



Start Time	End Time	Topic & Speaker
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08:00	08:30	Registration & Networking
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Session 1

Moderator: Dr Seher Ahmad | Location: Ballroom (P2 Level)

08:30	08:45	Welcome Address & Event Overview
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Speaker: Dr Seher Ahmad

08:45	9:15	Wellbeing Session: Sound Healing & Mindfulness
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Speaker: Shilpa Kudekar

09:15	09:45	Keynote Address: "Breaking Barriers: Empowering Women in Medicine"
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Speaker: Dr Summia Zaher

09:45	10:15	Career Progression in Medicine - From Resident to Leader
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Speaker: Dr Rasha BUhumaid

10:15	11:45	Visioning Your Life - Creating a Roadmap for Personal & Professional Success
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Speaker: Dr Seher Ahmad

11:45	13:00	Networking Lunch & Roundtable Discussions
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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
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Speaker: Dr Elia Del Rosario

13:30	13:55	Leadership Through Executive Presence in Medicine
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Speaker: Dr Sawsan Abdel-Razig

13:55	14:25	Mastering Finances for Women in Medicine
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Speaker: Carolyn Millward



Start Time	End Time	Topic & Speaker
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14:25	14:55	Think Faster, Talk Smarter Communication Skills for Women in Medicine <i>Speaker: Dr Mahwish Ahmad</i>
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14:55	15:15	Professional Styling for Women in Medicine <i>Speaker: Sumiah Aduib</i>
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15:15	15:30	Coffee Break
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Session 3

Moderator: Dr Sadaf Brown | Location: Ballroom (P2 Level)

15:30	16:15	Work-Place Efficiencies Working Smarter, Not Harder <i>Speaker: Dr Shaza Karrar & Dr Farah Shamout</i>
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16:15	16:20	Empowering You and Your Female Patient's Health - Managing Perimenopause & Prioritizing Women's Wellbeing <i>Speaker: Dr Sadaf Brown</i>
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16:20	16:25	Introduction to MEMO 2025 Menopause/Perimenopause Community <i>Speaker: Donna Howarth</i>
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16:25	16:40	Pelvic Floor Basics: Beyond Kegals Constipation and Bladder Health: The Missing Link <i>Speaker: Dr Seema Sheth & Georgia Walker</i>
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16:40	16:50	Fuelling the female physician: The must have nutrients to prevent burnout and boost vitality <i>Speaker: Dr Saima Khan</i>
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16:50	17:00	How to have the Body Tree body in 10 minutes <i>Speaker: Ria Haffar</i>
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17:00	17:15	Closing Remarks and Action Plan <i>Speaker: Dr Falak Sayed</i>
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