

Women in Medicine Forum:

Sat 12 – Sun 13 September 2026

A 2-Day Convention-Style Experience for Women Clinicians

Identity. Career Design. Leadership. Practice. Wealth. Future Systems.

The Forum Experience

A high-trust, design-led learning environment built to support women clinicians across every stage of their career, from early exploration to leadership, ownership and influence.

This programme blends **keynote insights, plenary discussions, hands-on workshops, and community-driven sessions**, allowing delegates to personalise their learning journey while engaging deeply with the realities of modern medical practice.

DAY 1:

The Woman in Medicine: Identity, Career Design & Practice Reality

8:00 – 8:45am

Breakfast, Registration & Exhibition Opening

A relaxed arrival experience with curated sponsor exhibition, early networking and informal introductions.

8:45 – 9:15am

Welcome & Opening Remarks

Setting the tone for the Forum—contextualising the challenges, opportunities and evolving identity of women in medicine today.

9:15 – 09:45am

Opening Keynote & Plenary 1.1

Stating the Obvious (Again): The Reality of Being a Woman in Medicine in South Africa

An unfiltered exploration of the lived experience of women clinicians—spanning systemic barriers, cultural expectations, career fragmentation, and invisible labour.

This keynote-led panel brings together diverse voices to surface truths often acknowledged but rarely addressed with depth or strategy.

Focus areas include:

- Career progression vs personal trade-offs
- Gender dynamics in clinical and leadership environments
- Structural vs self-imposed limitations
- Reframing the narrative from endurance → intentional design

9:45 – 10:15am

Morning Tea & Exhibition Walkabout

10:15 – 11:30am

Workshops Round 1

Stream A – Career Design & Pathways

Portfolio Careers: Clinical, Leadership, Teaching, Industry & Start-ups

A strategic deep dive into building a multi-dimensional medical career—balancing clinical work with leadership, academia, advisory roles and entrepreneurial ventures.

Stream B – Practice Foundations

Practice Set-Up Essentials for Women: From Rooms to Revenue

A practical blueprint for launching a private practice—covering infrastructure, compliance, finance, patient acquisition and operational setup.

Stream C – Money & Power

Financial Independence: The Wealth Playbook for Doctors

An essential session on reclaiming financial agency—covering income structuring, investing, debt strategy and long-term wealth creation.

Stream D – Brand & Visibility

Brand with Substance: Becoming Known for What You Are Good At

How to build a credible, ethical and visible professional identity—without compromising clinical integrity.

11:30am – 12:45pm

Workshops Round 1 (Repeated)

An opportunity to attend a second stream and broaden exposure to diverse themes.

12:45 – 1:45pm

Lunch + Meet the Experts + Sponsor Demonstrations

Curated small-group interactions with faculty and industry partners.

1:45 – 2:15pm

Plenary 1.2

Woman-Friendly Practice Models: Flexibility, Support, Efficiency & Growth

A forward-thinking examination of how private practice structures must evolve to support women clinicians.

This session explores models that enable **career sustainability without compromise**, integrating flexibility, operational efficiency and scalable growth.

Key themes include:

- Flexible scheduling and alternative work structures
- Shared practices and collaborative care models
- Leveraging systems and staff for efficiency
- Designing practices that support life stages— not compete with them

2:15 – 3:30pm

Workshops Round 2

Stream A – Leadership & Negotiation

Influence & Authority: Negotiating Roles, Remuneration & Recognition

Practical frameworks to build confidence, assert value and negotiate effectively in clinical and leadership environments.

Stream B – Medico-Legal & Risk

Professional Risk Management: Consent, Complaints & Documentation

A grounded approach to managing medico-legal exposure while maintaining high-quality patient care.

Stream C – Innovation & AI

AI & Operational Excellence: Building a Smarter Practice Without Losing the Human

Exploring how technology can enhance—not replace—the clinician experience and patient connection.

Stream D – Life & Longevity

Energy, Boundaries & Sustainable Performance for Clinicians

A science-backed and practical session on burnout prevention, energy management and long-term career sustainability.

3:30 – 4:00pm

Afternoon Tea

4:00 – 5:15pm

Workshops Round 2 (Repeated)

5:15 – 6:45pm

Evening Community Session

Founder Stories, Mentorship Mixers & Networking Experience

A dynamic, informal evening designed to foster connection, mentorship and shared learning.

Featuring candid founder journeys, peer-to-peer conversations, and curated networking—this session creates space for **real dialogue around career, business and life design**.

DAY 2

Power, Leadership, Wellbeing & The Future System

08:00 – 08:45am

Breakfast + Exhibition + ‘Coffee with a Mentor’ Tables

Structured yet informal mentorship conversations with experienced clinicians and leaders.

08:45 – 09:45am

Plenary 2.1

Financial Independence & Wealth Planning – 2026 Edition

A contemporary, practical framework for building wealth as a clinician in today’s economic landscape.

This session goes beyond theory—providing actionable strategies to achieve financial security, optionality and long-term independence.

09:45 – 11:00am

Workshops Round 3

Stream A – Advancement Strategy

Career Pathways & Advancement: From Competent to Visible

How to transition from technical excellence to recognised leadership and influence.

Stream B – Practice Growth

From Solo to Scalable: Growth Models, Associates & Group Practices

Exploring expansion strategies, team building and sustainable growth in private practice.

Stream C – Private Sector Navigation

Medical Schemes, PMBs & Funding Realities

Demystifying the financial and regulatory landscape of private healthcare.

Stream D – Media & Thought Leadership

Education, Media, Speaking & Influence: Becoming the Trusted Voice

Building authority beyond the consulting room through education and public engagement.

11:00 – 11:30am

Morning Tea & Exhibition

11:30am – 12:45pm

Workshops Round 3 (Repeated)

12:45 – 1:45pm

Lunch + Industry Roundtables

Focused discussions on leadership pipelines, technology, finance and practice strategy.

1:45 – 2:30pm

Plenary 2.2

The Health of Women in Medicine: The Leadership Imperative

A powerful session reframing clinician wellbeing as a leadership and system-level responsibility—not an individual burden.

This plenary explores how the sustainability of women in medicine directly impacts healthcare outcomes, workforce stability and future leadership pipelines.

Discussion themes:

- Burnout as a system failure
- Leadership accountability in clinician wellbeing
- Building cultures of support and retention
- The link between wellbeing, performance and influence

2:30 – 3:00pm

Afternoon Tea + Innovation Walk

3:00 – 3:30pm

Plenary 2.3

The Future of Healthcare & Private Practice in South Africa: What Women Leaders Must Shape

A forward-looking session exploring how women clinicians can—and must—play a defining role in shaping the future healthcare system.

Key insights include:

- Emerging healthcare delivery models
- Technology, AI and patient expectations
- Policy, funding and system transformation
- Leadership opportunities for women in shaping the next decade

3:30 – 5:00pm

Closing Session, Awards, Drinks, Networking & Community Building

Reflection, recognition and next steps—anchoring the Forum's impact beyond the event.