

Theme

Spring Forth  
**Standout**

**EVENT  
BROCHURE**



**18th - 20th**  
October, 2022



**9am - 3pm**  
Daily



**Eko Hotel & Suites Victoria Island, Lagos**

Registration

7.30am

Tea Time / Showcasing Lagos Achievements & COWLSO Memories

8.30am - 8.50am

LECTURE 1: Utilizing Technology to Manage Business and Market Changes.

9.00am - 9.40am

Facilitator: Mrs. Abimbola Adebakin

Chairman of Session: Mrs. Olabode Toluwalope Ademola

Opening Ceremony

9.50am - 11.50am

Lunch / Shopping / Medical Screening / Legal Clinic

11.50am - 1.20pm

LECTURE 2: Our Health: A Challenge and A Call To Reference

1.30pm - 2.30pm

Panelists:

Prof. Akin Abayomi

Dr. Yemisi Akpan

Lara Kudayisi

Chairman of Session: Dr. Folashade Fadare

Stretch Out - LSHSC Physiotherapists

2.35pm - 2.45pm

LECTURE 3: My Civic Responsibility; My Power

2.50pm - 3.30pm

Panelists: Hon. Ayo Omidiran

Chairman of Session: Princess Aderemi Adebowale

# DAY 2

Tea Time / Day One Recap

8.00am - 8.50am

LECTURE 4: Roles of Women in Educational Development in Nigeria

9.00am - 9.40am

Facilitator: Mrs. Adeyoyin Adesina

Chairman of Session: Mrs. Lai Koiki

LECTURE 5: Insecurity: A Threat to National Development

9.50am -10.30am

Facilitator: Mr. Babajide Kolade-Otitoju

Chairman of Session: Former CP Fatai Owoseni

Stretch Out - LSHSC Physiotherapists

10.35am – 10.45am

LECTURE 6: Mastering Parenting in A Gen-Z World

10.50am - 11.30am

Facilitator: Mrs. Wendy Ologe

Chairman of Session: Dr. Nike Osa

LECTURE 7: Overcoming Adversity With Confidence

11.40am - 12.20pm

Facilitator: Dr. Izeduwa Derex-Briggs

Chairman of Session: Mrs. Ola Ibitoye

Light Refreshment and Networking

12.30pm – 1.10pm

Shopping / Medical Dental Checkups / Legal Clinic

1.20pm - 4.00pm

Gala Night

6.00pm - 10.00pm

# DAY 3

Tea Time / Day Two Recap

8.00am - 9.00am

LECTURE 8: Smart Investment Options for The Forward-Thinking Woman

9.00am - 9.45am

Facilitator: Mrs. Kafilat Araoye

Chairman of Session: Dr. Oyeyemi Ayoola

Conference Recap and Feedback

9.55am - 10.45am

Closing Ceremony

10.50am - 12.50pm

Shopping! Shopping!! Shopping!!!

12.50pm - 4.00pm