

Empowered by:



#EMBRACING MOTHERHOOD WITHOUT BOUNDARIES



SEPTEMBER 11 2PM-6PM  
SEPTEMBER 12 10AM-2PM

**Motherhood is a journey of discovery; of unlearning, re-learning and self-meaning making with others.** This is why, coming to our second anniversary, HKM is looking to celebrate #EmbracingMotherhood as our 2020 flagship theme: **to redefine the meaning of motherhood, without boundaries.**

A two half day virtual conference that brings mother of all walks of life closer together to explore all aspects in motherhood from **relationship** to **wellbeing**, from **career** to life time **learning**, from resilience in **changes** to **eco-sustainability**. In exploring all these challenges faced by mothers, we are ready to dive into the new definition of motherhood.

You can also help us shape this new era for motherhood, join us on **September 11 and 12** for **8+ hours, 10+ speakers** to get countless inspiration.



**Ticketing**

**Standard price:** \$250

**Member price:** \$200

**Bring a friend price:** \$450 for two

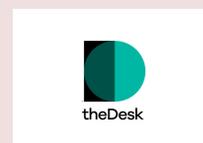
*Day 1*

- 2:00 pm Opening: Empowering one more Mother
- 2:30 pm Managing Change: Thriving Women Thriving World
- 3:30 pm Discover your skin through Dasha reading
- 4:15 pm Will I Ever Sleep Again
- 5:00 pm The A to Z of Eco-sustainable Mums
- 5:45 pm Own Your Audience – Delivering Presentations in Style

*Day 2*

- 10:00 am 想家成業就? 超「繁」爸媽分享生活小秘訣
- 11:15 am #EnoughPlastic
- 12:00 pm Buckled up and ready for Change
- 1:15 pm Closing: It takes two for Parenting

Community Partners:



More about HKM and Embracing Motherhood, please visit:  
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DAY 1: SEPTEMBER 11 2PM-6PM

## 2:00PM Opening: Empowering one more Mother

This year marks the first cohort of HKM's Moms4Moms Fellowship Program which is empowering mothers of all walks of life to learn more about Motherhood and Entrepreneurship. HKM Co-Chairman, Sindy Leung, will take us through with a conversation with a few fellows to explore how we can all support more marginalized mothers in balancing their life with family, career and community.

Moms4Moms Fellows  
Moderator: Sindy Leung

Alyssa Berggren  
Senior Manager – Shared Value  
New World Development

## 2:30PM - Managing Change: Thriving Women Thriving World

(English)



Join Alyssa to see how women navigate the different life stages and thrive while doing so. Under the uncertainty, expect the unexpected and manage changes while considering family roles, your identity, your physical and mental health.

## 3:30PM - Discover your skin through Dosha reading (English)

Inadequate health care are reflected through symptoms. Especially during turbulent times, we may overlook how our daily habits impact our health so this workshop will focus on skincare and introduce Ayurveda science, mainly the three doasha- vata, pitta and kapha. This workshop is designed in an interactive way and aims to engage the participants actively in discovering their unique skin care requirements.

Ching Yng Choi  
Founder, Organic Yoga Girl



Lydia Chan  
Founder, The Sleep Code

(English) 4:15PM

## Will I Ever Sleep Again



Is it true that being a mother means 'no more sleep' for months and years on end? Understand the dynamics of sleep from newborn all the way to toddlerhood, and how a holistic approach can improve your baby's sleep and empower you to energetically embrace motherhood! This workshop will be conducted in English with a bilingual Q&A session.

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## 5:00PM - The A to Z of Eco-sustainable Mums (English)

This workshop will facilitate your journey towards an eco-friendly motherhood. The session will feature available products and services in Hong Kong, information on implementing changes at home and on introducing our children to an ecological way of being and living.

Sonalie Figueiras  
Founder & CEO  
Green Queen & Ekowarehouse



## 5:45PM - Own Your Audience – Delivering Presentations in Style (English)

Jen Flowers  
ASP Head of Partnership Development and Innovation



Need to pitch to someone? Want to build your brand but dread getting in front of an audience? Let's have a conversation. There are no templates or fixed tips for strong presentations. There is just you and a story. Each one is unique. Understanding yourself and your message will help you speak with confidence and pride.

