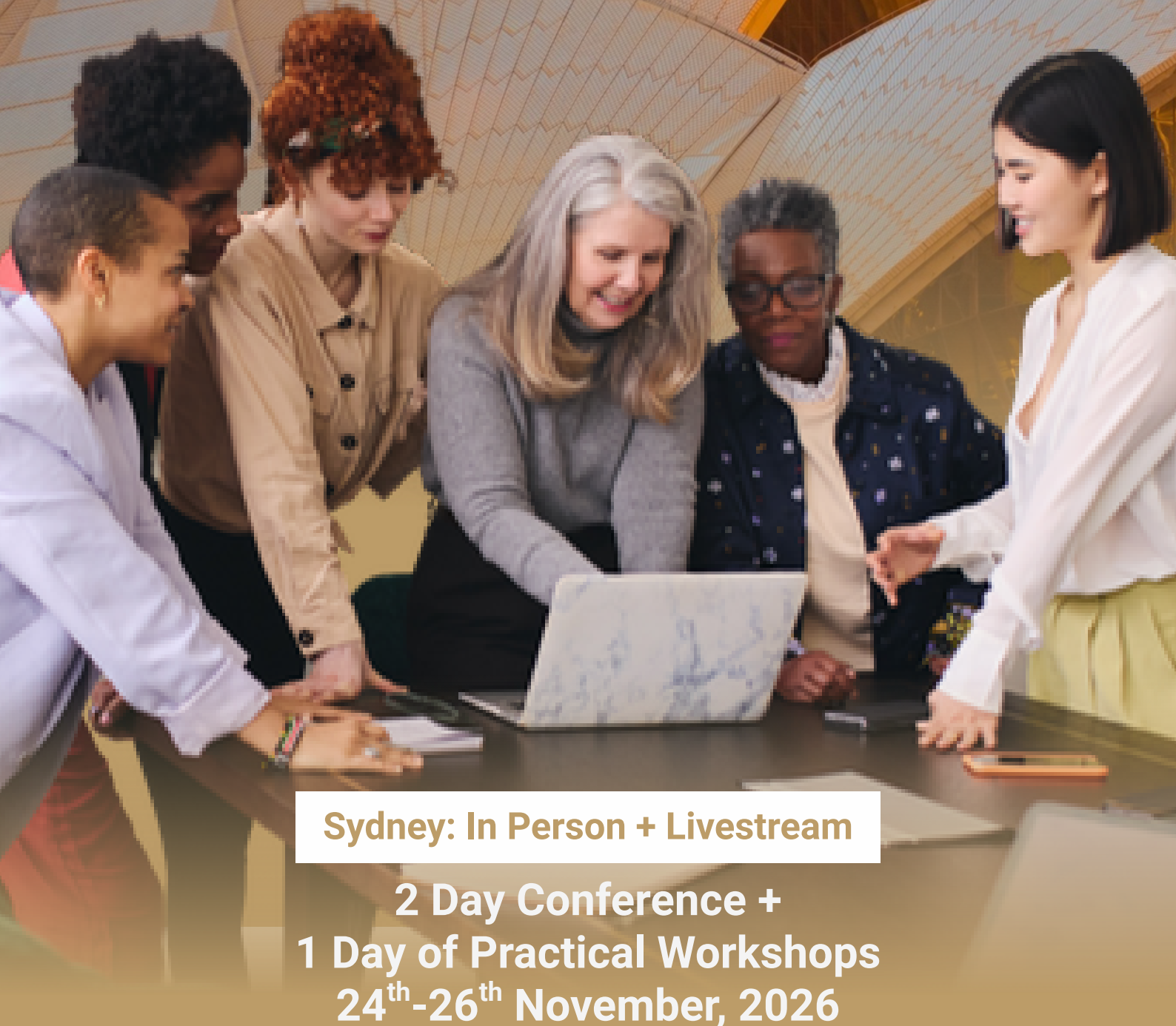




The Leadership
INSTITUTE

HEALTH, WEALTH & WELLBEING FOR WOMEN



Sydney: In Person + Livestream

**2 Day Conference +
1 Day of Practical Workshops
24th-26th November, 2026**

Your Health. Your Wealth. Your Time.

