



RESET

The festival of motherhood and mental health
12th -16th September 2022

FESTIVAL PROGRAMME

WELCOME TO

RESET

The festival of motherhood and mental health

RESET is our annual festival for pregnant women and mothers. This year we're focusing on motherhood and mental health, bringing together world leading experts to help you recover from the last two years. We'll be covering a whole range of topics including: post-traumatic growth, returning to work, intimacy and self-love, financial resilience, and understanding your hormonal cycle. In amongst it all we've got a host of other activities to get involved with like yoga, mindfulness and journaling.

PROGRAMME AND DAY SPONSORS

Day 1: Laughter is the best medicine with Koru Kids, Helping Families Flourish

Day 2: Perinatal mental health with Mamamade

Day 3: Rebuilding from lockdown with Autotrader

Day 4: Money and mental health

Day 5: Empowering change with The Wallflower Academy

HEADLINE SPONSOR

Cattanach is a Scottish independent funder with a focus on the Early Years. We are keen to support positive change for Early Years children and their families through funding frontline service charities, supporting policy change, and facilitating a positive discussion about children and childhood in our society. Since 2019, perinatal mental health has been one of our strategic priorities. Our mission is to create a better future for all by making sure every child has the best start in life. We are keen to achieve this in partnership with others - organisations or individuals - who share our values of love, consideration, integrity and hope.

DAY ONE: LAUGHTER IS THE BEST MEDICINE

with Koru Kids, Helping Families Flourish

We're kicking off the programme with an opening session full of laughter, honesty and performances about motherhood and mental health.



19:30 - Welcome!

Welcome and introductions from our Founder and CEO Joeli Brearley, and trustee Kizzy Gardiner



19:45 - Motherhood Minus The Medals

Reading from writer and poet Helen Bryce



20:00 - Ask Us Anything

Agony aunt session with hilarious comedians Jen Brister & Maureen Younger



20:30 - Juliette Burton

Stand-up comedian Juliette Burton will deliver a side-splitting performance, all about mental health



ABOUT OUR DAY SPONSOR

Koru Kids help families find their perfect childcare. From after school and early years nannies to childminders, we've got you covered. Koru Kids is the UK's fastest growing childcare brand, building an entirely new childcare system from scratch, using modern technology. We've delivered over 2 million hours of childcare so far, and expanded across the country.

Our mission is simple: to help families - especially working mothers - juggle the hardest years of their life; to help caregivers thrive in a difficult role; and to give children a childhood full of everyday adventures, setting them up for life.



Koru Kids

DAY TWO: PERINATAL MENTAL HEALTH with Mamamade

We've got a lot to unpack from guilt, to traumatic births, to postnatal depression, to finding your identity, to the specific experiences of Black women in maternity care.



10:00 - 10:45

Let it Flow: Yin and Yang

Yoga with Ms Holistic

Slow deep stretching & core support followed by a long hold yin practice: the complete relaxation toolkit.



11:00 - 12:00

No Shame

In Conversation with Laura Belbin & Vic Emes

An open chat covering shame, guilt, and realistic motherhood



12:00 - 13:00

Looking After Our Wellbeing and (Return To) Work

Workshop with Sunita Harley

In this workshop, Sunita will deliver strategies to retain good mental health when returning to work from maternity leave



DAY TWO: CONTINUED



13:00 - 14:00

Post-traumatic Growth & Re-Discovering Your Identity

Workshop with Dr Frankie Harrison

Neonatal care is very rarely spoken about, but the trauma of this experience can have a lasting impact on our mental health, wellbeing and identity. In this workshop Frankie will explore: how trauma and neonatal care can have an impact on our emotional wellbeing and identity, how to rediscover your identity, and the role of meaning making and post traumatic growth.



13:30 - 14:30

PUSH

Workshop with Shoshana Maurer

Combining Birth and Art, Shoshana has created a unique postnatal course that allows women to digest and discuss their experiences around pregnancy, birth and motherhood through the work of various international artists. This workshop is a safe and honest space in which to discuss and debate everything from changing bodies to diverse birth stories and the raw truth of the maternal state.



