

Women's Network – Empower Hour Schedule

Number	Theme	Topic Title	Brief Description (for Promotional Materials)	Broad Content (for promotional materials)	Session Owner & Support	Date
1	Wellbeing and Balance	The Juggle is Real – Work–Life Balance Chat	Open discussion about balancing shifts, family, caring responsibilities, and personal wellbeing.	One thing you enjoy doing outside work. What makes work–life balance challenging in healthcare? What boundaries help protect your time or energy? What small habits help you switch off after work? Each person shares one wellbeing habit that helps during busy weeks. Skills swap - People share small skills (presentation tips, time management hacks, useful apps). What helps you maintain balance between work and personal life? Tech tools – Timetree, Ebenant	Jo & Rachel P	8 th July 2026, 12-1pm
2.	Wellbeing and Balance	Lived Experience – Supporting a partner	Informative session incorporating open discussion around lived experiences in a		Helen T	12 th August 2026, 12-1pm

		through Ill Health Whilst Juggling family & Career	safe and supportive space.			
3.	Wellbeing and Balance	Menopause in the Workplace	Interactive, discussion based session to help our members understand the various stages of menopause, provide a safe space to share personal experiences of symptoms, solutions and available support. Includes a 10 minute meditation practice	Identifying the many symptoms Tools available to support you when approaching your GP Do you feel supported within your organisation? Do you feel able to speak with your leader about how perimenopause / menopause symptoms effect your work?	Jo and Helen T	9 th September 2026, 12-1pm
4.	Career & Leadership	How I Got Here – mini career stories	A few of our members will share insights from their career journeys. An interesting and inspirational session	Skills swap - People share small skills (eg presentation tips, time management hacks, useful apps). What skill helped your career most? What do you wish people understood about your role? What motivated you to work in healthcare?	Sarah (Lead) Pav (Support)	14 th October 2026, 12-1pm

			sharing tips, skills and experiences.	What's the best piece of career advice you've received?		
5	Career & Leadership	Confidence & Imposter Syndrome	An informal and supportive session exploring confidence, self-doubt and imposter syndrome. Through shared experiences and practical tips, we'll discuss how to recognise our strengths, celebrate achievements and support each other's growth.	Join us for an interactive discussion on confidence and imposter syndrome, particularly when taking on new challenges. We'll share experiences, explore what helps us overcome self-doubt, celebrate recent achievements, and exchange practical tips and productivity hacks that can help us succeed at work. This session is a great opportunity to connect with peers, learn from one another, and leave with practical ideas to build confidence and support others to do the same. Skills swap - People share small skills (presentation tips, time management hacks, useful apps). Share one thing you're proud of from the past month	Davina (Lead) Rachel P (Support)	11 th November 2026, 12-1pm

				When have you experienced imposter syndrome at work? What helped you overcome it? How can colleagues support each other's confidence?		
6.	Wellbeing and Balance	Micro-Wellbeing at Work	An interactive discussion-based session to explore quick stress-relieving practices our members can use between meetings. Includes a 10 minute meditation practice	What helps you reset after a difficult day? A small habit that improves your workday? What makes a workplace feel inclusive? How can colleagues support each other better? What helps you reset after a difficult shift or stressful day?	Jo or Helen T & Alison G (NOE)	9 th December 2026, 12-1pm
7.	Career & Leadership	Negotiating Your Career – In Partnership with Future Leaders Network	An interactive discussion-based session to share tips on promotions, development opportunities, and advocating for yourself.	Advice I'd give my younger self One thing that makes a good leader Skills swap - sharing small skills (presentation tips, time management hacks, useful apps). What's the best piece of career advice you've received?	Sarah Hollichead (Lead) Future Leaders Support - Olivia Humphrey (support)	19 th January 2027, 12-1pm

