



INSPIRE · NETWORK · GROW

MEAT BUSINESS WOMEN BUILD YOUR TRIBE

Speed Networking & Personal Development

Time	Session & Speakers
9.30am	Arrival & Registration Refreshments served
10.15 – 10.30am	Welcome Laura Ryan, Global Chair, Meat Business Women Caroline Gorton, Managing Director, HSBC
10.30pm -10.40pm	My Story Hannah Cargill, Contract Production Manager, Avara Foods
10.40am – 11.00am	The Networking Mindset: Getting strategic with your network Janie Van Hool, Facilitator, Coach & Author
11.00am – 12.00pm	Speed Networking: ‘Ta-da!’ How to bring yourself into conversations Janie Van Hool
12.00am – 12.20pm	Fireside Chat Helen Sisson, Technical Director, 2 Sisters Food Group In conversation with Harriet Wilson, Partnerships Director, MBW
12.20pm-1.15pm	Networking lunch
1.15pm-1.20pm	Welcome back Laura Ryan
1.20pm-1.30pm	My Story Eva McHugh, Key Account Manager, MSD Animal Health
1.30pm – 1.40pm	My Story Saiqa Aslam, Group Supplier Assurance Controller, Cranswick
1.40pm – 2.35pm	Speed Networking: Getting Connected & Building Your Network Janie Van Hool <i>(Tea & Coffee available during this session)</i>
2.35pm – 3.05pm	Keynote speaker: Insights from a leader Richard Wood, Category Director Meat, Fish, Poultry & Eggs
3.05pm-3.15pm	Keynote Q&A
3.20pm	Close