



The Holistic wellbeing summit
reFUEL reCHARGE reDISCOVER

THE HOLISTIC WELLBEING SUMMIT

SCOTLAND-WIDE WOMEN'S CONVENING

Insight. Access. Action. Influence.

Friday 18 September 2026 | 11:00am-7:00pm
Edinburgh Napier University, Craiglockhart Campus
219 Colinton Road, Edinburgh EH14 1DJ

A full day designed to help women discover pathways, connect directly with organisations, take practical action and leave with clearer next steps.

Plan your day

Doors open for early registration at 10:30am. From 11:00am, use the Access Zones to meet participating organisations, explore live opportunities and identify the practical clinic you would most like to attend later. The plenary programme begins at 12:30pm. This agenda is provisional and may be subject to minor operational changes.

10:30-11:00	Early registration
11:00-12:00	DISCOVER & CONNECT - Access Zones, welcome networking and rolling arrivals
11:40-12:00	Clinic discovery / selection within Access Zones - delegates identify which practical clinic they want to attend later
12:00-12:15	TEA BREAK 1 + Access Zones + Participation Pulse
12:15-12:25	Final connections / late registration / move towards plenary
12:25-12:30	Seating in Bird's Nest
12:30-12:35	Opening film
12:35-12:40	Frama Aboh - Welcome & navigation
12:40-12:50	Kaukab Stewart - Opening Address
12:50-1:00	Ify Dada - Convenor proposition
1:00-1:22	Prof Kathrin Cresswell - Keynote
1:22-1:42	PRACTICAL CLINICS - three concurrent breakout sessions West Lothian College - Tolu Omokolapo-Oni: Women's Health & Wellbeing at Work Skills Development Scotland - Shona Mitchell: Practical Careers / Progression Clinic Institute for Small Business and Entrepreneurship (ISBE) - Associate Professor Poh Yen Ng & Dr Renata Osowska: Enterprise Clinic
1:42-2:17	Panel 1 - Building Life-Stage Inclusive Workplaces
2:17-2:27	Pepita Mwanga - Spoken Word / Reflection
2:27-2:57	LUNCH + Access Zones + connections
2:57-3:19	Gael Drummond - Keynote
3:19-3:59	Panel 2 - Funding Readiness, Access to Capital & Practical Routes to Growth
3:59-4:12	Abi Odedeyi - AI Productivity Lab
4:12-4:34	Dr Eleni Papagiannaki - Keynote
4:34-4:47	TEA BREAK 2 + Access Zones / networking
4:47-4:55	HWS Digital PathGrid - Reveal
4:55-5:33	Panel 3 - Return to Work, Career Change & Progression After a Break
5:33-5:43	Dr Monika Gostic - Women's Nutrition Experience
5:43-6:18	End of event conversation - Frama Aboh, Ann Pike, Professor Kathrin Cresswell, Dr Renata Osowska, Sheena Hales & Linda Scott
6:18-6:25	Participation Pulse + organisational commitments
6:25-6:30	Closing
6:30-7:00	ACT - Return to Access Hub / next-step conversations



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Practical information

Parking	Parking is free on the day and available on a first-come, first-served basis. Please use designated bays and follow campus signage.
Guest Wi-Fi	Select "Guest WiFi" on your device, open a browser and follow the registration prompts for The Cloud service.
Fire safety	Use the nearest exit if the alarm sounds; do not use lifts. Proceed to the designated assembly point. Visitors with mobility difficulties should use the nearest disabled refuge and the two-way communications panel.
Access Zones	Use the morning, breaks, lunch and the final ACT period for direct conversations, signposting and next-step connections.

IN PARTNERSHIP WITH



START • SUSTAIN • PROGRESS • BELONG

Insight. Access. Action. Influence.