

# Winspiration

## EVENT AGENDA

📅 Wednesday, May 31, 2023

📍 India-Bengaluru

🌐 <https://events.swissnexindia.org/Winspiration>

### SESSION TRACKS

In-Person @ Swissnex in India Premises

Hybrid: In-Person at Swissnex and On Zoom

### SESSION TYPES

📋 Registration    🙋 Welcome note    📺 Presentation    🎤 Keynote

🍴 Lunch    ⌚ Break    ☕ Tea

## Day - 1 : Wednesday, May 31, 2023

### TIME

### SESSION DETAILS

09:15 AM



#### Registration

15m

📍 Ground Floor, Swissnex in India

In-Person @ Swissnex in India Premises

09:30 AM



#### Welcome & Context Setting

5m

📍 Ground Floor, Swissnex in India

In-Person @ Swissnex in India Premises

De deepika.prithviraj

09:35 AM



#### Workshop: Unconscious Bias

2h 40m

📍 Ground Floor, Swissnex in India

In-Person @ Swissnex in India Premises





 Meghna Singhee

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Hybrid: In-Person at Swissnex and On Zoom

## SESSION TYPES

 Registration  Welcome note  Presentation  Keynote

 Lunch  Break  Tea

## Day - 1 : Wednesday, May 31, 2023

### TIME


### SESSION DETAILS

12:15 PM

5m



### Welcome Note

 Ground Floor, Swissnex in India

In-Person @ Swissnex in India Premises




Jonas Brunschwig

12:20 PM

40m



### ★ Panel: Gender Diversity in the Workplace and Across Industries

 Ground Floor, Swissnex in India

In-Person @ Swissnex in India Premises



Priyadarshi Bhattacharya



Dr. Sanjana Rao



Dr. Elisa Streuli




Daniel Kraft

01:00 PM

1h



### Lunch

 Ground Floor, Swissnex in India

In-Person @ Swissnex in India Premises

02:00 PM

10m



### Swissnex's Role in India

 Hybrid: Swissnex Premise & On Zoom

Hybrid: In-Person at Swissnex and On Zoom







swetha.suresh

## SESSION TRACKS

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## Day - 1 : Wednesday, May 31, 2023

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02:10 PM

15m



### KeyNote: A Woman's Reproductive Journey: From Menarche to Menopause

 Hybrid: Swissnex Premise & On Zoom

Hybrid: In-Person at Swissnex and On Zoom



Geraldine Lüdi

02:25 PM

40m



### ★ RoundTable: Mastering the Monthly Cycle: How Can Women Best Leverage Hormonal Changes to Achieve Optimal Health and Daily Performance

 Hybrid: Swissnex Premise & On Zoom

Hybrid: In-Person at Swissnex and On Zoom



Dr. Elisa Streuli



Oana Gharbi



Claire Dixon



Dr. Smitha Avula



Geraldine Lüdi

03:05 PM

15m



### Break

 Hybrid: Swissnex Premise & On Zoom





Hybrid: In-Person at Swissnex and On Zoom

## SESSION TRACKS

In-Person @ Swissnex in India Premises

Hybrid: In-Person at Swissnex and On Zoom

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### SESSION DETAILS

03:20 PM

40m



### ★ RoundTable: Managing Menopause and Career Ambitions: Strategies for Success Throughout the Final Body Transformation

 Hybrid: Swissnex Premise & On Zoom

Hybrid: In-Person at Swissnex and On Zoom



Dr. Sanjana Rao



Dr. Elisa Streuli



Cindy Moy Carr



Nitya Dintakurti



Elizabeth Gazda




Geraldine Lüdi

04:00 PM

30m



### Closure & Networking

 Ground Floor, Swissnex in India

In-Person @ Swissnex in India Premises

