

# MIDLIFE POWER SHIFT

A Leadership Renewal Experience for Women at Midlife

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

  
**Kingbridge Centre**

McMaster  
University 



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 menopause, teenage/young-adult children, ageing parents requiring care, and increasing career demands 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



**Karen Johnson-Basra**  
News and Weather  
TV Anchor  
**Event Moderator**



**Jeanne Beker**  
Iconic Fashion &  
Lifestyle Journalist  
**Keynote Speaker**



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



**Dr. Sonia Anand**  
Vascular Medicine  
Specialist



**Dr. Alexandra  
Papaïannou**  
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

**The net proceeds of this event promote equitable access to bursaries for students of the Mary Heersink School of Global Health and Social Medicine experiencing financial hardship**

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

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

**Scan the QR code or click here to visit our website.**



# AGENDA

## MIDLIFE POWER SHIFT

### FRIDAY, MAY 1

8:30am - 9:30am	Arrival   Registration   Continental Breakfast
9:30am - 9:45am	Welcome
9:45am - 10:45am	An Intimate Conversation with Jeanne Beker
10:45am - 11:00am	Break
11:00am - 11:45am	"Menopause 101"   <i>Dr. Alison Shea</i>
11:45am - 12:30pm	"Taking a Leap, the Journey to Presidency."   <i>Dr. Susan Tighe</i>
12:30pm - 1:30pm	Lunch
1:30pm - 2:15pm	"The Power Engine: Heart, Stamina, and Strength for Your Next Chapter"   <i>Dr. Sonia Anand</i>
2:15pm - 3:00pm	"Unbreakable: Building the Physical Foundation for Midlife Reinvention"   <i>Dr. Alexandra Papaianou</i>
3:00pm - 3:30pm	Rhythmic Breathing & Mindful Movement Activity

3:30pm - 4:30pm

**Power Dressing in Midlife**  
Hangar9



Jo-Ann Fisher



Rachael Doak

4:30pm - 5:30pm

**Make-up for Mature Skin**  
Celebrity Make-up Artist



Carole Nelson Brown

10:00am - 2:00pm | Professional Headshots with Helen Tansey, Sundari Photography  
(Slots to be booked in advance)

### FRIDAY EVENING

5:30pm - 7:00pm	Free time
7:00pm - 8:30pm	Farm-To-Table Dinner
8:30pm - 9:30pm	Hot Chocolate & Whiskey Tasting by the Bonfire

### SATURDAY, MAY 2

7:30am - 8:15am	Self-Guided Forest Bathing Mindful Walk   Yoga   Pilates
8:15am - 9:00am	Breakfast
9:15am - 10:00am	"Fueling Your Drive: Energy, Iron, and Mental Sharpness in Midlife "   <i>Dr. Menaka Pai</i>
10:00am - 10:45am	"Eating for Power: Nutrition That Supports Strength, Focus, and Reinvention"   <i>Dr. Russell De Souza</i>
10:45am - 11:00am	Break
11:00am - 12:00pm	Cooking Demo   <i>Dr. Russell De Souza &amp; Chef Jason Oszoli</i>
12:00pm - 1:00pm	Lunch
1:00pm - 4:00pm	Curated Activities As Below

### SATURDAY AFTERNOON CURATED ACTIVITIES

- Personal Screening Assessments | Blood Pressure, Weight, BMI, Measure Body Fat Waist Circumference, Fast Walk Cardio Assessment
- Crystal Bowl Sound Rejuvenation
- Hot & Cold Hydrotherapy Circuit
- Recalibrate Mind & Body | BrainTap & Vibroacoustic Sound Lounge