OWN YOUR HORMONES CONFERENCE 2027

Full Programme Agenda

This programme is still taking shape. We are building this agenda with leading voices in women's health, so sessions, timings and formats will be refined and confirmed as we lead up to 1 May 2027. Check **ownyourhormones.co.za** for the latest version.

Two Pillars Guide This Agenda

Connecting hormone health knowledge with everyday life, work and wellbeing.

KNOW YOUR HORMONES

Understand your body. Make informed health decisions.

Clinical insights into hormonal changes, symptoms, diagnosis and treatment options.

OWN YOUR HORMONES

Navigate life, work and leadership with confidence.

Conversations about self-advocacy, wellbeing, workplace support and thriving through life's changing seasons.

MORNING

08:00–09:00 Registration, morning networking, partner and sponsor stands, DJ performer

09:00–09:15

Welcome & Opening Remarks: Hormone Health Is Every Woman's Business

09:15–09:45 PANEL

Opening Panel Discussion: What Every Woman Needs to Know About Hormones in 2027

Speakers to be announced

Hormones influence nearly every aspect of a woman's health, yet understanding what's normal, what's not and when to seek help can feel overwhelming. Bringing together doctors from different medical specialities, this panel cuts through the confusion to explore what every woman should know about her hormonal health in 2027. From recognising symptoms and understanding common conditions to distinguishing hormonal changes from stress and burnout, our experts will explore when to seek medical advice, which specialists to consult and how to navigate available treatment options. A practical, empowering conversation to help women ask better questions and take a more informed, proactive approach to their health.

09:50–10:20

Leading Through the Silent Pain: Hormones, Self-Advocacy, and Reclaiming Ambition in the Workplace

Farai Ntuli, Founder, HerHorizon Network

What happens when you're building a successful career while navigating health challenges that others cannot see? Drawing on her experience in corporate leadership and her personal journey with fibroids and polycystic ovary syndrome (PCOS), Farai Ntuli explores the often invisible realities of managing hormonal and reproductive health conditions in demanding professional environments. Through an honest conversation about self-advocacy, leadership and ambition, she challenges the expectation that women must simply push through pain to succeed, exploring how women can advocate for their health, reclaim their voice and pursue their ambitions without sacrificing their wellbeing.

10:20–10:50 Morning Tea, Expo & Networking

10:50–11:30

Perimenopause and Menopause: Know the Signs, Get the Right Diagnosis

Dr Fumane (Fumi) Kokoali, GP, MBChB (UCT), DRCOG (UK), MRCGP (UK), Women's Health Practice

Every woman who lives long enough will experience menopause, yet too many enter this stage of life without the knowledge or support they need. From brain fog and disrupted sleep to anxiety, fatigue and changing menstrual cycles, symptoms can be confusing and are often dismissed or misdiagnosed. Dr Fumi Kokoali demystifies perimenopause and menopause, helping women recognise the signs, understand how these transitions are assessed and explore available treatment options. This practical session will empower women to ask the right questions, seek appropriate medical care and navigate this stage of life with greater confidence and understanding.

11:30–12:00

Redefining Executive Presence: Hormone Health, Workplace Culture & Retention

Siwe Sibeko, Founder & CEO, Lillah People Lab

What does it take to sustain a successful career when your health needs don't fit neatly into the working day?

For women living with conditions such as endometriosis and adenomyosis, the realities of work can extend far beyond managing symptoms. Persistent pain, fatigue, unpredictable bleeding and other challenges can make an ordinary working day anything but ordinary. Yet in workplaces that equate commitment with physical presence, uninterrupted availability and the ability to carry on regardless, women may feel compelled to mask their experiences to protect their credibility and career progression.

Drawing on her experience in senior human capital leadership and her personal journey with endometriosis and adenomyosis, Siwe Sibeko explores how leadership behaviours, workplace culture and organisational practices shape women's experiences at work. She challenges the assumption that flexibility compromises performance and examines how thoughtful leadership, appropriate workplace adjustments and more responsive people policies can help women sustain their contribution without having to conceal their health challenges.