You know your body isn't being listened to. You know the number on your super statement doesn't add up to the retirement you were promised. This is the day you stop working around a system that wasn't built for you, and start working with information that is.

Health, Wealth & Wellbeing for Women is two days built entirely around what women actually need to know — not what everyone assumes we already do. Day One puts the real research about your body on the table: the misdiagnoses, the funding gaps, the midlife shifts nobody warned you about, and what to do instead of guessing. Day Two hands you the financial tools you were never taught — how to close the super gap, invest with confidence, and build financial security that doesn't depend on anyone else.

No jargon. No filler. No assuming you already know. Just evidence-based sessions from experts who specialise in women, delivered straight, so you can walk out and use it that same afternoon.

Come for a single day, or make it both. Bring a friend, a colleague, your mother, your daughter. Held in the heart of the Sydney CBD at City Recital Hall, Angel Place. This is your health. Your wealth. Your wellbeing. Time to know what's actually true — and do something about it.



Dana Lightbody, CEO | The Leadership Institute
T: 02 8294 2044 |
E: info@theleadershipinstitute.com.au



Leaders doing the work, not talking about it.



Effie Zahos

Money Editor, 9News | Editor-at-Large, Canstar | Author, Ditch the Debt and Get Rich and A Real Girl's Guide to Money

Effie Zahos is one of Australia's most trusted personal finance experts, known for making money simple and practical. A former editor of Money magazine, she serves on the boards of Ecstra Foundation and InvestSMART, and is the bestselling author of Ditch the Debt and Get Rich, A Real Girl's Guide to Money, and the children's book The Great \$20 Adventure.



Shelly Horton

Shelly Horton, Journalist, TV Presenter and Women's Health Advocate | Author, I'm Your Peri Godmother | Co-Founder, Don't Sweat It

Shelly Horton is one of Australia's most recognisable television journalists and the country's loudest voice on perimenopause. Across a 30-year career she has reported for the ABC, Channel Seven and Fairfax, and spent a decade at Channel Nine as a weekly presence on Today and Today Extra. She founded ShellShocked Media, co-founded menopause workplace training company Don't Sweat It with Dr Ginni Mansberg, and is the author of I'm Your Peri Godmother. She spoke at the first parliamentary round table on menopause in 2023 and stood alongside the Health Minister at the launch of Australia's first national menopause and perimenopause awareness campaign in 2026.



Keynote Speaker TBA

Position
Company



Keynote Speaker TBA

Position
Company



Keynote Speaker TBA

Position
Company



Keynote Speaker TBA

Position
Company

CONFERENCE LOGISTICS

Physical Attendance



DAY 1
Women's Health & Wellbeing
24th November

DAY 2
Finance and Wealth Creation
25th November

DAY 3
Practical Workshops
26th November



START/FINISH
9:00AM – 4:30PM



VENUE
City Recital Hall



ADDRESS
2 Angel Pl, Sydney
NSW 2000



Morning Tea, Lunch and Afternoon Tea are NOT provided.

Livestream.

WHAT TO EXPECT:

Join the Health, Wealth & Wellbeing for Women 2026 live from anywhere in Australia. The livestream experience is designed for delegates who want to engage deeply with the content, hear directly from speakers and take part in key conversations without being in the room.

Livestream delegates will have access to all mainstage sessions, with opportunities to engage through the event platform and connect with the ideas shaping Indigenous leadership in this defining moment.

Whether you are joining from your workplace or home, the livestream offers a considered and accessible way to participate in the summit.

WHAT YOU'LL NEED:



Computer and stable internet connection



Interaction with delegates and speakers throughout the event via event app



Quiet room or office recommended for best experience

HOW TO REGISTER:

Select the
Livestream Pass
at checkout.

24TH NOVEMBER 2026

Day One

WOMEN'S HEALTH: WHAT THE RESEARCH ACTUALLY TELLS US

Cardiovascular disease kills 60 Australian women a day. Autoimmune conditions affect twice as many women as men. Perimenopause costs the economy more than \$17 billion a year. Yet only 3.3% of government health research funding is directed at women's health. This day is built around what the evidence actually says.