## DAY 2: SEPTEMBER 12 10AM-2PM

## 10:00AM - 想家成業就? 超「繁」 爸媽分享生活小秘訣 (粵語)

為人母親的經常需要作出不同的選擇，與Karen聊聊天了解生活當中如何作出選擇以及在工作間主動地爭取資源。再加上有Garrick與各位男士分享如何以妥善溝通及協助女士們解決在工作的挑戰。

Karen Cheng  
跨媒體工作者  
Garrick Lau  
新世界發展助理總經理 – 共享價值



Sherry Fung  
Co-founder, EcoDrive



## 11:15AM - #EnoughPlastic

(English)

Despite how much we try to clean the beach, how much recycling or upcycling we adopt, it is utmost important to reduce in the first place. In 2018, Eco Drive has made this documentary, Start Small, Start Now: Hong Kong's Plastic Story to raise public awareness on how each of us can make a small change in our daily lifestyle which may have a big impact on our environment.

## 12:00noon - Buckled up and ready for Changes

(English)

Embracing Motherhood ~ without boundaries wraps up with the panel of these supermoms who each have their own merits in their career yet manage to overcome all the challenges in their leadership roles at home as mothers. In times like this with all the uncertainty ahead of us, mothers are only meant to be even stronger than ever and buckled up to be ready for the changes.

Warren Ackerman  
Partnership Director, Encompass

David Lui  
Legal Office

Sudesh Thevasenabathy  
Head of Customer Care Transformation  
AXA Hong Kong

Moderator: Lena Wong  
Founder, Hong Kong Momtrepreneurs

Florence Chan  
APAC Diversity & Inclusion Leader, EY

Rachael Shek  
Litigation Partner, Eversheds Sutherland

Sharmini Wainwright  
Senior Managing Director, PageGroup

Moderator: Karen See  
Co-founder, {embrace} Worldwide

## 1:15PM Closing: It takes two for Parenting

(English)

#EmbracingMotherhood is not just the effort of the women – it takes two for parenting. Other than pregnancy and breastfeeding, all the childcare responsibilities are proven to be better shared by both parents. Efforts from the male allies weight as much as the hardship from the mothers. In this panel, our founder, Lena Wong has invited three loving fathers to talk about how they can help to embrace motherhood.

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## ABOUT THE SPEAKERS AND THE MODERATORS



**Warren Ackerman**  
Partnerships Director, Encompass HK

Warren leads partner and business development at Encompass HK, a local social enterprise focused on helping organizations achieve the UN SDGs. He began sustainability consulting after being inspired by his son's involvement in the Fridays for Future demonstrations in Hong Kong. Previously, Warren worked in finance at Merrill Lynch in New York and was co-founder of a social marketing agency in San Francisco. He regularly speaks on ESG & Impact investing, seeking to educate and inspire individuals to begin investing sustainably.

**Alyssa Berggren**  
Senior Manager - Shared Value  
New World Development

Alyssa is currently leading the Shared Value team at NWD in incubating different social innovation projects with CSV (Creating Shared Value) elements and grooming a next generation of social innovators that are capable of balancing business interests with social good to create a more sustainable future. Alyssa also runs an orphanage in Africa under extreme resources and environment for 2 years, and co-founded a charity in Hong Kong to provide all-rounded services to more than 1,600 underprivileged families.



**Florence Chan**  
APAC Diversity & Inclusion Leader, EY

Florence is a UK qualified solicitor with comprehensive experience covers human rights, employee rights as well as criminal law in the legal sector. Over the years, she became increasingly involved with Pro Bono, CSR and D&I work which led her to work for Community Business, a leading ngo fighting for Diversity & Inclusion rights. Florence is now the Asia Pacific Diversity & Inclusiveness Leader for EY and a proud mum of a 1 year old. Her day to day includes promoting diversity & inclusion across the Asia-Pacific through collaborations and sharing with local ngos, charities and small businesses of minority groups.



**Lydia Chan**  
Founder, The Sleep Code

After spending a decade pacing in the art and auction business, Lydia went on to pursue her lifelong passion for early child development after becoming a mother herself, which eventually led her into the realms of baby sleep, inspired by her personal experience. Certified as a baby and toddler sleep consultant, she started her own sleep consulting - The Sleep Code, working with families locally and across the globe. Taking a holistic and evidence-based approach, she finds joy in finding tailored sleep solutions for each unique child and family setting.