Moving beyond awareness towards action, this session invites leaders and organisations to rethink what support looks like in practice, from everyday management decisions to workplace policies, employee benefits and leadership development. It asks a fundamental question: how can organisations create environments where women can lead, perform and progress without having to choose between their health and their ambition?

12:00–12:20

No More Fixing: Unlearning Diet Culture & Nourishing Your Body

Nicole Sham, Nutritional and Integrative Therapist & Head of Catering, The Tryst

For too long, women have been taught to view their bodies as something that constantly needs fixing. From restrictive diets and food guilt to the pressure to eat perfectly, our relationship with food can become another source of stress, particularly as our hormones and nutritional needs change throughout life.

Nicole Sham explores how we can move beyond diet culture and embrace a more compassionate, balanced and enjoyable approach to nourishment. The session concludes with THE PAUSE, a short guided moment to slow down, reconnect with our bodies and let go of food guilt before transitioning into a specially prepared lunch by Nicole and The Tryst team, bringing the conversation about nourishment to life.

12:20–13:30 Networking Lunch, Expo & Sponsor Engagement

AFTERNOON

13:30–14:00

The Neurodivergent Female Brain: Hormones, Mood, Focus & Function

Dr Natalie Clarke, GP, MBBCH (Wits), DCH (SA), Women's Health Practice

Why do changes in hormones sometimes affect how women think, feel and function? For women with ADHD and other neurodivergent experiences, hormonal fluctuations can add another layer of complexity to concentration, emotional regulation and everyday life. Dr Natalie Clarke explores the relationship between hormonal changes and cognitive and emotional wellbeing, including how symptoms may shift across the menstrual cycle and during perimenopause. The session will help women better recognise patterns, understand when further assessment may be appropriate and have more informed conversations with healthcare professionals.

14:00–14:20 FIRESIDE CHAT

When Workplaces Listen: Turning Women's Health Awareness Into Real Change

Speakers to be announced

What happens when a workplace moves beyond acknowledging women's health challenges and starts doing something about them? Through a real-world corporate case study, this conversation explores how an organisation has translated awareness into practical support for women. From recognising unmet needs and introducing meaningful policies to navigating implementation and changing workplace expectations, discover what progress can look like in practice, what other organisations can learn and how women can begin advocating for better support in their own workplaces.

14:20–14:50 Afternoon Tea, Expo & Networking

14:50–15:20

Beyond Estrogen: Understanding Thyroid, Metabolic Health & Midlife Weight Changes

Bhavna Morar, Women's Health GP · Menopause care · Health educator

Why can changes in energy, metabolism and weight feel particularly confusing during midlife? While estrogen often dominates conversations about women's hormonal health, thyroid function, insulin resistance and other metabolic factors may also play a role. Bhavna Morar unpacks the complex relationship between hormones and metabolic health, helping women understand common symptoms, when further investigation may be appropriate and what evidence-based treatment and lifestyle options are available. A practical conversation designed to replace confusion and self-blame with greater understanding of the body's changing needs.

15:25–15:55 LEADERSHIP PANEL

Women Who Lead: Success Through Every Season

Speakers to be announced

What does success look like when your body, priorities and perspective evolve over time? Bringing together accomplished women leaders from different industries and career journeys, this candid conversation explores how women navigate hormonal changes alongside the demands of leadership, career and life. From understanding their changing bodies and managing energy to making defining career decisions, navigating personal transitions and rethinking what success means, panellists share the experiences and lessons that have shaped how they lead and live. An honest, inspiring conversation about embracing change, prioritising wellbeing and thriving through every season of life.

15:55–16:10

The Own Your Hormones Reset, Closing Remarks, Collective Commitment & Performance

16:10–19:00

After Flow: Evening Connections

Drinks, DJ, open networking.

BEYOND THE MAIN STAGE COMING SOON

Ask the Experts: Hormone Health Conversations

An additional experience alongside the main-stage programme.



We're planning intimate, expert-led conversations running alongside selected main-stage sessions throughout the conference. Designed for smaller groups, these conversations will give attendees an opportunity to ask questions, engage directly with specialists and gain practical insights into key areas of women's hormonal and reproductive health.

Further details, including topics and participation arrangements, will be announced soon.

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