9:00 AM **Welcome to Country**

9:10 AM **Opening Remarks from the Chair**



Dana Lightbody
CEO
The Leadership Institute

Dana Lightbody is the CEO of The Leadership Institute. She is a staunch advocate of equality for women in business and believes women should be helping other women every chance they get. Dana established Konnect Learning in 2013 and the Leadership Institute in 2017. Since then she has advocated for equality for women in all aspects of her entrepreneurial and professional life – in particular by chairing and assisting the production team in the development of TLI's Women in Leadership line of events.

9:30 AM

SESSION ONE

The Health System Was Not Built for Women

Heart disease is the number one killer of Australian women, yet most women don't know it because medicine has treated it as a male condition for decades. This session opens the day with the research that every woman in the room deserves to know.

- Why women are 50% more likely to be misdiagnosed during a heart attack
- Which conditions take longest to diagnose in women, and why
- The 3.3% research funding gap and what it means for your health decisions
- How to advocate for yourself in a system not designed for you



Keynote Speaker TBA
Position of Speaker

10:20 AM **DELEGATE NETWORKING**

10:40 AM **MORNING TEA**

11:10 AM

SESSION TWO

The Autoimmune Epidemic: Why Women's Bodies React Differently

Autoimmune conditions affect 6.4% of Australian women compared to 2.7% of men. Endometriosis alone affects one in nine women, with an average diagnostic delay of seven years. New research has finally explained why. This session covers what that means for your health.

- The science behind women's heightened immune reactivity
- The most common autoimmune conditions affecting working-age women
- Recognising symptoms earlier and pushing for faster diagnosis
- Lifestyle factors that reduce inflammatory load



Keynote Speaker TBA
Position of Speaker

24TH NOVEMBER 2026

Day One

WOMEN'S HEALTH: WHAT THE RESEARCH ACTUALLY TELLS US

12:00 PM

SESSION THREE

I'm Your Peri Godmother: The Perimenopause Nobody Warned You About

Shelly Horton was 46, running her own company and appearing weekly on national television when her body staged what she calls a full-blown peri-mutiny — and landed her in intensive care. She had never heard the word perimenopause. Australia did not run its first national perimenopause awareness campaign until 2026. In this session, Shelly turns the story that nearly ended her career into the education every woman should have been given a decade earlier.

- What perimenopause actually is, why it starts far earlier than most women expect, and the symptoms nobody names
- How to be taken seriously when you seek help — what to track, what to ask for, and what to do when you are dismissed
- Why 14% of Australian women have left the workforce over menopause symptoms, and what it is costing organisations
- What a genuinely menopause-friendly workplace does differently, from policy to the everyday conversation
- How the national conversation shifted from silence to Parliament House in three years, and what is available now that was not before



Shelly Horton

Journalist, TV Presenter and Women's Health Advocate |
Author, I'm Your Peri Godmother | Co-Founder, Don't Sweat It

12:50 PM

LUNCH

1:50 PM

INSIGHTS TO ACTION: A SHORT GUIDED REFLECTION ON THE MORNING SESSIONS.

2:10 PM

SESSION FOUR

What Your Body Actually Needs: Muscle, Movement and Bone

Women have been told to do more cardio and eat less for decades. The science has moved on. This session covers what exercise research now says about the female body and why strength training is the single most protective investment a woman can make.

- Why muscle matters more than cardio, especially from midlife
- The bone density crisis after menopause and how to prevent it
- Debunking the top fitness myths marketed to women
- A realistic framework for movement that fits a full life



Keynote Speaker TBA

Position of Speaker

3:00 PM

AFTERNOON TEA

24TH NOVEMBER 2026

Day One

WOMEN'S HEALTH: WHAT THE RESEARCH ACTUALLY TELLS US

3:20 PM

SESSION FIVE

Fuelling the Female Body: Nutrition, Gut Health and Hormones

Most dietary advice was not designed with a female endocrine system in mind. Research now shows the gut microbiome directly regulates oestrogen metabolism and mood. This session replaces diet culture with evidence.

