



INSPIRE · NETWORK · GROW

MEAT BUSINESS WOMEN BUILD YOUR TRIBE

Speed Networking & Personal Development

Time	Session & Speakers
9.30am	Arrival & Registration Refreshments served
10.15am	Welcome Laura Ryan, Global Chair, Meat Business Women Caroline Gorton, Managing Director, HSBC
10.25am – 10.45am	The Networking Mindset: Getting strategic with your network Janie Van Hool, Facilitator, Coach & Author
10.45am – 11.40am	Speed Networking: 'Ta-da!' How to bring yourself into conversations Janie Van Hool
11.45am -11.55am	My Story Hannah Cargill, Contract Production Manager, Avara Foods
11.55am – 12.15pm	Fireside Chat Helen Sisson, Technical Director, 2 Sisters Food Group In conversation with Harriet Wilson, Partnerships Director, MBW
12.15pm-1.10pm	Networking lunch
1.10pm-1.15pm	Welcome back Laura Ryan
1.15pm-1.25pm	My Story Eva McHugh, Key Account Manager, MSD Animal Health
1.25pm – 1.35pm	My Story Saiqa Aslam, Group Supplier Assurance Controller, Cranswick
1.35pm – 2.35pm	Speed Networking: Getting Connected & Building Your Network Janie Van Hool
2.35pm – 3.05pm	Keynote speaker: Insights from a leader Industry Leader
3.05pm – 3.15pm	What next for Meat Business Women in 2025? Harriet Wilson/Bex Fearon
3.20pm	Close