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| Time | Main stage | Inspire stage | Empower stage | Energise space | Time to unwind | | |
| 09:00 – 09:30 | Registration | | | | | | |
| 09:45 | Welcome |  |  |  |  | | |
| 10:00 | Jamie Laing ‘Imposter syndrome and me’ |  |  |  |  | Crafting – brush lettering  (10:00 – 11:00) | Barista masterclass  (10:00 – 10:30) |
| 10:55 |  | Secrets of resilience panel | Finding your cheerleaders panel | Guided breathing workshop | Brain-boosting breakfast demo | Crafting – floral sketching  (11:20 – 12:20) | Barista masterclass  (11:00 – 11:30) |
| 11:30 |  | Money clinic Q&A | Preventing burnout masterclass | Face yoga workshop  (11:30 – 11:50) |  |  |
| 12:00 |  |  |  | Stretch workshop with LJ Flanders  (11:55 – 12:15) |  | Barista masterclass  (12:00 – 12:30) |

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| Time | Main stage | Inspire stage | Empower stage | Energise space | Time to unwind | | |
| 12:30 |  |  |  | Vinyasa yoga by adidas  (12:20 – 12:40) | Power-packed lunch demo  (12:20 – 12:50) | Crafting – brush lettering  (12:40 – 13:40) |  |
| 13:00 |  | How to handle anxiousness panel | Sleep clinic masterclass | Sound bath by BLOK |  |  |
| 13:40 |  | How to get more men talking panel | How to keep calm masterclass | Sound bath by BLOK | Super-charged supper demo |  |  |
| 14:10 |  |  |  |  |  | Crafting – floral sketching  (14:00 – 15:00) |  |
| 14:30 | Nicola Roberts ‘the importance of reaching out’ |  |  |  |  |  |
| 15:10 | Laughter therapy with comedians Matt Green, Rhys James and Jordan Brookes |  |  |  |  | | |
| 16:30 | Sunset DJ session with Roman Kemp | | | | | | |
| 18:00 | Event close |  |  |  |  | | |