



Programme

AICPA & CIMA UK Women's Leadership Summit;
You Are Enough
Thursday 4 November 2021
Virtual Conference

9.15am	Registration	
9.20am	Welcome	
9.30am	The importance of staying true to ourselves Nicky Moffat CBE	
10.30am	Break	
10.45am	Breakout Sessions: Caroline Suggett Emma Gleadhill	Responding with coherence under pressure Reframing parental guilt – how to look after yourself, be more effective, and fulfilled as a working parent with limited time.
11.35am	Break	
11.50am	Breakout Sessions: Donata Vaitkute To be announced	Effective self-talk for confidence To be announced
12.20pm	Storms, Sharks & Shearwaters: Leadership Lessons from Rowing Oceans Sally Kettle	
1.00pm	Closing Remarks	

Meet the Speakers

Nicky Moffat CBE

Nicky helps companies, including leading UK, multinational and global corporations, and businesses, develop their leadership capability and talent pipelines.

Nicky's leadership insights are drawn from a 27-year career in the Armed Forces in core command, leadership, training and people development roles. Her broader experience and perspective is drawn from strategy, policy and finance roles in Army Headquarters, the Ministry of Defence and at the heart of Government.



This includes her work as Army Capability Director, in the rank of Brigadier (and the most senior woman in the Army), Nicky was responsible for the leadership, professional output and standards of 4500 officers and soldiers, and for delivering major business change. Nicky's experience as Private Secretary to the Secretary of State for Defence, during a period of close parliamentary and media scrutiny amidst fast moving-operations at home and abroad, complements her success achieved in the military.

Emma Gleadhill

Now has never been a better time to reconsider our purpose as parents, our needs, and the needs of our families as we step forward into a re-forming future in our work and homelives.

- Working with our parental inner critic (s)! Who sits on YOUR shoulder?
- Accepting parental guilt and making better use of it.
- Emerging from the clutter – focusing on YOUR core values and aims as a parent.
- What is the learning for working parents as a result of the pandemic experience?
- Role stretch in the home – how is teamwork working for you?
- Self-regulation, self-care, and self-awareness. Why it's not selfish, but the key to creativity, wholeness, and staying in connected relationship with our growing children.



Emma has a long-standing reputation for delivering transformative learning in psychological wellbeing, emotional intelligence, and healthy relationships. She works with over 60 schools throughout the UK and numerous national and international organisations as a speaker, trainer, and parenting expert.

Since the pandemic, she has worked increasingly in international corporate settings online – supporting parenting groups and contributing to mental health initiatives in forwardthinking businesses.

Her 1:1 work as a professional coach supporting families, parents, older teens, school leaders, combines with her extensive educational experience, training in child development, psychodynamic psychotherapy, and positive psychology. Her talks are very much grounded in real experiences of family life, provide inspiring and empowering insights and practical strategies.

Caroline Suggett

Caroline is a business growth coach with 20+ years' experience working with organisations. She is also accredited by the Centre for Mindfulness to teach Mindfulness in the Workplace. Caroline delivers wellbeing and mindfulness programmes, tailored workshops, online 121 coaching and drop-in sessions to leaders, managers and staff.



Donata Vaitkute

Join this session to hear from performance coach Donata Vaitkute, founder of Mental Skills Lab, who will help you understand how to leverage self-talk and positively affect your confidence through various techniques and exercises.

Donata will explain what self-talk is and how to distinguish between helpful and unhelpful internal dialogues. You will learn about various strategies to manage your negative inner voice and master self-talk to significantly boost your confidence level. You will then be able to use these techniques on your own, whenever you wish to.



Learning outcomes:

- How to distinguish between helpful and unhelpful internal dialogue
- What is the connection between self-talk and confidence?
- How to leverage self-talk effectively for a sustainable confidence boost

Donata Vaitkute is a performance coach at Mental Skills Lab. In her work, Donata combines knowledge from the performance and research contexts. She holds certifications in Stress Management and Health and Wellbeing Coaching, and helps her clients lead successful careers, improve their performance and enhance their wellbeing. During coaching sessions and seminars, Donata shares her knowledge of Performance Psychology, Sports Psychology and Applied Neuroscience to help build effective tools to overcome personal challenges.

Before starting her coaching practice, Donata graduated in Piano Performance at the Royal Conservatoire of Scotland and Performance Science at the Royal College of Music in London. While studying in London, she focused on examining the concept of Mental Toughness, and later went to present her work in various conferences and seminars in the UK, Australia, Germany and Lithuania.



Sally Kettle

As skipper of a four-woman ocean rowing team, Sally experienced the worst weather in the Atlantic for two hundred years. Facing forty-foot waves and a shark attack; it's perhaps a miracle that they made it across alive.

Sally's keynote explores some of the pragmatic approaches to understanding and coping in situations of imposed change. She will discuss team leadership and the fighting spirit needed to take on an ocean. She will also share experiences of her first successful attempt to row the Atlantic ... with her mother!



She will draw out some of many lessons she has learnt regarding leadership, team management, and the importance of a good cup of tea!

Sally is a professional speaker, presenter, and management trainer with fifteen years' experience across many sectors – from financial services to nuclear power generation. She has delivered keynote talks and inspirational presentations to a wide range of audiences across the world. In addition to world record-breaking rowing adventures, Sally has undertaken trekking expeditions, extreme sailing competitions, and humanitarian aid work. Sally was previously a producer for BBC radio, which led to writing and presenting pieces for BBC Radio 4's FourThought and the From Our Correspondent programmes.

She co-founded and is CEO of The Active Pregnancy Foundation, and also works for the mental health charity NISAD – the National Institutes for Stress, Anxiety, Depression & Behaviour Change