

#WHW2019

**WOMEN'S HEALTH AND WELLBEING
CONFERENCE – April 25**



Speakers Overview

DR. ANDREA TOSATTO

Clinical Psychologist - MA, BSC, MSC, PSYD



With a PSYD (Psychology) and a MA in Philosophy , Dr. Tosatto is working as a Clinical Psychologist in Dubai since 2008 and currently a Clinical Psychologist at the AMERICAN CENTER FOR PSYCHIATRY AND NEUROLOGY (DUBAI) UAE .

Before coming to Dubai, he worked as a Clinical Psychologist for a heart rehabilitation private hospital (ISCC Camogli Genova), a Juvenile Law Court (Juvenile law Court of Genova), and for various Medical and Educational Centers in Italy. Dr. Tosatto also worked as an educator for psychotic, problematic or abused children and teenagers (S.A.B.A. Genova) and as an ABA therapist for autistic children (trained by the American association CARD) and also tutored young football players of GENOA CFC spa (Italian First Division)

- Clinical Nutrition University Specialization, Italy, 2017
- Nutritional Psychology Certificate, Usa, 2016
- Hypnotherapy Diploma, Dubai, 2011
- BSC, MSC, PSYD PSYCHOLOGY, 7 years, University of Pavia – Italy, 2007
- UE Master Tourism Hotel Services Expert, Superior Tourist School of Milan – Italy, 1998
- MA in PHILOSOPHY, 4 years, University of Genoa – Italy, 1997



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Dr. Iman Abisourour

Consultant Internal Medicine - Valiant Clinic

Dr. Abisourour is an American Board Certified Consultant in Internal Medicine. She brings 10 years' experience to Valiant Clinic, and is a proponent for practicing evidence-based medicine. Her dedication to her field is emphasized by her extensive volunteer experience over the years; Washington National Eye Center, HIV Awareness Program, Substance Abuse and Prevention Program, and Community Awareness and Public Health Services. Dr. Abisourour did her residency at New York Methodist Hospital, New York, U.S.

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DR. ROSALIE SANT

Primavera Medical Centre - Dubai Healthcare City

Dr. Rosalie Sant is an Obstetrician & Gynaecologist who has, over the years practicing as a doctor, come to realize more and more how important general wellbeing of her patients is. Therefore, besides careful assessment and investigations of the medical condition that the patient presents with, she tries to devote time to allay worries and reassure patients about their condition. Very often patients who are reassured 'heal' themselves.

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Sophie Smith

Co-founder and CEO – Nabta Health

Sophie is an entrepreneur with a background in technology consulting and a passion for women's health. She specializes in technology infrastructure design for the healthcare and wellness industries. Prior to starting Nabta, Sophie founded several companies in the HealthTech space including SNS Consulting (www.snsconsulting.co.uk), a London-based HealthTech consultancy, Synnapps (www.synnapps.com), a Pakistan-based software development company with flagship product myZindagi.pk, and 22Four, a software development agency.

Sophie's lifetime ambition is to make healthcare affordable and accessible for all women. To this end, Sophie is patron of Kings College London MedTech Society and has worked in an advisory capacity with multiple healthcare organizations including MedShr, Diabetes.co.uk and the South London Health Innovation Network.

Sophie read History at the University of Cambridge and recently completed her MBA with the Smartly School of Business.



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DR. MARIE THOMPSON

Clinical Director and Clinical Psychologist – Vivamus Clicnic

Dr. Marie Thompson is the Clinical Director of Vivamus, a clinic offering psychological services to the expat and local population of Dubai. Dr. Marie is a UK trained, experienced Clinical Psychologist. She has been living and working in Dubai for a number of years and appreciates the nuances of working with people in this region.

Prior to moving to Dubai, Dr Marie was the Head of Department of Behavioural and Social Sciences at Webster University, Leiden, The Netherlands. In the UK, she worked at the Traumatic Stress Service at St George's Hospital, London and a Community Mental Health Team. She is a founding partner of Vivamus, which she established in London, and which has since expanded to other parts of the UK, The Netherlands and now Dubai.

Her research has been published in books and academic journals and she has presented at numerous international conferences. She has worked and lived in the UK, Australia, The Netherlands and Dubai.



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DR. HARRY HORGAN

Dr. Harry is a UK-trained Clinical psychology, originally from Ireland. He has professional registration in the United Kingdom (HCPC) and in Dubai (DHCC). He completed his master's degree in Health Psychology with the University of Ulster and completed his doctoral training in clinical Psychology at the University of East London. He has almost a decade of experience working across a diverse range of mental health and other specialist psychology services in Ireland and the U.K. Moreover, Dr. Harry is active in clinical research and has several publications in peer-reviewed international journals.