- How food interacts with your hormones at each life stage
- The gut-hormone connection and why it matters
- The nutritional deficiencies most commonly missed in women
- A practical framework that doesn't require tracking or restriction



Keynote Speaker TBA
Position of Speaker

4:10 PM

CLOSING KEYNOTE

Burnout, Sleep and the Nervous System

Women experience burnout at 51% compared to 30% in men. This is not a time management problem. This closing session is practical neuroscience: what is happening in the female body under chronic stress, and what to do about it.

- Why women's burnout rates are 70% higher and the biology behind it
- Breathwork that measurably reduces cortisol, backed by clinical research
- What specifically disrupts women's sleep and how to restore it
- What organisations need to change, not just what individuals can do



Keynote Speaker TBA
Position of Speaker

5:00 PM

CLOSING REFLECTIONS AND INSIGHTS TO ACTION

5:10 PM

CLOSE OF DAY ONE AND NETWORKING DRINKS

25TH NOVEMBER 2026

Day Two

WOMEN'S FINANCE AND WEALTH CREATION: BUILDING WEALTH IN A SYSTEM NOT DESIGNED FOR YOU

Australian women retire with 28% less superannuation than men. More than two in five single women over 80 are living in poverty. 1.6 million women have experienced economic abuse in a relationship. Day Two addresses the financial realities that matter most, with practical tools delegates can act on immediately.

9:00 AM

Welcome and Opening Remarks from the Chair



Dana Lightbody
CEO
The Leadership Institute

Dana Lightbody is the CEO of The Leadership Institute. She is a staunch advocate of equality for women in business and believes women should be helping other women every chance they get. Dana established Konnect Learning in 2013 and the Leadership Institute in 2017. Since then she has advocated for equality for women in all aspects of her entrepreneurial and professional life – in particular by chairing and assisting the production team in the development of TLI's Women in Leadership line of events.

9:15 AM

SESSION ONE: OPENING KEYNOTE

The Wealth Gap: Why Women Retire Poorer

Australian women's net wealth is 40% lower than men's, and single women over 80 remain the household group most at risk of poverty. Drawing on more than two decades as one of Australia's leading personal finance voices, Effie Zahos explains why the wealth gap persists and shares practical strategies to help women build long-term financial security.

- Why the gender wealth gap continues to grow, and how caregiving and career breaks have lasting financial impacts.
- What the 2025 parental leave superannuation changes mean for women planning their financial future.
- Practical steps to build wealth, strengthen financial confidence, and improve long-term retirement outcomes.



Effie Zahos
Money Editor, 9News | Editor-at-Large, Canstar | Author, Ditch the Debt and Get Rich and A Real Girl's Guide to Money

10:05 AM

DELEGATE NETWORKING

10:25 AM

MORNING TEA

10:55 AM

SESSION TWO

Superannuation: Your Most Important Financial Asset

Women at age 60 to 64 hold an average of \$85,000 less in superannuation than men. That gap is closable. This session covers the strategies that make a real difference at every career stage.

- How superannuation actually works and the choices most people never make
- Salary sacrifice and voluntary contributions: the maths over time
- Catch-up contributions for women returning from career breaks
- How to choose the right fund and protect your balance during leave



Keynote Speaker TBA
Position of Speaker

25TH NOVEMBER 2026

Day Two

WOMEN'S FINANCE AND WEALTH CREATION: BUILDING WEALTH IN A SYSTEM NOT DESIGNED FOR YOU

11:45 AM

SESSION THREE

Economic Abuse: The Financial Crime No One Talks About

1.6 million Australian women have experienced economic abuse from a partner. It is one of the primary reasons women cannot leave unsafe situations, and it affects women in professional roles as much as any other. This session brings a critical conversation into the corporate space.

- What economic abuse is and how it is defined under Australian law
- The patterns and tactics used to establish financial control
- How to recognise the signs in yourself or a colleague
- What organisations can do to support financially vulnerable employees



Keynote Speaker TBA
Position of Speaker

12:35 PM

LUNCH

1:35 PM

INSIGHTS TO ACTION: A STRUCTURED REFLECTION ON THE MORNING SESSIONS.

1:55 PM

SESSION FOUR

Investing for Women: Start Where You Are

When women invest, they consistently outperform men over the long term. The gap is not capability. It is access and confidence. This session demystifies investing from first principles, for women at every starting point.

