

A Celebration of Women
#betterthebalance

International Women's Day Luncheon 2019

6th March 2019
Angsana Ballroom

*Supported by the Australian Consulate-General, Phuket, Thailand
and Angsana Laguna Phuket*

Sponsored by The Phuket News



Australian Consulate-General
Phuket, Thailand

The **Phuket News**
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ANGSANA
LAGUNA PHUKET

Schedule of Events

11:30 REGISTRATION & WELCOME DRINK

11:45 MOVE TO BALLROOM

11:50 CRAIG FERGUSON WELCOME ADDRESS

11:55 AMANDA OLDRIDGE

12:25 JO BARNES

12:55 AI JEROME

13:25 MYSTERY TABLE PRIZES REVEALED

13:35 LIVE AUCTION

13:45 COFFEE & TEA

14:00 EVENT CONCLUSION



Menu

Appetizer

SEAWEED HUMMUS

MISO | CHICKPEAS | TAHINI | WAKAME | LAVOCHE

TUNA TATAKI

CUCUMBER | SEAWEED | PONZU SESAME DRESSING

PARMESAN AND GREEN PEAS COSTRINI

TRUFFLE AROMA

BREAD SELECTION

Main Course

50:50 alternative serving styles

MISOYAKI ANDAMAN SEABASS FILET

KALE | PADRON PEPPERS | GREEN PEPPER POTATOES CRÈME

Or

ROASTED SPRING CHICKEN

POTATOES ESPUMA | KALE | BLACK MUSROOM |

SESAME PISTACHIO CRUST

Vegetarian Option Available Upon Request

Dessert

CARAMELIZED LEMON TART WITH BERRIES

PASSION MASCARPONE CRÈME CAKE

POACH PEARS IN RED VINE

APPLE ROSEMARY TART

TOFFEE TART WITH CHOCO CHANTILLY

MANGO STICKY RICE ROLL

FRESH FRUIT SKEWERS

TEA & COFFEE SELECTION

WINES KINDLY SUPPORTED BY THE AUSTRALIAN CONSULATE-GENERAL PHUKET

SPARKLING WINE - NINTH ISLAND

WHITE WINE - WOLF BLOSSOM YELLOW LABEL CHARDONNAY



Australian Consulate-General

Phuket, Thailand



ANGSANA
LAGUNA PHUKET

Event Speakers



Craig Ferguson

Mr Ferguson is a career officer with the Department of Foreign Affairs and Trade and most recently was Assistant Director, Staffing Operations Section.

He has previously served overseas in Shanghai, Brasilia and New Delhi. Mr Ferguson holds a Bachelor of Business from Queensland University of Technology.

Amanda Oldridge

Amanda is responsible for managing Human Resources throughout Asia for Linfox International Group, based in Thailand and working in eight Asian countries with over 6,500 full-time employees. Prior to joining Linfox, Amanda worked for Verifone as the Vice President of Human Resources for Asia Pacific and China and held the role of Global Lead for Women and Diversity. Additionally, she was Senior Director of Organisation Development for Novartis' Vaccines and Diagnostics division in Boston, USA.

Amanda is an executive coach, counsellor and passionate in helping leaders to develop their leadership skills as well as to motivate and empower their teams. She has worked in Asia for 25 years, living in six countries in Asia plus the USA working in HR, HR consulting, executive coaching, leadership development, training plus academia.

Amanda is a passionate lifelong learner and has a Bachelor of Business (Logistics), an MBA, a Graduate Diploma in Counselling and has just completed her dissertation to be accepted as a Master of Science in Psychology.

Amanda is very happily married with three grown children and lives with her husband and two large dogs.



Event Speakers



Jo Barnes

Jo is a 40 something, globe-trotting, adventure seeking entrepreneur, Mum, loving partner & budding philanthropist, passionate about freedom, travel, opportunity and sucking the juice out of life!

Her mission in life is to arm action takers like you with the knowledge, tools, strategies & inspiration to build a lifestyle business you can run from anywhere in the world, whether that be your kitchen table or a beach in Fiji!

Ai Jerome

Ai Jerome (APD) is a registered Dietitian and Nutritionist of Australia and has been working in nutrition for more than 14 years, in Australia, Hong Kong and Thailand. Discovered at the age of 17, Ai worked in the fashion and modelling industry at a young age and knows first-hand the ups-and-downs of fad-dieting and disordered eating. Armed with these life-changing experiences and her passion for evidence-based science and food (both for cooking, studying it and eating it!), she decided to hang up her modelling boots- for a career in Nutrition and Dietetics. Fast forward to the present, Ai, mother of 3, uses her experience in Clinical Nutrition and Dietetics from both acute care in hospitals to wellness and sports nutrition, in her small private practice here in Phuket.

