

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

The Midlife Power Shift is a two-day, retreat-style symposium created to support, strengthen, and accelerate women leaders at a pivotal stage of their careers.

Emerging research shows that many women begin to fall behind professionally during midlife—precisely when they should be stepping confidently into senior executive and board-level roles. At this stage, leaders often face a convergence of pressures: the transition of menopause, the demands of teenage or young-adult children, caring for aging parents, and managing increasing career responsibilities.

Together, these factors create a unique and often invisible leadership challenge. Without intentional support and targeted development, organizations risk losing YOU – some of their most experienced, capable, and valuable leaders at a critical moment in your professional trajectory and the company's growth.

The Midlife Power Shift is designed to address this gap

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



Karen Johnson-Basra
News & 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. Menaka Pai
Hematology
Specialist



**Dr. Alexandra
Papaianou**
Osteoporosis
Specialist



Dr. Alison Shea
Obstetrician &
Gynecologist



Dr. Russell De Souza
Registered Dietician &
Nutritional Epidemiologist

A RETREAT THOUGHTFULLY CURATED FOR:

- 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 & 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