14:00 - 15:00

How nutrition impacts pregnancy and postpartum mental health

Workshop with Sam Ogunpehin, Parachute Nutrition

Sam will share her top nutrition tips to help regulate mood, sleep and energy levels for mum as well as some important nutrients for baby's brain development. Including some delicious, super easy recipes (including chocolate!) for those that attend.

DAY TWO: CONTINUED



20:00 - 21:00

Black Women's Maternal & Mental Health

Panel with Sandra Igwe, Nehanda Truscott-Reid, Irene Muma & Atinuke Awe

Black women in the UK are four times more likely to die in pregnancy and childbirth. This panel will discuss the specific experiences of Black women's maternal and mental health, exploring the importance of diversity and representation in wellness and motherhood spaces, the impact of discrimination and racism on Black mothers returning to work and improving wellbeing and supporting the mental health of Black women during pregnancy.

ABOUT OUR DAY SPONSOR

Parenting is easy. Said nobody ever. They say it takes a village to raise a child. But in a world where people don't know their neighbours' names, we need to build a new village for tangible as well as emotional support.

Started from our founder Sophie's kitchen, Mamamade is now a fast-growing direct-to-consumer business delivering everything parents need to conveniently make delicious, nutritious meals for their little ones, and empower parents to introduce new, original flavour combinations to their children's palates.

But creating a healthier food solution is only part of Mamamade's mission. Driven by a core focus on community, it is an ever-growing hub of the highest quality resources and content, aiming to provide 360 support for parents. We are building a global brand that helps all parents feel seen, heard and connected, enabling both parent and baby to reach their ultimate potential.

Mamamade

DAY THREE : REBUILDING AFTER LOCKDOWN with AutoTrader

Lockdown sent everything off kilter, including our minds, and today will be an attempt to glue everything back together.



09:15 - 10:45

Group Therapy Drop-in with Aisling Fegan

This is a space for people who are interested in accessing long-term group therapy. It will be an opportunity to express thoughts and feelings arising from the RESET Festival, think together about group therapy and ask questions about psychotherapy.



10:00 - 11:00

Journal Yourself Back Workshop with Helen Bryce

A workshop exploring the magic of journaling for self discovery, self love and self expression.



11:00 - 12:00

Motherhood, Growing Up and Growing Plants

In Conversation with Rosie Kinchen & Molly Rowan



The surprise of a second pregnancy, so soon after the birth of her first son, plunged Rosie into a despair that spiralled into deep depression. She found herself instinctively drawn to the local parks and scraps of communal green spaces, and to therapy via tending a hidden garden deep within the city. In this conversation, Rosie and Molly talk about motherhood, PTSD, and growing plants.

DAY THREE: CONTINUED



12:00 - 13:00

Mindful Gardening

Workshop with Kendall Platt

In this workshop we will create a complete plan for one wellbeing border/ collection of pots, building an understanding of what types and colours of plants and other garden elements you can use to increase your wellbeing, as well as a knowledge of how to fit gardening into your already busy lives.



12:30 - 13:30

How to build your child's resilience and protect their mental health

Workshop with Heart & Soul Doctors

Join two experts in child and adolescent mental health and motherhood, as they share the key things you can do as a parent to support your child's emotional wellbeing.



13:30 - 15:00

Bringing Sexy Back: Intimacy & Self-love

Workshop with Charlene Douglas

This workshop will focus on rebuilding intimacy, with partners and with ourselves, post-lockdown to combat isolation, frustration and lack of confidence. Charlene will be answering questions on our Peanut forum after the session!

DAY THREE: CONTINUED



14:00 - 15:00

Birth, Trauma and Mental Health Workshop with Prof. Dr. Yvonne Kuipers

This workshop will discuss the wide breadth of birth experiences and the trauma women often feel in the aftermath of giving birth, especially during lockdown, and the effects this has on the mental health of mums.



20:00 - 21:00

Single Parenting Through Lockdown

Panel with Cathy Reay, Remi Sade, Helen Thorn & Sarah Ronan

This panel discussion will focus on the unique lived experiences of each of our panellists, and the pressures they face as single parents. We'll be touching on relationships, dating & co-parenting; shame and society's expectations; working motherhood; and supporting your kids through major life changes, while looking after yourself.

