ViaVita Health Ltd

Women, Work & Wellbeing event

23rd September 2026

Regents University London

Empowering the future of your workforce

Join our Women, Work and Wellbeing event this September, for a vibrant full-day experience filled with inspiring speakers, energising sessions and meaningful connections, designed to help women feel empowered, supported and ready to thrive at work.

Ticket costs:

£499 + VAT per person
Or
£379 + VAT per person for group bookings of 5+ attendees

Limited tickets available

Book by 10th July to secure your space

Book your tickets at: www.viavitahealth.co.uk/events-2026

Meet Our Speakers

Faye Edwards

International Fitness Presenter and Celebrity Trainer Faye Edwards is an innovative wellbeing expert and the founder of F.I.T (Faye's Intentional Training). Faye brings positive influence and infectious energy, uplifting individuals to find joy through fitness.

Zoë Thompson

Leadership and Performance Coach with 20 years in police leadership and a business owner for 8 years. Zoë is an Accredited Master and Executive Coach, and former international strongwoman competitor who helps high-achieving professionals create aligned success.

Stephanie Windsor

CEO of CloudBenefits, pension and benefits expert, financial adviser and inspirational speaker, passionate about improving financial wellbeing and confidence.

Clarissa Lenherr

Registered nutritionist and leading voice in workplace wellness, with specialist expertise in women's gut health and its impact on overall women's wellbeing.

Em Wilson

Highly accomplished digital marketing strategist, Em helps women build a strong and confident online presence, using LinkedIn to boost visibility, credibility and career opportunities.

Phoebe Greenacre

Somatic therapist, nervous system coach, helping women uncover hidden patterns to feel calmer, sleep better, and reconnect with themselves, making self-care simple, restorative, and sustainable.

Dr Reem Hasan

Chief Medical Officer at InHealth, GP, health expert speaker, and leader of Women's Charity Clinic, Dr Reem is a leading voice in women's health, helping organisations better understand and support women in the workplace.

Sharron Moffatt

Cancer awareness survivor and educator, Mental Health trainer, and inspirational speaker. Sharron shares her lived experience while challenging the stigma surrounding cancer in the workplace.

Sarah Fellows

Physiotherapist specialising in musculoskeletal and pelvic health, a focus on nervous system regulation and holistic wellbeing, supporting recovery through an evidence-informed approach.

Women, Work and Wellbeing

23.09.2026 | 9.00 AM - 3.00 PM

ViaVita Health Ltd

9.00 AM – 9.30 AM: Registration and refreshments

Register and enjoy a selection of teas and pastries

9.30 AM – 9.50 AM: Faye's fitness keynote

Speaker: Faye Edwards

Faye is kicking things off with a motivating and energising session to get you on your feet and uplifted for the day ahead

9.50 AM – 10.30 AM: Inspiring women's panel

Our first expert-led panel brings together leaders from across big corporate brands to discuss workplace wellbeing and culture, and offers practical insights on supporting women in the workplace that you can take straight back to your organisation

10.30 AM – 10.45 AM: Break

Time to stretch your legs and refresh with a tea or coffee break

10.50 AM – 11.20 AM: Workshop session 1

Immerse yourself in the first breakout workshop of your choice, with inspiring sessions covering Financial Wellbeing, Women's Nutrition, The Nervous System Shift, Build Your Brand, and Mind Body Focus

11.30 AM – 12.00 PM: Workshop session 2

Join your chosen second breakout workshop of the day

12.00 PM – 12.45 PM: Lunch and networking

Enjoy a relaxed lunch break featuring a selection of proteins, salads, artisan breads, and fresh fruit. An opportunity to network, connect with like-minded attendees, and explore our Wellbeing Village at your leisure

12.45 PM – 1.30 PM: Main panel event

Speakers: Dr Reem Hasan, Sarah Fellows & Sharron Moffatt

Our second panel brings together women's health GP specialist, leading Physiotherapist and cancer survivor and awareness advocate. Expect honest conversations about women's health and hear about lived experiences which will give actionable takeaways designed to inform, inspire and empower you

1.30 PM – 2.00 PM: Closing keynote

Speaker: Zoë Thompson

Zoë closes the day with a powerful, story-led session on building unshakeable confidence through action, leaving you with practical tools to step into your next level, create aligned success, and build lasting courage. An uplifting message that moves from inspiration to implementation

2.00 PM – 3.00 PM: Networking and wellbeing village

Enjoy some further time to connect with fellow attendees and browse our Wellbeing Village at your leisure

2.30 PM – 3.00 PM: Optional exercise classes

Why not end the day feeling your best, choose between a calming Pilates session with Sarah or an energising fitness class with Faye - **remember to bring comfortable clothes if taking part in an exercise class**

Women, Work and Wellbeing

Breakout workshops

Choose two breakout workshops to attend during the day. Each session is designed to inspire, educate, and equip you with practical tools to support your wellbeing, confidence, and personal growth

Workshop 1
Financial Wellbeing with Stephanie Windsor
Build confidence in your financial future, with practical guidance to help you feel more in control of your money and long-term wellbeing

Workshop 2
Nutrition and Gut Health with Clarissa Lenherr
Explore the connection between women's nutrition, gut health, and energy, whilst learning simple, evidence-based ways to support your body

Workshop 3
The Nervous System Shift with Phoebe Greenacre
Understand somatic practices, nervous system education, and practical self-care tools to help you shift out of overwhelm, reconnect with your body, and create a deeper sense of calm in everyday life

Workshop 4
Build Your Brand with Em Wilson
Learn how to confidently strengthen your professional online presence to support your career goals and build your brand

Book your tickets at: www.viavitahealth.co.uk/events-2026

Tickets & Booking

Secure your place and enjoy a full day dedicated to your health, growth, and connection.

Ticket options

Standard price per ticket:
£499 + VAT per person
Group bookings of 5+ attendees:
£379 + VAT per person

Limited tickets available
Book by 10th July to secure your space

Scan here to book your space now

What's included

Your ticket includes:

- ✓ Access to all main stage sessions and panel discussions
- ✓ Choice of two breakout workshops
- ✓ Lunch and refreshments throughout the day
- ✓ Access to our Wellbeing Village
- ✓ Opportunities to network and connect with like-minded attendees
- ✓ Wellbeing goodie bags

How to book

Booking your place is simple:

- Visit: www.viavitahealth.co.uk/events-2026
- Follow the steps to secure your ticket
- Select your preferred workshops

Terms and conditions

Please note that all tickets are non-refundable. If you are unable to attend, tickets may be transferred to another individual with prior notice to our team, including the updated attendee details.