				What opportunities helped your development? What barriers do women sometimes face in career progression? What advice would you give someone starting their career?		
8.	Career & Leadership	Working and growing in a male dominated environment / profession	An interactive discussion-based session to discuss and share tips on working in a profession traditionally / historically dominated by men.	Sharing experiences of working in a male dominated profession Discussing the challenges Discussing how we managed those challenges Sharing tips and tools to help build confidence and resilience	Helen T (Lead) Alyson B (Support)	10 th February 2027, 12-1pm
9.	Equality & Diversity	Diversity Among Women in the NHS – In Partnership with EDI&B and Future Leaders Networks	An interactive discussion-based session to discuss intersectionality, cultural experiences, and supporting each other.		Nanette Grant (Lead) Kimberley Kay (Support – Future Leaders E&D Lead)	10 th March 2027, 12-1pm

10.	Real Conversations in Healthcare	Challenging Conversations at Work	An interactive, discussion based session to support skills development and shared experiences. Handling difficult situations, as colleagues and leaders.		Sarah Holliehead	14 th April 2027, 12-1pm
11.	Wellbeing and Balance	Burnout & Compassion Fatigue (Possibly combined with micro wellbeing at work above)	An interactive discussion-based session where we will understand burnout and tips and techniques to avoid with practical coping strategies. Includes a 10 minute meditation practice	When have you felt most valued at work? One thing that helps you relax after work. What signs of burnout have you noticed in healthcare settings? What helps you recharge during stressful periods? How can colleagues support each other? A wellbeing practice I want to prioritise.	Helen T & Alison G (NOE)	12 th May 2027, 12-1pm

12.	Learning & Development	What's One Thing That Helped You This Year?	An interactive discussion-based session where we will share and discuss tips, tools, or habits we have found useful in our roles this year. Sharing what's helped us to support others in their journeys too	Skills swap - sharing small skills, tips and hacks that have really helped members in their roles (presentation tips, time management hacks, useful apps).	Sarah (Lead) Olivia (Support)	9 th June 2027, 12-1pm
13.	Equality & Diversity	Disability within the Workplace	An interactive discussion-based session for members to share information to support colleagues and team members with disabilities and creating psychologically safe environment which empowers individuals to speak up.		Olivia (support)	14 th July 2027, 12-1pm
13.	Real Conversations in Healthcare	Speaking Up & Creating	An interactive discussion-based session sharing NHS	What does psychological safety at work mean to you?	Tracey C	11 th August 2027, 12-1pm

		Psychological Safety	approach to Speaking Up and developing a culture of psychological Safety. Sharing NHS approach as well as encouraging sharing of experiences in a safe space.	What makes a workplace feel supportive or inclusive? When do people feel safe to speak up? How can we support colleagues from different backgrounds? Positive Workplace Ideas Ask groups to identify one idea that could improve workplace culture.		
14.	Learning & Development	Book / Podcast	An interactive discussion-based session. Discuss a short article, podcast, or chapter related to women and leadership. (details to be provided with substantial notice)	Think book club Discuss a specific book / podcast, shared in advance Open sharing of great reads / listens for others to consider	Tracey C	8 th September 2027, 12 - 1pm
15.	Wellbeing & Balance	Menopause for Leaders	Interactive, discussion-based session to help managers and leaders	Understanding the various stages of menopause,	TBC	13 th October 2027, 12 - 1pm

			understand how they can and should be supporting team members. Includes a 10 minute meditation practice	Creating a psychologically safe space for team members to share their needs with you Discussion and safe space to share personal leadership experiences, Considering and applying reasonable adjustments, Understanding how we can support our team members effectively.		
16.	Wellbeing & Balance	Domestic Abuse	Interactive, discussion-based session supporting a sensitive and supportive conversation in a safe space.	Helping leaders and colleagues understand this challenging issue Sharing information on what domestic abuse can look like, and providing tools to support leaders and individuals who may need it. Tackling conversations sensitively Creating a safe space for colleagues to begin a conversation	TBC	TBC
16.	Learning & Development	Lunch & Learn: Financial Wellbeing	Basic topics like pensions, saving, and financial planning.	Financial independence Preparing for retirement Signs of financial abuse	TBC	TBC

17.	Career & Leadership	Mentorship Speed Networking – In Partnership with L&D Network???	Short rotating conversations to help people find mentors or career allies.		TBC	
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