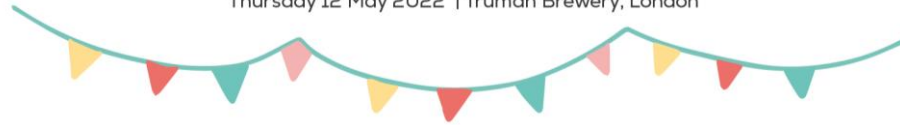


TOGETHER

FEST • 2022

Thursday 12 May 2022 | Truman Brewery, London



Time	Main stage	Inspire stage	Empower stage	Energise space	Time to unwind	
09:00 – 09:30	Registration					
09:45	Welcome					
10:00	Jamie Laing 'Imposter syndrome and me'					Crafting – brush lettering (10:00 – 11:00) Barista masterclass (10:00 – 10:30)
10:55		Secrets of resilience panel	Finding your cheerleaders panel	Guided breathing workshop	Brain-boosting breakfast demo	Barista masterclass (11:00 – 11:30)
11:30		Money clinic Q&A	Preventing burnout masterclass	Face yoga workshop (11:30 – 11:50)		Crafting – floral sketching (11:20 – 12:20)
12:00				Stretch workshop with LJ Flanders (11:55 – 12:15)		Barista masterclass (12:00 – 12:30)



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Registered office: Marshall Estate, Hammers Lane, London, NW7 4DQ.

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Thursday 12 May 2022 | Truman Brewery, London



Time	Main stage	Inspire stage	Empower stage	Energise space	Time to unwind			
12:30				Vinyasa yoga by adidas (12:20 – 12:40)	Power-packed lunch demo (12:20 – 12:50)	Crafting – brush lettering (12:40 – 13:40)		
13:00		How to handle anxiousness panel	Sleep clinic masterclass	Sound bath by BLOK				
13:40		How to get more men talking panel	How to keep calm masterclass	Sound bath by BLOK	Super-charged supper demo			
14:10						Crafting – floral sketching (14:00 – 15:00)		
14:30	Nicola Roberts 'the importance of reaching out'							
15:10	Laughter therapy with comedians Matt Green, Rhys James and Jordan Brookes							
16:30	Sunset DJ session with Roman Kemp							
18:00	Event close							



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