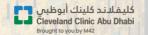
Agenda

Start Time	End Time	Topic & Speaker		
08:00	08:30	Registration & Networking		
Session 1 Moderator: Dr Seher Ahmad Location: Ballroom (P2 Level)				
08:30	08:45	Welcome Address & Event Overview Speaker: Dr Seher Ahmad		
08:45	9:15	Wellbeing Session: Sound Healing & Mindfulness Speaker: Shilpa Kudekar		
09:15	09:45	Keynote Address: "Breaking Barriers: Empowering Women in Medicine" Speaker: Dr Summia Zaher		
09:45	10:15	Career Progression in Medicine - From Resident to Leader Speaker: Dr Rasha BUhumaid		
10:15	11:45	Visioning Your Life - Creating a Roadmap for Personal & Professional Success Speaker: Dr Seher Ahmad		
11:45	13:00	Networking Lunch & Roundtable Discussions		
Session 2 Moderator: Dr Mahwish Ahmad Location: Ballroom (P2 Level)				
13:00	13:30	NAP: Nourish, Align, Pause, A Restful Reboot Through Breath, Balance and Inner Power Speaker: Dr Elia Del Rosario		
13:30	13:55	Leadership Through Executive Presence in Medicine Speaker: Dr Sawsan Abdel-Razig		
13:55	14:25	Mastering Finances for Women in Medicine Speaker: Carolyn Millward كليفلدند كلينك أبوظبي		



Agenda

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Start Time	e End Time	Topic & Speaker	
14:25	14:55	Think Faster, Talk Smarter Communication Skills for Women in Medicine Speaker: Dr Mahwish Ahmad	
14:55	15:15	Professional Styling for Women in Medicine Speaker: Sumiah Aduib	
15:15	15:30	Coffee Break	
Session 3 Moderator: Dr Sadaf Brown Location: Ballroom (P2 Level)			
15:30	16:15	Work-Place Efficiencies Working Smarter, Not Harder Speaker: Dr Shaza Karrar & Dr Farah Shamout	
16:15	16:20	Empowering You and Your Female Patient's Health - Managing Perimenopause & Prioritizing Women's Wellbeing Speaker: Dr Sadaf Brown	
16:20	16:25	Introduction to MEMO 2025 Menopause/Perimenopause Community Speaker: Donna Howarth	
16:25	16:40	Pelvic Floor Basics: Beyond Kegals Constipation and Bladder Health: The Missing Link Speaker: Dr Seema Sheth & Georgia Walker	
16:40	16:50	Fuelling the female physician: The must have nutrients to prevent burnout and boost vitality Speaker: Dr Saima Khan	
16:50	17:00	How to have the Body Tree body in 10 minutes Speaker: Ria Haffar	
17:00	17:15	Closing Remarks and Action Plan Speaker: Dr Falak Sayed	