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**Karen Cheng**  
Multi-media Freelancer

As a journalist over 10 years in local TV broadcast company, Karen hosted different TV news programme and concentrate on medical and health aspect. After the birth of her two identical twin boys, Karen is passionate to her family while she still wants to contribute to the society. She shifts her work as a multi-media freelancer, which being a program host for RTHK TV and radio programmes, event emcee, columnist and author. She believes the Creating Shared Value model is a solution of the social issues and advocate gender equality.

**Ching Yng Choi**  
Founder, Organic Yoga Girl

Ching, a seventeen-years veteran from the financial industry, is a wife and mother to two young boys living in Hong Kong. She founded the Organic Yoga Girl Limited (OYG) based on her own experience of juggling between work and home responsibilities while finding spare time for selfcare. She felt the calling of helping everyone to access personalized mindfulness, yoga and wellness in 2017 and as an eternal student, Ching took RYT and RPYT yoga teacher trainings in 2018 which led to the foundation of OYG.



**Sonalie Figueiras**  
Founder & CEO  
Green Queen & Ekowarehouse

Sonalie is the founder & editor-in-chief of Green Queen, an award-winning impact media platform advocating for social & environmental change in Hong Kong with a mission to shift consumer behaviour through inspiring & empowering original content. She is also the founder & CEO of Ekowarehouse, the global sourcing platform for certified organic products, with a mission to make safe, quality food accessible & affordable for the whole planet. As an eco wellness industry veteran, she is sharing her expertise on stages across Asia and beyond.



**Jen Flowers**  
ASP Head of Partnership  
Development and Innovation

Jen leads Partnership Development & Innovation in Asia for HSBC Retail Banking Wealth Management. She has 15 years in the professional services business. Currently she is leading a team in Asia looking at how partnerships help bring digital-led innovation to HSBC's core business and push the boundaries of how they operate. As a mother of two, she was raised in Hong Kong and speaks conversational Mandarin. She is one of the founders and chair for both TEDxShanghai (2011-2016) and TEDxTinHauWomen. (2017-2020)



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**Sherry Fung**  
Co-founder, EcoDrive

Sherry has a undergraduate degree from Georgetown University with a Masters from Yale. She has held various positions at a buy-side investment company, a high growth cashmere fashion company in LA, and a retail chain in Hong Kong. From a young age, she was taught to be responsible for her actions, to reuse and not to waste. During her time at the retail industry she saw first hand the social issues involving waste and has been a socially conscious ambassador ever since. She strongly believes in the motto: "We do not inherit the Earth from our ancestors; we borrow it from our children".

**Garrick Lau**  
Assistant General Manager – Shared Value  
New World Development

Garrick is an Assistant General Manager of the Shared Value, New World Development and a father of two. Advocating the CSV model to business world, he is leading the charitable foundations support youth development and the incubation programs support social innovator. He has also run the teenage entrepreneurship education program, while serving youth in the areas of work readiness and entrepreneurship. He believes it is fundamental for every individual and every business to do good and create shared values for the community.



**Sindy Leung**  
Co-Chairman  
Hong Kong Mompreneurs

Sindy is currently working as Community Affairs Manager for Greater China for UBS AG, overlooking employee volunteering and grants making in Hong Kong, Taiwan and China. Since 2010, Sindy has been actively involved in social services and youth engagement, she was the president of Hong Kong Association of Business and Professional Women in 2017-19, president of DragoNation, alumni association of the DragonFoundation which connects ethnic Chinese from all over the world, in 2014-16. She is also the co-chairman of a non-profit organization Hong Kong Mompreneurs.



**David Liu**  
Legal Officer, CP Group

David is a in-house practicing solicitor in Hong Kong with a focus in corporate transactions, M&A and compliance matters, currently overseeing management of two listed companies in Hong Kong. Having grown up in Hong Kong and spent substantial time living in China, US, UK and Singapore, he had witnessed first-hand the cultural differences between the East and the West and striven to raise his 1-year old boy with a more cultural and diversity sensitive approach.



