2-6 MARCH

FIVE DAYS OF EMPOWERING EVENTS AT FORA

#EachforEqual

EVENT LOCATIONS:

- Fora - Spitalfields
  35-41 Folgate St. E1 6BX
- Fora - Old St.
  71 Central St. EC1V 8AB
- Fora - Soho
  33 Broadwick St. W1F 0DQ
- Fora - Reading
  Thames Tower. RG1 1LX
- Fora - Borough
  180 Borough High St. SE1 1LB
- Fora - Fitzrovia
  16-19 Eastcastle St. W1F 8DY
- Fora - Southwark
  241 Southwark Bridge Rd. SE1 6FP
- Fora - Great Eastern St
  21-33 Great Eastern St. EC2A 3EJ
- Fora - Brick Lane
  42-46 Princelet Street, E1 5LP
**MON 02**

**Workplace negotiation workshop**

*She Wins*

A 90-minute session with She Wins founders Kate Pljaskovova and Clare Sulcliffe, where you’ll brush up on the essential skills needed to succeed in the modern workplace.

**TUES 03**

**Exploring the modern woman**

*Her Story Matters*

A discussion exploring the evolution and impact of women in society and the part each of us plays today. With panelists Feranak Amidi (BBC), Daniella Blechner (Conscious Dreams Publishing), Jessica Lynn (Kinsey Institute) and Marcia M Spence (Publisher).

**WEDS 04**

**Can exercise boost your career?**

*Frame*

Join Pip Black, Co-Founder of Frame - a new type of gym that has been dishing out sweet endorphins since 2009, as she discusses the role of exercise as a key tool for building a successful career.

**THURS 05**

**How can we get equality in comedy?**

*Tortoise Media*

An open forum led by Tortoise alongside comedians Arabella Weir, Kyle Wallace and Laura Smyth to discuss their thoughts and share ideas on gender inequality in comedy.

**MON 02**

**Kick-ass female founders on a mission to change the world!**

*BALANCE*

BALANCE Founder Sophie Scott, hosts a panel of inspiring female founders, including Kristina Karlsson (Kikki.K), Saasha Celestial-One (OLIO), Sam Moyo (Morning Gloryville), Sarah Brookes (YES YES) and Kate Pljaskovova (She Wins).

**TUES 03**

**Wiggle for wellness**

*Stronger with Seema*

Embrace your body with one of the UK’s most successful Burlesque artists, Miss Polly Rae for this uplifting dance class - a female empowerment and wellbeing experience, followed by drinks. This class is designed for absolute beginners.

**WEDS 04**

**Creating gender equality in the workplace through company culture**

*Dropbox*

Chaired by journalist and author Helen Parton, in conversation with Fora Residents, Dropbox, as they discuss boosting gender equality through company culture.

**FRI 05**

**Four female heroes**

*Design Anthology UK*

Design Anthology magazine hosts four inspiring women: Libby Sellers (Libby Sellers Gallery), Biba Dow (Dow Jones Architects), Spandana Gopal (Tiipoi) and Fora Resident, Sherry Dobin (Future City), who will each speak about a female hero.

**MON 02**

**Big Boost Mondays: Women in Tech**

*Ditto*

A panel discussion with Jennifer Steele (Genesis Global Technology), Shilpa Shah (Deloitte UK), Tasha Chouhan (Starling Bank) all from tech-related fields, exploring the challenges and triumphs women face throughout their tech careers.

**TUES 03**

**Wellness & the female founder**

*Gossip Girl Gang*

A panel discussion with three remarkable women including Jo Tutcher-Sharp (Scamp & Dude), Sarah Burns (Smart Works) and Joy Foster (Tech D’sa (WERKING), Clare Coates (Head of Large Corporate at Barclays)

**WEDS 04**

**Coming out of the shadow - Equality in contemporary art**

*UNFRAME*

London based contemporary artists Caro Halford and Janet Currier host a discussion that looks at the position of female artists in contemporary art.

**FRI 05**

**Inspire. Inform. Celebrate**

*LGBTQ Women*

LGBTQ Women host a panel and networking evening to inspire guests on LGBTQ issues and celebrate achievement. Panelists are Alexandra D’sa (WERKING), Clare Coates (Head of Large Corporate at Barclays Payments), Charlie Martin (Racing Driver) and Ruth O’Gould (Met Police).