



# THE NEXT CHAPTER

Stories That Heal  
Futures That Grow

9 October

9:30 - 13:30

Women's Pavilion  
Expo City Dubai

## EVENT AGENDA

9.30AM - 10.00AM

### REGISTRATION AND REFRESHMENTS

9.30AM - 1.00PM

### WOMEN'S HEALTH LOUNGE

An interactive space with doctors and clinicians across specialties, offering expert insights and guidance on women's health and wellbeing led by NMC Royal Hospital DIP

10.00AM - 10.15AM

### WELCOME AND KEYNOTE



**Maha Gorton**  
Head - Women's Pavilion,  
Expo City Dubai



**Dr. Afaf Sahraoui**  
Consultant Breast, Thyroid  
& Parathyroid Surgeon at  
NMC Royal Hospital DIP

10.15AM - 10.45AM

### FIRESIDE CHAT: REAL-LIFE NARRATIVES ON LIFE AFTER BREAST CANCER

In an intimate, Majlis conversation, survivors reflect on the personal, professional, and emotional transitions that often follow recovery, spotlighting the lived experiences they have faced navigating life beyond treatment.



**Mary Patten**  
Senior Property Advisor,  
Blackbrick



**Jennifer Croes**  
Director | Conservation  
Scientist

MODERATOR



**Dina Butti**  
TV Presenter

11.00AM - 12.40PM

### CRUNCHMOMS IMPACT HOUR

An interactive session offering practical and empowering **mentorship and advice** with tools that support all women at every stage of life - from recovery to motherhood, leadership, and beyond.

#### Stress Management, Burnout & Tools for Recovery

MENTORS



**Sandy Zanella**  
Lifestyle Medicine Physician,  
Holistic Women's Health Coach



**Tanya Dharamshi**  
Counsellor, Community Support  
Services & Raymee Grief Center  
Lead

#### Holistic Wellness & Nutrition

MENTORS



**Ruhil Badiani**  
Family Physician



**Hadil T. AlKhatib**  
Certified Nutrition & Gut Health Coach

#### Mindset & New Identity

MENTORS



**Sheliza Din**  
Transformational Life  
& Business Coach



**Maureen Bannerman**  
Co-founder Menopause Hub

#### Financial Planning & Personal Finance

MENTORS



**Scheherazade Hasan**  
Wealth Coach, Financial Advisor



**Kalyani Seth Soni**  
Financial Coach



**Sarah Lombardi**  
Wealth Planner, Continental  
International Group

#### Return to Work, Career & Purpose

MENTOR



**Ashley Boots**  
Leadership Coach

#### Career Confidence - Interview & CV Advice

MENTOR



**Danielle Blizzard**  
Executive Advisor  
& Career Coach

12.40PM - 12.45PM

### CLOSING REMARKS



**Julie Nguyen**  
Co-founder, Crunchmoms

12.45PM - 01.30PM

### NETWORKING