His expertise in providing psychological therapy extends to a wide range of difficulties, across the spectrum, from mild to severe. These include difficulties that may fit a diagnostic profile such as:

A Selection of Conditions Treated :

- Trauma & post-traumatic stress disorder ([PTSD](#))
- Obsessive-compulsive disorder (OCD)
- [Phobias](#) & [Panic attacks](#)
- [Anxiety](#) (social, generalized, health etc.)
- [Depression](#), bipolar
- Personality disorder
- [Eating disorders](#)
- Managing difficult life situations ([adjustment](#) disorders)
- Managing difficulties with perfectionism
- Managing difficulties with emotional regulation, stress, anger, shame
- Managing difficulties with Low self-esteem
- Psychological distress associated with living with chronic health conditions
- Pain management
- many other psychological conditions

Dr Horgan is trained in a number of evidence-based psychological therapies and primarily works through CBT (Cognitive Behavioural Therapy) and ACT (Acceptance and Commitment Therapy). His approach to therapy is always predicated on genuine collaboration; from the development of a shared understanding of how a problem may have arisen; to setting goals.

Dr. Harry adopts a personalized [treatment](#) approach with a combination of different techniques and psychometric tests according to the individual profile of the client.



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DELLA WARREN

YOGA Teacher - Delyvo- Community Wellness

Della has worked within the Health & Fitness Industry for 35 years. Originally as a Keep Fit Teacher in the UK and then moving into Health Promotion with the UK Government 'Health Education Authority' Programme, where she ran Lifestyle Courses and Prescription Exercise Programmes, many of which were for rehab clients. Della qualified in Gestalt Therapy, Massage Therapy and Reiki Healing, running her own private practice along with local classes. Throughout this time she practiced Iyengar Yoga and when she moved to Dubai over 18 years ago took her Yoga Teacher qualifications through the School of Sivananda and has been teaching classes here ever since, latterly at Exhale Ladies Fitness Studio, where she was the Yoga Co-Ordinator & Tutor, for several years.

Della draws on her long experience in teaching all levels and abilities including Pre-Natal, enabling all Students to achieve their potential. Over the years she has attended Teacher Trainings in Dubai, Greece, Switzerland and Thailand, with eminent Yoga Teachers such as Max Strom and Jonas Westring (Anusara). She has recently become a Desire Map Facilitator and is thrilled to be collaborating on workshops, bringing her experience and skills.

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ANGELA MURLOWSKA

(RCST)

Angela Murlowska uses her knowledge and experience of Craniosacral therapy and other healing methods to help the body access the life force in order to heal.

Angela graduated from the London College of Fashion and Design Technology in the 70s. She has lived in Dubai for 40 years, during that time she ran the ceramic department in Dubai International Arts centre as well as being on the board of DIAC for a good part of 15 years.

Health and healing has been part of her life from when she was a teenager and when she realised the depth of healing that can happen with Craniosacral Therapy she felt something resonate with her. She graduated from the College of Craniosacral Therapy in London in 2006 and has been practising privately in London and Dubai since 2006. Continuing professional CST development courses include CST and Dentistry, The Journey of the Incoming soul and Embryology, Fascial unwinding, and Paths of Healing - Subtle Energy work.

She is also an advanced Dorn Method practitioner, as well as Reiki Master. She has taken courses in Positive Suggestion Technique to Advanced level, as well as Kinesiology and Emotion Coding.

Presently working in Dubai Homeopathy Health Centre, as the Patient Relationship Manager, Angela helps patients understand their treatment and what to expect.

It is her experience that healing of the body and mind is generated by the life force, anything else is suppression of symptoms in order to make the person feel more comfortable, like taking a pain killer for a headache. But, unless the reason for the headache is addressed whether consciously or subconsciously a permanent cure is not effected.



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PAMELA DURANT

Founder & Managing Director of Diapoint ME

Pamela Durant is the Founder & Managing Director of Diapoint ME. She has over 20 years of healthcare experience and is a Certified Wellness Coach from USA based Wellcoaches, who teach Coaching and Positive Psychology at the Harvard Medical School affiliate McClean hospital. She is also a licensed facilitator in the Desire Map and Fire Starter Methodologies as well as a certified Lifestyle Medicine Coach from the American College of Lifestyle Medicine.

While her professional qualifications and experience go beyond this, her most important role is her job as a mother. She is the mom and caretaker of a child who was diagnosed with Type 1 Diabetes almost 10 years ago when he was just 20-months old.

Pamela works with clients around the world from various walks of life. Her coaching focuses on the entire individual through wellness. She works with caretakers of children who are looking to move forward in their “new normal”, people with diabetes and with women who are looking to establish their own voices on their terms. And, anyone who wishes to improve his or her overall health, wellness and outlook on life!



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Sunaina Kohli

Wellbeing Lead at PwC Middle East

Sunaina Kohli is the PwC Middle East Wellbeing Lead. She has been with the firm for 7 years and recently returned to the ME after three and a half years of working in the US, on PwC's Global Human Capital strategy, impacting the firm's 250,000 people across the world.