- Why women make better long-term investors
- Micro-investing and ETFs: how to start with what you have
- Reframing risk aversion as a genuine investment advantage
- The practical steps from saving to investing, in the right order



Keynote Speaker TBA
Position of Speaker

2:45 PM

AFTERNOON TEA

25TH NOVEMBER 2026

Day Two

WOMEN'S FINANCE AND WEALTH CREATION: BUILDING WEALTH IN A SYSTEM NOT DESIGNED FOR YOU

3:05 PM

SESSION FIVE

Building Wealth That Works for Women's Lives

A wealth strategy designed for a man's career will not work for a woman's. This session covers property, debt and estate planning in a way that accounts for the reality of women's financial lives, not an idealised version of them.

- Property investment for women: barriers, pathways and where to start
- Good debt versus bad debt and how to use borrowing strategically
- Estate planning essentials every woman needs before she thinks she needs them
- An integrated wealth strategy that accounts for career interruptions



Keynote Speaker TBA
Position of Speaker

3:55 PM

CLOSING KEYNOTE

Your Money, Your Future: Financial Independence as a Non-Negotiable

Financial independence is not a luxury aspiration. For many women, it is a safety net. This closing session gives every delegate a practical framework to take home and a clear starting point for building lasting financial security.

- Why financial independence matters beyond wealth
- The insurance gap: what most working women are underprotected against
- A personal money framework to begin completing before you leave the room
- How to find the right financial advice and what to watch out for



Keynote Speaker TBA
Position of Speaker

4:45 PM

CLOSING REFLECTIONS AND BRINGING IT ALL TOGETHER

5:00 PM

CONFERENCE CLOSE AND NETWORKING DRINKS

26TH NOVEMBER 2026

9:00 AM – 12:30 PM

Nervous System Reset: Breathwork & Recovery for Chronic Stress

You're not imagining it. Women experience burnout at nearly double the rate of men, and most of us have been taught to push through it rather than understand what's actually happening in our bodies. This half-day workshop is not another talk about self-care. It's a practical, hands-on session in nervous system regulation — the real, physiological tools that shift you out of chronic stress and back into control.

You'll learn breathwork techniques backed by clinical research to measurably lower cortisol, understand what's disrupting your sleep and how to fix it, and leave with a personal recovery protocol you can use the same day. No vague advice to "relax more" — just tools that work, taught by someone who understands the science of the female stress response.

WHAT YOU'LL WALK AWAY WITH:

- Clinically-backed breathwork techniques to reduce cortisol and calm your nervous system on demand
- A clear understanding of what chronic stress is actually doing to your body, and why
- Practical sleep-restoration strategies tailored to the disruptions women experience most
- A personalised recovery protocol you can start using immediately
- Time and space to practise the techniques in the room, not just hear about them

YOUR EXPERT FACILITATOR



Danielle Colley is an integrative life coach and founder of Your Good Life. She helps successful women in business who are dissatisfied with their lives and dealing with pressures from all angles, to reach their full potential by helping them clear the debris from their past, super charge their present and transition from where they are now to where they desire to be. As a former solo mama and freelance health and wellbeing journalist for some of the country's largest publications, Danielle understands the impact that hustle, grind and overwhelm play on your ability to reach your potential.

Her clients work with her because she creates a safe space for them to communicate and unravel so they can live a more meaningful life, full of true joy, balanced success, and deep inner peace. Danielle believes you can have ambition plus ease and balance. She guides women to sovereignty and living their most kick ass life.



26TH NOVEMBER 2026

1:30 PM - 5:30 PM

Build Your Money Plan: A Hands-On Budgeting & Super Workshop

Financial advice is everywhere. A finished plan with your name on it is not. This workshop skips the theory and gets straight to the work — bring your super statement and your bank app, and leave four hours later with an actual budget and a superannuation strategy built for your life, not a generic template.

Guided step by step, you'll work through where your money is really going, what your super balance should look like at every stage, and the practical moves — salary sacrifice, catch-up contributions, fund comparisons — that make the biggest difference over time. This is the session every woman wishes she'd been given a decade ago.

