

	Time	Session title	Speakers
Morning Session	09:00 – 09:45	Registration opens	
	09:45 – 09:55	Opening comments - 10 Years of commsHero	Asif Choudry
	10:00 – 10:25	Community building and engaging with your audience	Olivia Hanlon Kate Staniforth - Host
	10:30 – 11:00	Internal Comms	Eduvie Martin - Host Sonia Johal Squires Rachel Miller Jessica Roberts
	11:05 – 11:20	Break & networking	
	11:25 – 11:50	Transform your approach. HOW TO Achieve More with Less.	Dan Sodegren
	11:55 – 12:20	Failure	Grace Miller Asif Choudry - Host
Afternoon Session	12:20 – 13:10	Lunch & networking	
	13:10 – 13:15	Welcome Back	Asif Choudry
	13:20 – 13:45	CommsRoom 101	Steve Hayes - Host
	13:50 – 14:15	Can Marketing Save The Planet	Michelle Carvill
	14:20 – 14:35	Break & networking	
	14:35 – 15:00	Mental Health for comms professionals	Nina Piotrowska - Host Karl Connor Connor Smith
	15:05 – 15:35	How to be unboring: a Comms Creatives guide to creativity	Helen Reynolds
	15:40 – 15:45	Conference wrap up before the awards	Asif Choudry
	15:45 – 16:15	Break & networking	
	16:20 – 17:30	#commsHERO Awards	Joe Salmon - Host