



MELBOURNE CENTRE
FOR WOMEN'S MENTAL HEALTH

EMPOWERING WOMEN: A SUMMIT FOR GROWTH, POWER AND PURPOSE

FRIDAY 24TH OCTOBER, 2025

SUMMIT PROGRAM

Time

8:30-9:00	Registration Open: Attendees check in
9:00-9:15	Dr Sonja Skocic: Opening Remarks
9:15-9:45	Anu Francis PLY: Keynote Speech
9:45-10:20	Jo Stanley: Keynote Speech
10:20-10:45	Panel Discussion: Women Leading Change
10:45-11:00	Morning Tea: Served on tables
11:00-11:30	Antoinette Braybrook AM: Keynote Speech
11:30-11:50	Ana Asanovic: 'Storytelling for Change: Healing, Growth & Community for Migrant Women'
11:50-12:15	Jo Smyth: Finding My Voice: Empowering Women Through Story Telling
12:15-12:45	Panel Discussion - Women's Storytelling
12:45-1:45	Networking Lunch in the QV courtyard
1:45-2:05	Adele Kincses: The Female Athlete Experience with RED-S
2:05-2:25	Diane Rennard: Nutrition's Role in Mood, Gut Health & Fertility
2:25-3:00	Emily Moore: Head in the Game: Tackling Gender Gaps in Sports & Concussion Research
3:00-3:30	Cathy Williams: Intuition, Your Body of Knowledge
3:30-3:45	Afternoon Tea: Served on tables
3:45-4:15	Panel Discussion - Mind Body Woman
4:15-4:45	Danijela Glogovac: Keynote Speech
4:45-5:00	Dr Sonja Skocic: Closing Remarks