

# BANES WLN

Bath and North East Somerset  
Women's Leadership Network

## Autumn Dinner

October 16th 2025



A diverse, inclusive and cross-sector networking space for women leaders in BANES.

### Come and join us for the Bath and North East Somerset Women's Leadership Network.

We are a diverse, inclusive and cross-sector networking space for women leaders in BANES. We want to create a safe, supportive and dynamic space for women leaders to network, to learn from and to support one another.

We welcome you to join us if:

- \* you identify as a woman
- \* you are an existing or an aspiring leader
- \* you are based in BANES (or you are from out of region and are prepared to travel to Bath for events)
- \* you can just be starting your career or you can be a veteran with wisdom to share
- \* you are a #HeForShe ally

We are keen to connect with other women leadership networks in the region as we work collaboratively, not competitively, to create a community space that serves us all. We would love the network to be as diverse and as inclusive as possible so we will endeavour to ensure that our events are accessible to all - let us know if you have any specific needs for us to consider in our planning.

### Autumn Dinner

Our autumn dinner will be held on  
**October 16th 2025 at 7.30pm**  
at Browns Bath, Orange Grove, Bath BA1 1LP

### Speaker



#### Audrey Stephenson

is a psychotherapist and hypnotherapist specialising in complex trauma as well as perfectionism.

[audreystephenson.co.uk](http://audreystephenson.co.uk)

### Theme

#### **Perfectionism: Secret Super Power or Defensive Strategy for Shame and Not Enoughness?**

Women know a lot about perfectionism. From attempting to look flawless, presenting meticulously, to "working twice as hard" as male counterparts or "dancing backwards in heels" - perfectionism has been coveted, prized and longed for. But what's really going on for us? And where does this leave us?

Your ticket price covers a 2-course meal (pre-order to follow), service charge for the food and a contribution towards the meal of the speaker. Drinks will be bought separately.

**Tickets £40 per person**

You can join our growing network group on LinkedIn [here](#).

Find out more:  
[hannah-wilson.co.uk](http://hannah-wilson.co.uk)

Contact:  
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