

Women In Medicine Agenda				
September 27, 2025				
Start Time	End Time	Duration	Topic	Speaker Name
08:00	08:30	00:30	Registration & Networking Breakfast	
			<b>Session 1</b>	
			<b>Location: Ballroom (P2 Level)</b>	<b>Moderator: Dr Seher Ahmad</b>
8:30	8:45	00:15	Welcome Address & Event Overview	Dr Seher Ahmad
8:45	9:15	00:30	Wellbeing Session: Sound Healing & Mindfulness	Shilpa Kudekar
9:15	9:45	00:30	Keynote Address: "Breaking Barriers: Empowering Women in Medicine"	Dr Summia Zaher
9:45	10:30	00:45	Career Progression in Medicine – From Resident to Leader	Dr Rasha AbuHumaid
10:30	12:00	01:30	Visioning Your Life – Creating a Roadmap for Personal & Professional Success	Dr Seher Ahmad
12:00	13:00	01:00	Networking Lunch & Roundtable Discussions	
			<b>Session 2</b>	
			<b>Location: Ballroom (P2 Level)</b>	<b>Moderator: Dr Seher Ahmad</b>
13:00	13:30	00:30	<b>NAP</b> : Nourish, Align, Pause, A Restful Reboot Through Breath, Balance and Inner Power	Dr Elia Del Rosario
13:30	14:15	00:45	Leadership Through Executive Presence in Medicine	Dr Sawsan Abdel-Razig   Sumiah Aduib
14:15	15:00	00:45	Mastering Finances for Women in Medicine	Dr Carey Millward
15:00	15:45	00:45	Think Faster, Talk Smarter – Communication Skills for Women in Medicine	Dr Mahwish Ahmad
15:45	16:30	00:45	Work-Place Efficiencies – Working Smarter, Not Harder	Dr Shaza Karrar   Dr Farah Shamout
16:30	16:35	00:05	Empowering Your and Your Female Patient's Health – Managing Perimenopause & Prioritizing Women's Wellbeing	Dr Sadaf Brown
16:35	16:40	00:05	Introduction to MEMO Menopause/Perimenopause community	Donna Howarth
16:40	16:55	00:15	"Pelvic floor basics: beyond Kegals" "Constipation and Bladder health: The missing link"	Dr Seema Seth   Gerogia Walker
16:55	17:05	00:10	"Fuelling the female physician: the must have nutrients to prevent burnout and boost vitality"	Dr Saima Khan
17:05	17:10	00:05	"How to have the Body Tree body in 10 minutes"	Ria Haffar
17:15	17:30	00:15	Closing Remarks and Action Plan	Dr Falak Syed