WHAT YOU'LL WALK AWAY WITH:

- A completed personal budget you build in the room, not a worksheet to finish later
- Clarity on your superannuation position and the specific moves that will close the gap
- Step-by-step guidance on salary sacrifice, catch-up contributions and fund selection
- A practical framework for planning around career breaks and income changes
- The confidence to make financial decisions without waiting for someone else's approval

YOUR EXPERT FACILITATOR



Danielle Colley is an integrative life coach and founder of Your Good Life. She helps successful women in business who are dissatisfied with their lives and dealing with pressures from all angles, to reach their full potential by helping them clear the debris from their past, super charge their present and transition from where they are now to where they desire to be. As a former solo mama and freelance health and wellbeing journalist for some of the country's largest publications, Danielle understands the impact that hustle, grind and overwhelm play on your ability to reach your potential.

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Secure your place.

Prices in AUD, exclude GST

IN PERSON - REGULAR

PRICING	EARLY BIRD BY 25 TH SEP	STANDARD AFTER 25 TH SEP
Conference Day 1 (Women's Health & Wellbeing)	\$387	\$497
Conference Day 2 (Women's Finance and Wealth Creation)	\$387	\$497
Day 1 + Day 2 (Full Summit)	\$647	\$797
Day 3 – Post Conference Workshop Only	\$347	\$447
All 3 days (Main Summit + Workshop)	\$897	\$1,147

IN PERSON - VIP

Conference Day 1 (Women's Health & Wellbeing)	\$697	\$907
Conference Day 2 (Women's Finance and Wealth Creation)	\$697	\$907
Day 1 + Day 2 (Full Summit)	\$1,247	\$1,497
All 3 days (Main Summit + Workshop)	\$1,487	\$1,837

GROUP OF 4 – "BRING YOUR CIRCLE" - REGULAR

Day 1 + Day 2 (Full Summit) – Group of 4	\$2,227	\$2,743
All 3 Days (Main Summit + Workshop) – Group of 4	\$3,047	\$3,897

GROUP OF 4 – "BRING YOUR CIRCLE" - VIP

Day 1 + Day 2 (Full Summit) – Group of 4	\$4,287	\$5,147
All 3 Days (Main Summit + Workshop) – Group of 4	\$5,057	\$6,247

Ready to register?

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[BOOK NOW](#)

Secure your place.

Prices in AUD, exclude GST

REGULAR TICKET

Everything you need for the full conference experience

- Full access to all mainstage sessions on your chosen day or days
- Networking Drinks at the close of each conference day
- Delegate Show Bag
- Delegate networking sessions and Insights to Action reflections
- Session materials and post-event resource pack
- General seating, allocated on the day

Available in person or as a Livestream Pass.

BEST
EXPERIENCE

VIP TICKET

Everything in the Regular ticket, plus:

- **Reserved premium seating** | Front section, all sessions
- **Private speaker reception and drinks** | Separate from the general Networking Drinks that all delegates receive at the close of each day
- **Signed books from our author keynotes** | Including a signed copy of Effie Zahos' Ditch the Debt and Get Rich
- **Meet & greet with the author keynotes** | Held alongside the book signing
- **Enhanced exclusive Show Bag** | An upgraded version of the general delegate gift bag

VIP places are strictly limited.

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BOOK NOW

Secure your place.

Prices in AUD, exclude GST

IN PERSON - REGULAR

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Day 1 + Day 2 (Full Summit)	\$1,247	\$1,497
All 3 days (Main Summit + Workshop)	\$1,487	\$1,837

GROUP OF 4 – "BRING YOUR CIRCLE"

Day 1 + Day 2 (Full Summit) – Group of 4	\$2400	\$2800
All 3 Days (Main Summit + Workshop) – Group of 4	\$3400	\$3900

TABLE OF 8 – CORPORATE

Day 1 + Day 2 (Full Summit) – Table of 8	\$4,200	\$4,900
All 3 Days (Main Summit + Workshop) – Table of 8	\$5,800	\$6,800

LIVESTREAM PRICING

PRICING	EARLY BIRD BY 25 TH SEP	STANDARD AFTER 25 TH SEP
Day 1 + Day 2 (Full Summit)	\$700	\$850

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\$500
BOOK NOW
\$500