPGRADED GIFT BAGS

UPGRADED ROOM FOR 2 SHARING



VIRTUAL TICKETS £150

VIRTUAL TICKETS CAN BE PURCHASED IN ADVANCE OF THE EVENT FOR DELEGATES WHO CAN'T MAKE IT ON THE DAY.

THIS IS A WONDERFUL OPPORTUNITY TO SEE ALL OF OUR SUMMIT SPEAKERS, EVEN IF YOU CAN'T ATTEND IN PERSON

RECORDINGS WILL BE SENT TO THE EMAIL ADDRESS YOU PROVIDED WHEN PURCHASING.



WHAT SHOULD I WEAR/BRING?

IF YOU'RE TAKING PART IN THE MORNING ACTIVITY, WEAR GYM CLOTHES IN THE MORNING AND A SWIMSUIT.

BRING A TOWEL/DRYROBE FOR AFTER YOUR DIP AND SAUNA.

REMEMBER TO PACK SOMETHING TO CHANGE INTO FOR THE DAY AHEAD, THIS CAN BE AS COMFORTABLE OR AS SMART AS YOU LIKE.

ATTENDING FOR THE DAY? WEAR COMFORTABLE CLOTHES THAT WILL ALLOW YOU TO MOVE FREELY IF YOU'VE REGISTERED FOR YOGA, PILATES, OR SOUNDBATH ACTIVITIES.

ATTENDING OVERNIGHT? PACK YOUR BAGS, YOU'RE IN FOR AN AMAZING WEEKEND. BRING COMFORTABLE CLOTHES, A SWIMSUIT, AND SOMETHING FABULOUS. OUR EVENING ACTIVITIES ARE YOUR OPPORTUNITY TO DRESS UP.



CONTACT US

TICKETS CAN BE PURCHASED DIRECTLY FROM OUR WEBSITE: $\underline{\text{HERE}}$

FOR FURTHER INFORMATION

EMAIL: TEAM@SWWSUMMIT.CO.UK

PHONE: 07860294096

