

## Keynote speakers

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### Sam Smith

Sam Smith remains the only female Chief Executive of a City broking firm. She established her firm, finnCap, in 2007 having orchestrated the buy-out of a small broking subsidiary of a private client stockbroking firm – today finnCap is ranked No1 Nominated Adviser and Broker to AIM companies.

Sam qualified as a Chartered Accountant at KPMG and is a University of Bristol alumna. Sam is passionate about ensuring that girls and women see only opportunities rather than barriers to success in whatever industry they want to be in. Outside her duties as the CEO, Sam is actively involved in various mentoring projects and organizations such as Pinky Lilani's "Women of the Future" awards, of which Sam is a former winner. Sam is also a patron for the Modern Muse project, aimed at millions of young girls throughout the UK to encourage and inspire them to look at business careers and entrepreneurship as a way to achieve their dreams.



### Bryony Gordon

Bryony Gordon has become one of the UK's best-loved writers. She is the author of the best-selling *The Wrong Knickers* plus *The Sunday Times* Number One best-seller *Mad Girl* which was nominated for a British Book Award. Bryony's new book 'Eat, Drink, Run: How I Got Fit Without Going Too Mad' was published in May 2018. Her weekly column in the *Sunday Telegraph* has won her an army of fans who have followed her journey from single girl about town to – finally! – settled mum. Bryony's work in raising awareness about mental health issues has been widely acclaimed. Bryony has run the marathon twice for Heads Together and interviewed Prince Harry in the first episode of her podcast, *Mad World*. Bryony is now 37 and lives in Nappy Valley (Clapham) with her daughter Edie and her husband, a financial journalist.

## Cityparents presenter

### Helen Beedham

Helen Beedham joined Cityparents in 2014 and is now a Director, leading our Cityworks network for employers and managing our corporate relationships. Prior to Cityparents, she worked in management consulting for 15 years helping major corporate and Government clients to implement organisational, HR and people-related changes. She is married with two grown-up step-children and a daughter in primary school and lives in Kent. She is also on the Committee for the Women's Network at Trinity College Cambridge.



## Panellists

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**Anita Cleare** is a parenting speaker, writer and coach who supports working parents to balance successful careers with being a parent. With an academic background in developmental psychology, Anita founded the **Positive Parenting Project** to help parents cut through the fads and fashions of parenting advice and focus on using simple evidence-based approaches in ways that work. An accredited Triple P® parenting facilitator, Anita worked for local authority children’s services for nine years, setting up and managing specialist family support services. She speaks at local and national events across the country and delivers seminars, workshops and one-to-one parenting support. Anita has a talent for helping parents step back and reflect on parent-child dynamics and implement small changes that make a huge difference. She writes the award-nominated parenting blog ‘Thinking Parenting’.



**Catherine Lang-Anderson** is Counsel in the banking practice at Allen & Overy. Catherine’s experience encompasses general lending and international financing structures, trade and commodity finance, project finance, property finance and restructurings. She is a key member of our global trade, commodities and supply chain finance practice. Catherine was based in our Moscow office for three years and has advised on many trade and commodity finance in the region, including on deals in Russia, Ukraine, Belarus, Kazakhstan and Azerbaijan. She also regularly advises on African deals including landmark African trade financings. Catherine advises UK and global industry bodies on legal and regulatory issues affecting the trade and commodity finance community and is a regular contributor to trade finance publications.



**David Murphy** is an employment lawyer who guides businesses through difficult workplace situations and advises senior individuals when they join and leave their employers or face problems during their employment. Most of his clients are firms and individuals in the financial services and professional services sectors. David delivers training to the CIPD and has spoken about maternity rights on Channel 5 News. He co-authored the UK Employment Rights section of The Practitioner’s Guide to Global Investigations and has featured in City AM’s “Ask the Guru” column. He has written articles for the Telegraph, Personnel Today and hrlaw.co.uk and he edited City HR’s best practice guide on bullying and harassment.



**Esther Cavett** is an accredited coach, qualified in psychological coaching (see [www.eshercavettcoaching.co.uk](http://www.eshercavettcoaching.co.uk)). She focusses on business performance, interpersonal skills, and stress management, including procrastination and time management. She has a special interest in helping mid-career and senior professionals reach their potential and assisting those in transition to work in a new context. Esther succeeded at the highest level in the legal profession, becoming a senior partner in a major city law firm, which means she understands the pressures people can be under in a business environment, but she had a distinguished first (and now resumed) career as a performing and academic musician, which gives her insight into a completely different field and an understanding of elite performance management.



**Geraldine Gallacher** is MD of the **Executive Coaching Consultancy** which she started in 1994, as one of the first executive coaching providers, and now has 35 coaches internationally serving a wide range of industries. Geraldine possesses an unrivalled depth and breadth of experience as a coach and has worked with top teams and individuals across a wide range of industries. She is fast paced and has a talent for galvanising people into action. Geraldine is frequently described by her clients as challenging, pragmatic, and insightful. Recent training in neuroscience enhances her performance-focused coaching.



**Grace Marshall** is an author, coach and Productivity Ninja, who loves helping people live and work with more brilliance and less burnout. She coaches at **Grace-Marshall.com**, runs workshops and speaks at conferences as a Productivity Ninja with Think Productive, and her latest book, “How to be REALLY Productive” was named Best Commuter’s Read in the CMI/ British Library 2017 Management Book of the Year Awards.

## Panellists continued

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**Jenny Whiteman** is a senior lawyer in Hermes Investment Management's legal team. Her specialisms include outsourcing arrangements, data protection and commercial contracts. Jenny started her career in the City at the law firm Eversheds, as a trainee solicitor. Jenny was seconded to Hermes in early 2008 and enjoyed in-house life so much that she became a permanent member of the Hermes team. At Hermes, Jenny has been involved in establishing Unity – the Hermes diversity and inclusion group, and has recently become the Chair. Unity has organised several awareness-raising events for Hermes staff, covering topics such as mental health and wellbeing, men's health and celebrating female employees from all over the organisation. In addition, Jenny took a key role in organising Hermes' first Pride week.



