

# MIDLIFE POWER SHIFT

A Leadership Renewal Experience for Women at Midlife

FRIDAY & SATURDAY, MAY 1-2, 2026 | KINGBRIDGE CENTRE

## Kingbridge Centre



Mary Heersink School  
of Global Health &  
Social Medicine

### A STRATEGIC INVESTMENT IN WOMEN LEADERS

Sponsor your women Leaders for the "Midlife Power Shift," a two-day retreat-style symposium designed to support, strengthen, and accelerate women leaders at a pivotal stage of their careers.

Recent research shows that women often begin to fall behind in the workforce during midlife—precisely when they should be stepping confidently into executive and board-level roles. The convergence of career demands, menopause, teenage children leaving home, ageing parents requiring care, and increasing personal responsibilities creates a unique and often invisible leadership challenge. Without intentional support, organizations risk losing some of their most experienced, capable, and valuable leaders at this critical moment.

### THE BUSINESS CASE

Sponsoring women leaders for The Midlife Power Shift is a strategic investment in:

- Retention: Supporting women at a known attrition point
- Executive Readiness: Strengthening confidence, presence, and sustainability
- Performance: Equipping leaders to manage complexity and sustained demand
- Equity: Advancing gender parity at senior levels
- Leadership Pipeline: Preserving and accelerating future enterprise leaders

### SUPPORT WOMEN EDUCATION

*The net proceeds of this event support bursaries for underprivileged female students at the Mary Heersink School of Global Health and Social Medicine*

Hosted by Kingbridge Centre | Women's Leadership Lab  
In Partnership with McMaster University's Mary Heersink  
School of Global Health & Social Medicine



**Jeanner Beker**  
Iconic Fashion &  
Lifestyle Journalist



**Dr. Susan Tighe**  
President,  
McMaster University



**Dr. Sonia Anand**  
Vascular Medicine  
Specialist



**Dr. Alexandra  
Papaianou**  
Osteoporosis  
Specialist



**Dr. Menaka Pai**  
Hematology  
Specialist



**Dr. Russell  
De Souza**  
Registered Dietician &  
Nutritional Epidemiologist



**Dr. Alison Shea**  
Obstetrician &  
Gynecologist

### THE EXPERIENCE

Over 2 immersive days, participants engage in:

- Expert-led sessions on menopause and ageing
- Inspiring stories from women leaders
- Empowerment through practical sessions on power dressing and makeup in midlife
- Mind-body recalibration
- Wellness and vitality experiences
- Culinary and community experiences

### WHO SHOULD ATTEND

Ideal participants include:

- Vice Presidents, Senior Vice Presidents, and Executive Leaders
- Women on a trajectory toward C-suite or board positions
- Leaders with significant decision-making authority, team leadership, or budget responsibility
- Directors and General Managers preparing for enterprise roles

We welcome a conversation to explore sponsorship alignment with your leadership and talent strategy.

**Scan the QR code to visit our website.**