ABOUT OUR DAY SPONSOR

Established in 1977, Auto Trader has a rich 40 year history and is one of the UK's leading digital brands. Auto Trader prides itself on being the most trusted automotive marketplace. It's the go-to destination for car buyers. Auto Trader exists to Drive change together, responsibly. They aim to build stronger partnerships with customers, use their voice and influence to drive more environmentally friendly vehicle choices, and create a diverse and inclusive culture.

The Auto Trader Family Network exists to provide a place for AT colleagues to come together, share experiences and challenges and support one another, whatever family looks like for them. Auto Trader recognise that not only can juggling home and work commitments hurt well-being, but there is also a disproportionate impact that caring has on working women. Over recent years the network has worked with several organisations to help support women, including Carers UK, the NSPCC, Adoption Matters and The Fertility Network.

DAY FOUR: MONEY AND MENTAL HEALTH

The cost of living crisis has hit families hard and is likely to get worse as we head into the winter. This day will focus on how to increase your income, whilst reducing your outgoings and how to manage your mental health when you are worried about your finances.



10:00 - 10:45

Exhale

Mindfulness with Ms Holistic

Meditation and breathwork techniques to calm the mind, support the body and connect to inner self followed by Nidra (sleep yoga). Make sure to bring a blanket, cushions and eye mask.



11:00 - 12:00

Dare To Be Fair

In Conversation with Amanda Redman and Clare Seal

Women's pensions, on average, are only 20% of men's at age 65. The killer question is: Why don't women know this? Our speakers will chat about understanding your true worth, creating greater long-term financial security and addressing the inequalities that can stop women achieving what they deserve; revealing the secrets, challenges and home truths of being a strong female force in finance, helping you to unlock your own potential along the way.



12:15 - 13:45

Building Financial Resilience and Wellbeing Into Your Life

Workshop with Selina Flavius, Black Girl Finance

This workshop will focus on how to build financial resilience at this time of increased strain on finances; it will also touch upon gender and ethnicity pay gaps that exist and why it's important to create your own financial blueprint to manage and not become overwhelmed.



DAY FOUR: CONTINUED



smartpurse

14:00 - 15:00

Managing Your Money Well

Workshop with SmartPurse

A practical guide on how to look after your finances, from budgeting and saving to managing your money well for the longer term.



19:30 - 20:30

Building a Resilient Career as a Mother

Q&A with Tobi Asare, My Bump Pay

Tobi will be hosting a Q&A session to help mums and mums-to-be strengthen their career during times of economic uncertainty



20:00 -21:00

Mamamade: Motherhood & Entrepreneurship

In Conversation with Sophie Baron

A conversation with the founder of Mama Made Food, Sophie Baron - discussing entrepreneurship, building a business with young kids, and the associated highs and lows.

DAY FIVE: EMPOWERING CHANGE with The Wallflower Academy

Many mothers report their confidence being flawed by the pandemic. This day will focus on rebuilding that confidence and being in control of hormones which can scupper your wellbeing.



09:15 - 10:00

How To Go From Maxed Out to Mindful Mindfulness with Karen Farrelll

Are you a busy mum who would like to restore some peace and calm amongst the chaos of motherhood? During this workshop you will learn what mindfulness is, what it is not and how it can benefit your mental, physical and emotional wellbeing so you can win at motherhood without losing your mind!



10:00 - 11:00

Igniting Your Fierce Power

Keynote and Q&A with Brita Fernandez-Schmidt

Brita's session is a rallying call to ignite our fierce power and claim our space. She will share practical tips for how we can do this by radically honouring and caring for ourselves and connecting with others.



11:00 - 12:00

Taking Back Control

Workshop with Shivani Uberoi, The Wallflower Academy

This workshop will provide attendees with the confidence and belief that they can take back control of their lives by offering science backed practical advice and techniques to optimise wellbeing. The workshop will focus on: learning, sleep, eating, mind, being present and connection.