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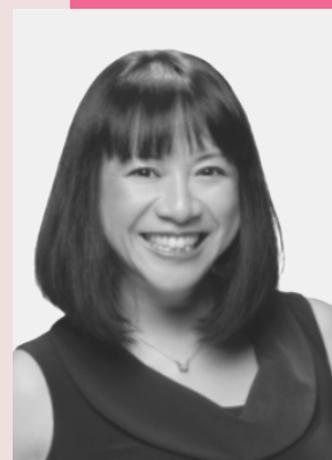


**Sole Riestra**  
Founder, Ecoed Life

Sole is an organisational development and learning professional, sustainability practitioner, cultural and societal change seeker, with +15 years of experience and a lifelong commitment towards helping individuals and organisations bring about change within themselves and in society. Animal lover and mother of two girls, her love for nature and the environment is constantly present in her life, work and home.

**Karen See**  
Co-founder, {embrace} Worldwide

As a C-Suite consultant, coach, and confidante, Karen utilises her past experience to help her clients be more self-aware, enhance leadership presence and build relationships. In 2015, Karen co-founded {embrace} worldwide -- developing a proprietary leadership model based on global leadership ideologies and scientifically proven principles of human behaviour, positive psychology and neuroscience. A legacy building expert, Karen challenges her clients to think about every interaction having a positive, lasting impact.



**Rachael Shek**  
Litigation Partner, Eversheds Sutherland

Rachael is a litigation partner in Eversheds Sutherland's Hong Kong office and acts for leading financial institutions, global corporations and listed companies on complex commercial disputes. She is also the founder and Chair of their DNI Committee, a taskforce set up to advance Diversity & Inclusion in the workplace focusing on Asia. Rachael has the important roles of mother and juggles the multiple hats of family, work and championing meaningful causes. She is keen to use her platform to inspire, empower and drive change in the business community.



**Sudesh Thevasenabathy**  
Chief Operating Officer  
Heals Healthcare

Sudesh brings with over 20 years of experience specialising in customer experience, process efficiencies and change management across multiple industries. He is currently Chief Operating Officer at Heals Healthcare Asia, and was formerly the Head of Customer Care Transformation at AXA Hong Kong looking to enhance customer experience through new innovation and technologies. Sudesh has been actively working with the organisation to support differently abled, ethnic minorities, gender and multi-generational employees.



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**Sharmini Wainwright**  
Senior Managing Director, PageGroup

Sharmini is the Senior Managing Director of PageGroup in Hong Kong. PageGroup is comprised of Michael Page, Page Personnel and Page Executive, focused on 'changing lives' through providing recruitment outcomes for candidates and clients. She has worked with the group for 18 years. Sharmini has lived in Hong Kong for over 8 years with her husband and has two children – a 5 year old and a 1 year old! She is extremely passionate about making the future better for those that will walk next and being a voice to push for progress in the corporate world.

**Adele Wong**  
Founder, Man Mo Media

Adele founded Man Mo Media in 2015 to help promote local culture to English readers. It consists of a publishing arm specializing in coffee table books; a lifestyle media website called The Loop HK; and a custom publishing service for businesses and corporate clients.



**Lena Wong**  
Founder & Executive Director  
Hong Kong Mompreneurs

Lena brings with her a combined experience in finance and social impact. She started her career as a financial analyst in Hong Kong. With the arrival of her first child, Lena decided to have her first few years focusing in the family and eventually landed herself into the social innovation space by founding a non profit organization called Hong Kong Mompreneurs which supports mothers to continue having their venture. She has also developed her strong passion in sustainability and training and she is very active serving herself as committee member and advisor in a number of organizations.



**Carol Yeung**  
Founder & Managing Director  
iNOVGoals (Hong Kong)

Carol is the Founder & Managing Director of iNOVGoals Limited – a company in Hong Kong dedicated in providing educational training and consulting to businesses, schools and community organizations with particular focus in sustainability and the United Nations Sustainable Development Goals. She was a public relations and marketing specialist with over 12 years in various multinational companies. Carol aims to engage people with this simulation gameplay experience to arouse awareness in creating collective action together for a better world.



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**Jenny Zhang**  
Head of Product Design  
Carbonbase

Jenny is the Head of Product Design at Carbonbase, a fintech platform bringing climate action to everyone's fingertips. She graduated from UC Berkeley with a double major in Arts and Business. She spent 6 years in Deloitte Hong Kong advising on international mergers and acquisitions in the tech sector, confirming her belief that technology is the enabler and empowering tool to scale social impact. Prior to Carbonbase, she was at an AI startup and developed a scorecard system for a research institute. As a mother of a one-year-old baby, she wants to build a 2050 that is better than 2020.

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