**Jo Dooley** is Allen & Overy's Diversity & Inclusion Manager. She has a wide range of experience working across all strands of diversity and inclusive working practices that support diverse working cultures.



**Louise Skinner** is a partner in Morgan Lewis' Labour and Employment group in London. In her day job, Louise provides strategic advice on all aspects of employment law, with emphasis on regulatory employment matters and cases with a US/UK nexus. Louise has a particular interest in matters concerning equality and diversity in the workplace, regularly conducting investigations into workplace culture and advising on harassment prevention, crisis management and remediation. In addition, Louise advises clients on issues relating to the gender pay gap, including equal pay, parental rights, quotas, and positive action in both recruitment and promotion. Louise also has significant experience in the financial services sector, advising extensively on employment aspects of cross-border regulatory investigations and connected litigation, assessments of fitness and propriety and regulatory references.



**Michael Brown** runs his own training consultancy, specializing in building leadership, team development and negotiation skills. He has been working with complex international organizations such as Cisco, Telefonica and Morgan Stanley for nearly 20 years. Over that time he has worked face to face with nearly 10,000 people in organisations of all shapes and sizes. This has given him an in-depth personal insight into their hopes, fears and challenges as they try to keep ahead in a rapidly evolving and increasingly dysfunctional workplace. His recently published book "My Job Isn't Working!" shares the ten ways to boost career mojo he has road-tested with learners over the years.



**Nadim Saad** is a Parenting Coach and the author of five books including the highly acclaimed Kids Don't Come With a Manual. Nadim drew from the latest research in child psychology and neuroscience as well as his own experience as a father of three to develop a programme of highly effective tools that have changed the lives of thousands of families. Besides his books and lectures, he has created children's workshops with experienced child psychotherapists to develop children's emotional intelligence and their confidence. Nadim is also a regular speaker on parenting themes for leading companies such as Barclays, HSBC, Google & JP Morgan, and he is regularly featured in leading media publications such as The Sunday Times, The Telegraph, The Guardian and the BBC.



**Nick Elston** is an Inspirational Speaker on Mental Health, OCD, GAD (Generalised Anxiety Disorder) & Anxiety. Nick shares his own experiences but most importantly delivers tips on managing Anxiety in Life & Business in what has been described as his 'brutally honest, emotional, funny & utterly engaging style!'

## Panellists continued

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**Rachel Vecht** has a Primary PGCE from London University, Institute of Education and worked as a teacher in both the state and independent sector. She has also been a university teacher training lecturer and mentor to student teachers and a literacy consultant to schools. She founded 'Educating Matters' 18 years ago and delivers seminars, webinars, workshops, coaching and clinics to thousands of parents in the corporate and public sector. She draws on her experiences as a teacher but also the real, every day experience of being a mother to 4 children and the challenge of balancing work and family. Her support aims to equip parents and carers with the skills necessary to maximise the quality of precious time they spend with their children at home and get the very best out of them. In addition to her work in the corporate setting, she provides talks in schools and delivers a ten week 'Positive Parenting and Family Skills' course and 1:1 consultations for parents across the UK, covering more generic guidance on raising children.



**Rebecca Hourston** is a Managing Director at Talking Talent, an award-winning global coaching consultancy dedicated for over a decade to improving gender balance at the top of the world's leading organisations. Their programmes for Working Parents, Women in Leadership, Wellbeing and Inclusion with Purpose are proven to ignite organisation-wide behavioural shifts and provide strong return on investment, and are sought-after by UBS, Barclays, EY, Siemens, Linklaters, WPP Group, GlaxoSmithKline, the World Food Programme, and many more.



**Rob Bravo** is an Executive Coach and business owner with over 15 years' experience working across a broad range of business sectors and roles. He is passionate about working with individuals to increase self-awareness, focus on goals and motivate individuals to achieve behavioural change. Rob's background is a senior HR professional with 25 years commercial experience encompassing Human Resource Management, Learning & Development and Marketing for international global blue chip organisations. He has undertaken a variety of Marketing and HR roles where he built his passion for facilitating the development of leadership and personal capabilities. Rob's training at the Bangor University Centre for Mindfulness Research & Practice to deliver mindfulness based approaches (including Mindfulness Based Stress Reduction (MBSR) programmes) Rob is also experienced in the use and interpretation of a range of psychometric instruments including MBTI, NLP, Insights & DISC as well as a wide variety of leadership and management models.



**Susanna Robinson** is a Senior PR Manager at Allen & Overy and heads up the UK PR team. Susanna has been at A&O since 2014 and specialises in communications and reputation management for the Banking and Finance practice. Prior to working at A&O, Susanna has held a number of senior PR positions in agencies in London and Hong Kong.



**Toni Graves** is a highly experienced HR professional with an in depth knowledge and understanding of the professional services sector. She started her career at PwC where, as a chartered accountant, she led large audit teams working with global clients. After 10 years in client facing roles she decided to try something new and moved into an operational management role which subsequently allowed her to transition into human resources. With her background in finance, she went on to shape and drive the reward strategy for the firm and became a member of the HR leadership team with responsibility for reward, benefits, employee relations and global HR projects. She joined Allen & Overy three years ago as Global Head of Reward, Benefits and Wellbeing. She is responsible for A&O's global wellbeing strategy – a subject she is passionate about. She has been instrumental in advising the Board on how to improve and support mental health in the workplace and setting up the firm's current team of mental health champions.