Key focus areas were Wellbeing, Diversity & Inclusion, including the firm's commitment to the UN's HeForShe programme, HC Transformation, Workforce of the Future and driving the Global NextGen Council.

Sunaina's specialization is implementing strategies that support the People Experience. Her passion is helping people realize their potential and embrace their wellbeing journey so they can be the bring their best selves to all they do, personally and professionally.

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Bahar Wilson

Founder & Mindfulness Teacher - Mindfulness UAE

Hi there, I'm Bahar. A dedicated Mindfulness Teacher and Founder of Mindfulness UAE. I'm a passionate believer that anyone can create a meaningful, purpose-driven life for themselves with the right tools and guidance, no matter how hard life may seem.

How do I know? Because I've been there.

I know how it feels to struggle with moments of overwhelming anxiety and stress and not knowing how to handle my emotions. It was only until I left my 14-year professional career and embarked on a journey of self-discovery that I really got to the core of my struggles. It was on that journey, I found Mindfulness. The tools and techniques I learnt were transformative and not only helped me find my way but also helped me find myself. I became more self-aware, understood my emotional triggers and learnt how to process my thoughts in a much kinder, non-judgmental way.

My personal healing experience, as well as my extensive training in Mindfulness, has allowed me to develop programs, workshops, retreats and speaking events to help others just like me, improve their mental wellbeing. With Mindfulness, I believe anyone can become a happier and healthier version of themselves.

Professional Qualifications:

- Certified MBSR Teacher (University of San Diego)
- Certified MBCT Teacher (Mindfulness-Based Cognitive Therapy) Oxford University
- Certified Youth Mindfulness Program , Children age 7-11 & Teenagers (United Kingdom)
- Trained with Deepak Chopra, Eckhart Tolle and Dr. Michael Beckwith
- Member of the AMRA (American Mindfulness Research Association)
- Master's degree in I.T and Business Management (University of Wales)

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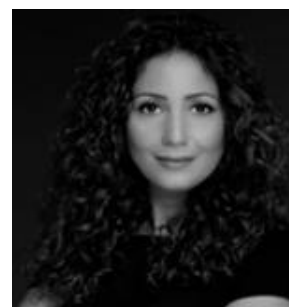
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Mariam Farag

**CSR Expert; Advocate for youth
development & women empowerment
Head of CSR at MBC Group**



Mariam Farag is leading the CSR program at MBC Group, which is responsible for driving its corporate responsibility vision and social impact strategy in the region & globally. Founded & launched in 2013, MBC Group's CSR arm, MBC Al Amal, is an ongoing interactive initiative that is the collective umbrella for the multitude of campaigns, initiatives, and contributions whether created, launched, supported or adopted by MBC Group. Farag brings to MBC Group over 18 years of experience working in the fields of social development, humanitarian relief, communication, corporate & social change in the MENA region & globally with the public, private & academic sectors such as the UNDP, UNHCR, Weber Shandwick (PR), The Community Development Authority of Dubai government and The American University of Sharjah.

Recognized for her work in the MENA region & globally advocating on business for sustainable social impact. In 2017, Mariam was awarded the C3 US-Arab Business & Healthcare Summit "Humanitarian of the Year" during the United Nations General Assembly Week in New York. In 2018, she received "Mother of Community Support" award at The Middle East MomPreneur Forum: in Dubai.

Listed as one of the 25 most innovative female game-changers in the Middle East by The Tempest publication. Featured at several publications & articles such as:

- About Her Magazine (online): Leading Ladies: 12 questions with Trailblazer Mariam Farag.
- Emirates Woman Magazine – June 2017 issue
- Brandberries.org (Humanizing the Brand)
- Insight Magazine
- Women of Egypt

Farag received her B.A in Political Science specialized in International Relations from The American University in Cairo (AUC) and completed her M.A in International Relations and Political Theory from University of Westminster in London, UK.



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Nadine Halabi

Business Development Manager – Dubai Business Women Council

As DBWC's Business Development Manager, Nadine helps drive business success by adopting a 'start-up' style of management that fosters innovation, takes advantage of new opportunities and interprets industry trends to maximize strategic objectives. Encouraging entrepreneurship is an important part of the Council's work in inspiring women to be the best they can be. As such, she ensures that the Council is an environment in which women feel motivated to innovate, create and thrive.

Throughout her tenure at the Council, she managed to bring on board long lasting strategic partnerships with organizations and companies who share the same mission and vision, and who delivered tailor made content for exclusive workshops for the members of the Council with the main purpose of helping them develop their entrepreneurial skills.

For more information about the Dubai Business Women Council's mission , objectives, activities and initiatives, visit www.dbwc.ae



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