DAY FIVE: CONTINUED



11:30 - 12:30

Period Power: Managing Your Cycle

Workshop with Maisie Hill

This workshop will help attendees understand and work with their cycle, so you can stop criticising and doubting yourselves and go after what you want.



12:30 - 14:00

Group Therapy Drop-in with Aisling Fegan

This is a space for people who are interested in accessing long-term group therapy. It will be an opportunity to express thoughts and feelings arising from the RESET Festival, think together about group therapy and ask questions about psychotherapy.



13:00 - 14:00

Changing The System

**Panel with Pragma Agarwal, Sophie Walker, Gabby
Jahanshahi-Edlin, & Akeela Ahmed**

This panel will ask how does the system fail women, how would it be improved and what can women do to make change happen. We'll be touching on: social inclusion, power and privilege, activism and the pitfalls of the voluntary and charity sectors, and standing for political office.



DAY FIVE: CONTINUED



13:00 - 14:00

Mums on the Road: Motherhood & Travel

In Conversation with Bee Rowlatt and Tova Leigh

A conversation on motherhood and travel, balancing career and babies, and what's been won and lost over the centuries in the battle for equality.



14:00 - 15:00

Walking With Your Baby

Workshop with Katy O'Neill Gutierrez, Blaze Trails

Sharing tips, tricks and practical stuff on getting out walking with your baby, this workshop will help attendees gain confidence and get out of the foer.



20:30 - Distance Disco

We're closing the festival with a huge dance party! Distance Disco is a digital matchmaking dance party: find the person dancing to the same song!

ABOUT OUR DAY SPONSOR

The Wallflower Academy believe inclusion and wellbeing go hand in hand and should be an integral part of an organisation's people strategy.

People perform their best when they can bring their best self to work. This requires a culture where they can all thrive and reach their potential and a focus on resilience and well-being as a key part of their daily lives.

Their mission is to accelerate gender equality by driving sustainable culture change which unlocks a woman's full potential. They create bespoke programmes to optimise inclusion and wellbeing in the workplace, using years of knowledge and experience, together with evidence based training. From assessing key data & insights to inform focus areas, to facilitating training and workshops on inclusion, biases and wellbeing.



THE WALLFLOWER
ACADEMY

ABOUT OUR SPEAKERS

Helen Bryce

Helen Bryce is a writer, poet and mother of four, from Manchester. Her first book, *Motherhood minus the medals*, was published earlier this year. She writes about navigating motherhood in a patriarchal society and runs journaling workshops for women encouraging them to get sh*t down on the page.



Jen Brister

Jen Brister is a critically acclaimed stand up comedian and writer who has been seen on BBC's *Live at the Apollo*, Frankie Boyle's *New World Order*, *QI* and *Mock the Week*. She is a regular performer on the UK and international comedy circuits and has written 7 solo shows which she has performed at the Edinburgh Comedy Festival and toured extensively around the UK. Her book, a comedy memoir, *"The Other Mother"* was published by Square Peg in 2019.



Maureen Younger

Maureen is frank, fast, feisty, sharp and engaging – honest humour with attitude! Maureen works as a stand up comedian and compere at major clubs all around the UK and abroad including *The Comedy Store*, *The Glee*, *Up the Creek* and *Top Secret Comedy Club*, and has also gigged in German and French. She is also the only comedian on the UK circuit who performs at mainstream, urban, Asian and gay comedy nights.



Yvonne Kuipers

Yvonne Kuipers is a Professor of Midwifery and has a background that has encompassed a career in women's reproductive health that spans over 20 years; as an independent midwife in the Netherlands, and teaching and researching women's reproductive health within universities in the Netherlands, Belgium and Scotland. Her research domains include woman-centred care, including midwifery models of care and women's emotional wellbeing throughout the transition period to motherhood. Yvonne is a strong advocate for improving the emotional wellbeing of women during the transition to parenthood and the development of healthy and resilient families.



Juliette Burton

Juliette Burton is a critically acclaimed comedian as well as an ambassador for Rethink Mental Illness. Her 2019 Edinburgh show was recommended by The Telegraph, Evening Standard and iPaper, and was The Times' 'one to watch' in 'Best of Edinburgh Fringe 2018' shortlist, as well as 'Best Comedy To See' in Sunday Times Culture magazine.



