

# London Welcomes Hundreds of Leaders for Inspiring Women's Business Forum

3 months ago



Business leaders from across the UK gathered in London on 26th February 2026 for a powerful day of insight, inspiration and connection at the [Institute of Directors](#)' (IoD) flagship Women's Business Forum.

Held at The View, Lincoln's Inn Fields, the event brought together founders, senior decision-makers and emerging leaders to explore how women are shaping the future of business. The forum delivered a dynamic programme of keynote speeches, panel discussions and interactive workshops focused on leadership, innovation and growth.

The event featured an impressive lineup of speakers, including Mariella Frostrup, broadcast journalist and UK Government Menopause Ambassador; Stephanie Hilborne OBE, CEO of Women in Sport; Rachel Jenkins, Managing Director of Curvy Kate; and Steph Douglas, CEO and Founder of [dontbuyherflowers.com](#). They were joined by entrepreneurs, board members and industry experts who shared insights and strategies for thriving in today's evolving business landscape.

Throughout the day, speakers challenged traditional leadership narratives and championed authenticity, resilience and innovation.



Roisin Sweeney, Director of Membership Services at IoD, said: “The Women’s Business Forum was a celebration of the incredible impact women are making in business. We saw women from across a plethora of industries and organisations come together to learn, connect and be inspired by leaders who are redefining success on their own terms.”

Key sessions included:

- Breaking the Mould: Women Redefining Leadership – Exploring how women are reshaping leadership through culture, storytelling and innovation.
- Boardroom Bound: Elevating Women to the Top Table – Insights into securing boardroom roles and leading at the highest levels of governance.
- Beyond the Algorithm: Female Minds Driving the Tech Revolution – A look at women’s influence in tech, AI and entrepreneurship.
- From Pitch to Power: Scaling Bold Ideas into Real Businesses – Honest discussions on funding, scaling and resilience in entrepreneurship.
- Built to Last: Women Redefining Health, Performance, and Power – Examining the role of health and mindset in leadership success.

Delegates also participated in interactive wellbeing sessions, including ‘Confidence & Mental Fitness for Women in Leadership’ and ‘Unwind and Reset Workshop.’

Women in Sport was IoD’s chosen charity for the event, reinforcing the shared commitment to ensuring every woman and girl can experience the empowerment and lifelong benefits of sport.

Following the event, delegates left with an IoD wellness themed goody bag and, after the success of this year’s forum, the IoD looks forward to building on the momentum generated and continuing to champion women at every stage of their leadership journey.

