

08:30 - 09:15

Registration

09:15 - 09:30

Welcome to the 2021 Women's Climbing Symposium (WCS21)

09:30 - 10:15

Petzl presents:
Anna Taylor

10:15 - 10:30

Break

10:30 - 11:30

Coaching Workshop
1

Climbing and the Menstrual Cycle
with Natalie Brown

Goal Setting
with Debbie Birch

11:30 - 11:45

Break

11:45 - 12:45

Coaching Workshop
2

Overcoming Fear
with Emma Wood

Motherhood
with Lizzie Williams

12:45 - 14:15

Lunch

14:15 - 15:00

Adidas Five Ten presents:
Lara Neumeier

15:00 - 15:15

Break

15:15 - 16:15

Coaching Workshop
3

Lattice presents: Training for your projects
with Ella Russell

Trad Top Tips
with Sam Leary

16:15 - 16:30

Break

16:30 - 17:30

Coaching Workshop
4

Kaya presents: Careers in the Outdoors
Industry panel

Climbing Mindfulness
with Sophia Payne

17:30 - 17:45

Break

17:45 - 18:30

Adidas Five Ten presents:
Shauna Coxsey

18:30 - 18:45

Thanks, farewells and goody bags!