Dr Emma Svanberg

Chartered clinical psychologist Dr Emma Svanberg (DClinPsy) is known as The Mumologist and works with parents and parents to be supporting them through their parenting journey. Working as part of a collective, Emma and her colleagues together offer whole-family support in person and through her online community The Village. She brings 20 years of academic and clinical experience to help you understand why you parent the way you do, and is known for her compassionate, no-pressure approach.



Ms Holistic

Ms Simone Venner (Ms Holistic) is a London-based Registered Holistic Nutritionist and trainee Dietitian specialising in gut health, weight management and overall vitality. She is a public speaker, yoga and meditation teacher with a deep passion for all things wellness. As an evidence-based practitioner with over 9 year's experience, Simone is committed to the benefits of a scientific approach to nutrition.



Laura Belbin

Laura is a Sunday Times Best Selling author who frequents social media under the name knee deep in life challenging issues around shame and using her comedic talent to make light of what life really looks with her expectation vs reality sketches.



Victoria Emes

Victoria Emes is Instagram's unfiltered mum-hood legend, who accidentally rose to fame during her maternity leave where she began to document the realities of being a mum online. With two small children, Victoria is exceptionally talented at addressing the unaddressed taboos of raising small humans, and does so through brutal honesty and a sharp wit.



Sunita Harley

Sunita Harley is a career coach and inclusion consultant as featured on the BBC and in Psychologies magazine (September 2022). She's a mama of two IVF girls and proud to be a mental health advocate. In 2015, she launched the Lucky Things online and events space to bring women together so we could look after our confidence, careers and wellbeing.



Dr Frankie Harrison

Dr Frankie Harrison is a clinical psychologist who specialises in supporting parents through their neonatal care (NICU) journeys and beyond. Frankie has personal experience of NICU, having had her baby at 31+1 due to pre-eclampsia, so knows first-hand the impact NICU can have on your wellbeing. She runs an online community called miracle moon where she shares psychological knowledge for people to normalise and validate people's experiences.



Shoshana Maurer

Shoshana Maurer is a Mother, active Birth Doula, ex Fashion Stylist at Selfridges and Art Curator. She is passionate about helping, nurturing and educating women and couples about the birth process.



Sam Ogunpehin

Sam is a Registered Nutritional Therapist specialising in Family Nutrition and Low-Tox Living. She helps women pre and postnatally to ensure optimal health for mum and baby. Using food, supplements and lifestyle together with guiding a safer, non-toxic environment, Sam can help you achieve lasting NOURISHMENT, BALANCE and HEALTH for the whole family.



Irene Muma

Irene Muma, is the founder of Black Working Mothers Network. She uses her lived and professional experience to advocate for women's rights & maternal health in the workplace, raise awareness of the barriers and challenges black women face at work, and encourage organisations to do more in this area to provide better workplace racial equity.



Nehanda Truscott-Reid

Nehanda Truscott-Reid is a holistic wellness coach for women, and founder of The Soul Mama Journey. Nehanda studied Energywork, Holistic Wellness Coaching and Womb Yoga Therapy which each come from an ancient approach of gently guiding our systems back into balance and harmony allowing the natural flow of energy and vitality to flow. She is passionate about using her voice to amplify the path of conscious motherhood, healing, awakening and wellness especially for those outside of the narrow mainstream depictions of motherhood.



Sandra Igwe

Sandra Igwe is a Black maternal health advocate, TedX speaker, and is the Founder of The Motherhood Group, a social enterprise that supports the black maternal experience by delivering community-based events, peer-to-peer support, national campaigns, and culturally sensitive programmes for Black mothers. Sandra is the author of My Black Motherhood: Mental Health, Stigma, Racism and the System. In this book, she uses her voice, and many other Black women's experiences to demand that Black women are listened to, believed, and understood by healthcare professionals.



Atinuke Awe

Atinuke is the mummy blogger and entrepreneur behind Mums and Tea, Learning with Ez and the co-founder of the Five x More campaign. Through the Mums and Tea events she has been able to connect many mums together to create lifelong friendships sharing all the joys and struggles that we go through as black British mothers. In 2018 when she heard of the shocking statistics in Black maternal health she was shocked and felt compelled to take action - launching Five X More.



