

International Women's Day Speakers

LIZ MAYON-WHITE

OCEAN ROWER, GB TRIATHLETE, CANCER SURVIVOR AND MOTHER, LIZ MADE HISTORY AS THE FIRST WOMAN TO ROW INTO ANTIGUA AND LATER COMPETED FOR TEAM GB. NOW IN REMISSION, SHE SPEAKS ABOUT RESILIENCE, COURAGE AND LIVING LIFE TO THE FULLEST.

LUCY MARTIN

CEO OF WATFORD WOMEN'S CENTRE, LUCY BRINGS OVER 12 YEARS' EXPERIENCE IN THE VOLUNTARY SECTOR AND A BACKGROUND IN COUNSELLING AND CHARITY LEADERSHIP. SHE IS A PASSIONATE ADVOCATE FOR WOMEN'S RIGHTS AND COMMUNITY SUPPORT.