

IT'S ALMOST TIME! STYLIST LIVE LUXE

FRIDAY 8 NOVEMBER

11.00 BUILD YOUR BRAND & KNOW YOUR WORTH: THE NATWEST BUSINESS BRUNCH

With Kubi Springer and Alex Holder Join our team of experts, including branding consultant Kubi Springer and finance guru and author Alex Holder, for a one-stop shop on how to build your brand and know your financial worth.

12.30 THE WORLD ACCORDING TO AISLING

With Aisling Bea The success of *This Way Up* means that this has been Aisling's year. Here's your chance to ask her anything and have your question answered. Keep an eye on *Stylist's* social channels for #ASKAISLING in November to take part.

14.00 HOW TO FAIL X STYLIST

With Elizabeth Day & Clemmie Hooper Both masters of making connections, *Stylist* will be talking to authors Elizabeth Day and Clemmie Hooper about what it's like to be open about your vulnerabilities and how to put your head above the parapet in the digital age.

15.30 LETTERS TO MY YOUNGER SELF

With Nadiya Hussain & Bryony Gordon Nadiya Hussain and Bryony Gordon will sit in conversation with *Stylist* to share the importance of self-worth, and the knowledge they would impart to their younger selves today.

17.00 MYTH BUSTING: PARENTING IN 2020

With Philippa Perry Join the author of *The Book You Wish Your Parents Had Read* to hear more on how



AISLING BEA



NADIYA HUSSAIN



KUBI SPRINGER



ELIZABETH DAY



ADAM KAY

to raise a family and not lose yourself, plus what advice to ignore, from crying it out to limiting screen time.

18.00 THE BEST MEDICINE WITH ADAM KAY

With Adam Kay Join the writer and comedian for an exclusive session, incorporating his bestselling medical memoir *This Is Going To Hurt*, and his latest publication, *Twas The Nightshift Before Christmas*.

SATURDAY 9 NOVEMBER

11.00 BEAUTY REIMAGINED: THE POLITICS OF WOMEN AND BEAUTY

With Stella Creasy MP and Harnaam Kaur As *Stylist* publishes *Beauty Reimagined*, its second book from Remarkable Women, Stella Creasy MP and Harnaam Kaur explore their essays.

12.30 STRONG SESSION: WHY EVERY WOMAN SHOULD KNOW MORE ABOUT HER BODY

With Emma Barnett When Emma was told she was 'sleepwalking her way to infertility' after years of period pain, she started a conversation many women still don't feel comfortable having. Having just published her first book *Period*, join Emma as she explores the need to challenge the dialogue around periods and women's health.

14.00 VICKY McCLURE: YOUR AUTHENTIC SELF

With Vicky McClure Since her first *Stylist* cover in 2012, Vicky has been high on our 'women we want to hang with' list. From returning as DI Kate Fleming in *Line Of Duty* to championing *Our Dementia Choir*, Vicky has retained her humility and humanity while her popularity has sky-rocketed. But in a world where the 'perfect image' is expected from women 24/7, how do you stay true to your authentic self? Join Vicky to explore how she is true to herself – and how you can be, too.

15.30 STRONG SESSION: EXERCISE: BACK TO BASICS

With Joslyn Thompson Rule In an age of Instagram trainers where fitness fads swiftly become truths, it can be easy to lose your way when it comes to exercise and its IRL benefits. Here, Nike Master Trainer and *Stylist* Strong Ambassador Joslyn Thompson Rule talks us through the fundamentals and takes us back to basics. A must for both newbies and pros who love to train.

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UNTIL MIDNIGHT THURSDAY 7 NOVEMBER*. TICKETS ARE NOW LIMITED, SO GET YOURS NOW AT LIVE.STYLIST.CO.UK