Aisling Fegan

Aisling is an Irish mum living in the East Midlands in the UK. She is a HCPC registered art psychotherapist and group analyst in training with Group Analysis India. First and foremost, Aisling does not see other humans through a medicalised lens. She believes that politics permeates us to our core and that the personal is always political.



Rosie Kinchen

Rosie Kinchen is a writer and editor at the Sunday Times. She has written columns and interviews for Style and the Sunday Times Magazine and been interviewed on BBC Woman's hour. Her first book, The Ballast Seed, a memoir about motherhood, postnatal depression and the healing power of nature, was published by Weidenfeld and Nicholson in June 2022.



Molly Rowan

Molly Rowan is Director of Development at Engage Britain, a charity founded in 2019 to chart a new course for policymaking and put people at the heart of finding ways forward on the biggest challenges facing our country. She has spent more than fifteen years helping to raise many millions of pounds for a variety of not-for-profit causes. She is also a published poet, writing on motherhood and feminism. She lives in South London with her husband and two children.



Kendall Platt

Kendall Platt is The Mindful Gardening Coach. She helps time-poor women create the wellbeing garden of their dreams. She does this through her Create your Wellbeing Garden sessions, helping women to create their green haven, garden their way to calm and banish their anxiety in just 5 minutes a day. She is the founder of The Mindful Gardening Club the UK's only online gardening and floristry for wellbeing community for women who want to learn to grow their own flowers and food and feel fabulous!



Heart & Soul Doctors

The Heart & Soul Doctors, a.k.a. Dr Tara Pennington-Twist & Dr Claire Gittoes, are both Chartered Clinical Psychologists who have worked and studied in the field of Psychology for over twenty years. They are both business founders and CEOs, and importantly, both are both Mums, who too have faced challenges in adapting to pregnancy and motherhood. They are on a mission to help women, whether they are pregnant, postpartum or well into their motherhood journey, move from a place of surviving to thriving!



Charlene Douglas

Charlene Douglas is the UK's leading Sex and Intimacy Expert. She currently features on E4's Married at First Sight UK and has appeared on E4's The Sex Clinic, Good Morning Britain and TOWIE. Her purpose is to help others to enjoy the very essence of who they are and to experience a deeper level of intimacy with themselves and others. Charlene runs her own private practice where she works with both individuals and couples to help them to learn, understand and develop a better, more fulfilling sexual relationship.



Remi Sadé

Remi Sadé is a creative with a celebrated voice on topics such as social economics, politics, race, gender, sexuality, and parenting, across various platforms. Her work is mainly presented in a style which allows for her strong anthropological perspectives to be understood. Remi finds the documentation of many people to be vital in her work. She does this through the mediums of writing, film, branded content and podcasting.



Helen Thorn

Helen Thorn is an award-winning comedian, podcaster and author. She is widely known for her honest and hilarious take on parenthood, being single in her 40s and body positivity. She is co-host of one of the most popular parenting podcasts in the UK.



Cathy Reay

Cathy is a disabled single mum. She writes and speaks often on the intersection of disability and single motherhood, queerness and dating. As a polyamorous queer person with an active dating and sex life, she's working to shed the stigma around sex and love as a single parent. She's passionate about equity for marginalised groups and a huge fan of blue cheese.



Sarah Ronan

Sarah Ronan is a campaigner, writer and single mother of one. Having written about employment for years, she moved into campaigning about it and joined Pregnant Then Screwed. She worked across our campaigns throughout the pandemic, while simultaneously navigating divorce. She now works for the feminist think tank, the Women's Budget Group, where she leads their work on childcare reform.



Annabelle Williams

Annabelle Williams writes about social policy, housing, economics, finance, feminism and millennial culture. Annabelle is well known for her passion towards women's finances and has written extensively about the unique challenges that women face. She is also interested in intergenerational equality and is on the research steering committee of the Resolution Foundation, a think tank focused on improving the lives of low and middle-income people.



Amanda Redman

Amanda is an award-winning Chartered Financial Planner who runs her own financial planning business. She is author of the book 'Dare To Be Fair: how to know your worth and build yourself a better financial future' – a rallying cry for women of all ages to challenge how they value themselves and a practical guide to become a confident financial decision-maker, at home and in the workplace. Amanda Redman is the UK Corporate and Network Engagement Manager for Smartpurse.



Selina Flavius

Selina Flavius is the founder of the financial coaching and training company Black Girl Finance, she hosts a weekly podcast of the same name, and is the author of the personal-finance Book Black Girl Finance -let's talk money and creator of the Black Girl Finance Festival. She is on a mission to make money conversations more inclusive and recently won a British bank award for online financial influencer 2021. After a 15-year career in business development, she decided to follow her passion for finance, and launch as a safe space for Black women and women of colour to talk about money.



Smartpurse

Led by an award-winning founder team with more than a decade of experience in female empowerment, finance and tech, SmartPurse are a unique financial wellness platform. Through events, education and coaching, we make money simple; helping women achieve financial freedom and live more fulfilling and independent lives.



Tobi Asare

Tobi is the Founder of My Bump Pay an online platform to help women smash the glass ceiling with a baby on the way and beyond. My Bump Pay was birthed in 2018 while Tobi was navigating her first maternity leave and discovering there was an opportunity to show women how to confidently create their own success as mums or mums to be. Tobi's mission is to help women everywhere feel confident about their career, finances, life goals and motherhood.



Sophie Baron

Sophie is the Founder of UK based parent and baby digital start-up Mamamade; a fast growing direct-to-consumer business supporting parents with modern childcare products and services that improve health outcomes, normalise taboos, and increase happiness. Originally from New York, Sophie ventured to the UK to undertake a PhD before becoming Head of Operations at a fast-track tech company. In 2017, she gave birth to her first daughter and after six months, began to juggle the return to work with caring for her baby. By 2020 Mamamade had progressed beyond being a 'side-hustle' and is now the largest baby food subscription company in the UK with a community of over 70,000 parents.



Karen Farrell

Karen Farrell is a qualified mindfulness teacher and mother of a toddler and newborn! Her passion for mindfulness started when she was on maternity leave in 2019 where she wanted to learn some tools and techniques to help her cope with the worry and stress of being a first time mum. Mindfulness has helped Karen navigate the highs and lows of motherhood and she is now passionate about empowering mums to live a more mindful life by creating daily positive habits.



Brita Fernandez-Schmidt

Brita is an advocate of women's rights and equality. Over the past 25 years, she has frequently written and spoken publicly about the challenges women face all over the world. Originally from Germany, Brita went to school in Venezuela and has worked with women from many countries around the world. Brita is an author, public speaker and transformational coach. She works with organisations & businesses to create working cultures that are value-led, inclusive, innovative and sustainable. She is passionate about promoting alternative models of 'leadership' as a response to the urgent problems facing our society and world.



Shivani Uberoi

Shivani Uberoi is a certified wellbeing coach and the founder of The Wallflower Academy which provides Gender equality consulting and coaching/workshops aimed to navigate the many changes that happen during motherhood, including identity shifts and feelings of daily stress & overwhelm - which she does using science backed techniques.



Maisie Hill

Maisie Hill is a master certified life coach and menstrual cycle expert who helps women and non-binary folks to stop criticising and doubting themselves so that they go after what they want. She does this by uniquely combining a scientific understanding of the menstrual cycle (based on 15 years of experience as a women's health practitioner and doula) with mindset coaching, and a savvy understanding of the nervous system and stress responses.



Professor Pragya Agarwal

Professor Pragya Agarwal is a behavioural and data scientist and author. Her most recent book, Hysterical: Exploding the myth of gendered emotions is published in September 2022 with Canongate. She has also written a picture book for children, Standing up to Racism (Hachette, 2021). Pragya works as a consultant and speaker with organisations around the world, including universities, corporate and non-profits, and schools, delivering talks and workshops on bias, anti-racism, social inclusion, power and privilege.



Sophie Walker

Sophie Walker spent twenty years at Reuters as an international journalist. After supporting her elder daughter through a diagnosis of autism, she started campaigning for disability rights, particularly those of girls on the autism spectrum. In 2015, she helped form and led the Women's Equality Party, ran for London Mayor in 2016, and in 2017 stood for election to Westminster, campaigning for investment in care, equal pay and an end to violence against women. She is co-founder of Activate, a fund to support women from minoritised communities to stand for political office; and the author of Five Rules For Rebellion: Let's Change the World Ourselves.



Gabby Jahanshahi-Edlin

Gabby Jahanshahi-Edlin is a founder, social entrepreneur, thought leader and creative specialising in social and cultural change. In 2016 she founded the groundbreaking menstrual equity charity, Bloody Good Period, and held the role of CEO before stepping down in 2022. She has been named one of The Progress 1000: London's most influential people 2018, Top Changemaker by the Evening Standard, a Top 50 Trailblazers in Gender Equality 2021 by We Are The City and one of 100 trailblazers redefining the creative industry 2019 by The Dots.



Akeela Ahmed

Akeela Ahmed MBE is a business leader, social entrepreneur and equalities campaigner for 20 years. In 2014 she founded 'She Speaks We Hear' which gives unfiltered women's voices a platform. Akeela advises and works with government in tackling anti-Muslim hatred, sitting on the Anti-Muslim Hatred Working Group as Chair of the Independent Members. Akeela was a co-organiser of the Women's March on London and in January 2017 spoke to over one hundred thousand people at the Women's March on London.



Bee Rowlatt

Bee Rowlatt's award-winning travelogue In Search of Mary was a 'biography of the year'. She co-wrote the best-seller Talking about Jane Austen in Baghdad, which was dramatised by the BBC, and was one of Virago's Fifty Shades of Feminism. Her play about Mary Wollstonecraft debuted in London's West End, she led the campaign for the memorial sculpture for Wollstonecraft and she chairs the human rights education charity the Wollstonecraft Society. Bee has judged the Poetry Society Young Poets' award and the Stanford Dolman Travel Book of the Year award. She mostly lives at the British Library.



Katy O'Neill Gutierrez

When founder Katy - an outdoors adventurer way before parenthood - couldn't find a parent and baby walking group local to her, she set up her own. The baby hiking thing resonated with other parents and before long she was out exploring new places every week with a growing group of walking buddies. Other parents saw how much fun they were having and wanted to bring the hiking joy to their local areas - there are now new groups popping up all over the UK and the Blaze Trails community is thousands of parents strong.



Tova Leigh

Tova was born in Israel. She practiced law and worked as an Employment Attorney for two years before moving to the UK in 2006. She started her successful blog - My Thoughts About Stuff - in 2015 where she shared the struggles she faced as a mother. Her viral online series 'Mom Life Crisis' which documents her own mid life crisis resonated with millions of women across the world and later became a documentary film on Amazon Prime Video. In March 2019 Tova released her first book 'F*cked at 40: Life Beyond Suburbia, Monogamy and Stretch Marks'. Tova takes the reader on her journey of rediscovering who she is after motherhood and beyond the norms society forces upon women, whilst encouraging them to break free and just be themselves.



Clare Seal

When Clare Seal reached what seemed like a breaking point in her relationship with money in spring 2019, she turned to Instagram to make herself accountable, posting anonymously about her journey out of debt as @myfrugallyear. She immediately struck a chord, and in just one year found a following of 45k people, her posts offering advice and solidarity to a growing community of people in a similar situation. A new voice on the finance scene, Clare has already been sought out by the Telegraph, Huffington Post, Grazia and Hello! Magazine to give her opinion on topics relating to debt, money and the challenges facing millennials. Clare Seal is a working mother of two, and lives with her husband and children in South West England.



Kizzy Gardiner

Kizzy made history as the UK's first locum MP in 2019 covering the maternity leave of Stella Creasy MP. She has over a decade of experience in the charity sector and is currently working in International Development, as part of a job share, as the Head of Fundraising. With her passion for improving access to opportunities, she also leads on her organisation's equality, diversity, and inclusion portfolio. Kizzy is mum to a disabled child and lives in London.