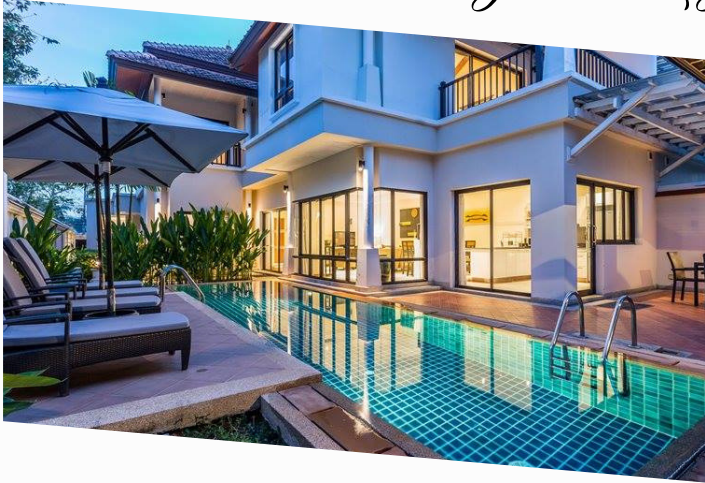
Ai works as a food consultant to hotels such as Trisara; she consults to private clients ranging from food intolerance & eating disorders to chronic disease management such as Diabetes, IBS and Coeliac; and she also runs fun, practical food and nutrition workshops in Phuket.

You can find Ai on the tennis courts; creating something in her kitchen or 'lab' as she fondly calls it, or on her website: www.phuketdietitian.com



Live Auction Prizes

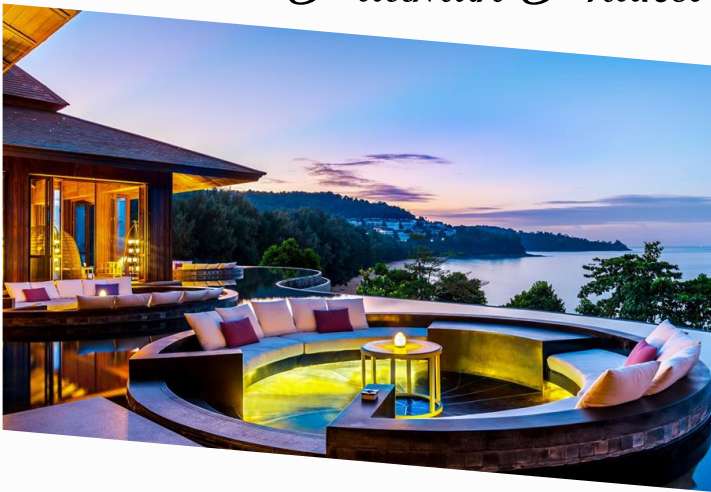
Angsana Laguna Phuket



Two nights accommodation in a beautiful 3 bedroom private pool villa for 6 people including breakfast and in-villa BBQ. Enjoy pristine beaches with warm white sand or laze in the more than 300 metre free-form pool around the resort.

valued at 60,000 THB

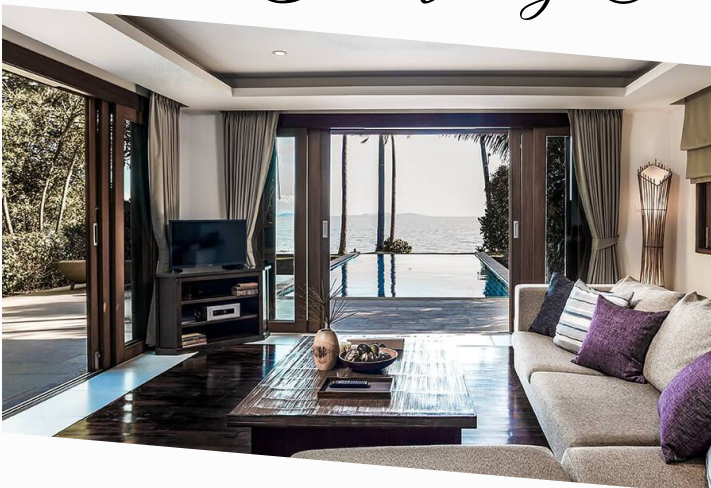
Pullman Phuket Arcadia Naithon



Two night in an Ocean Room for two people, which includes the famous 'No Ordinary Sunday' Brunch for four people. If you're looking to spend a tranquil weekend, then this special prize is perfect for you.

valued at 60,000 THB

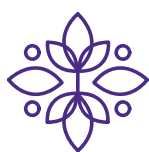
The Village Coconut Island Phuket



A 2-night stay in a Grand Five Bedroom Villa equipped with it's own private infinity pool for ten people including breakfast. The perfect getaway holiday destination.

valued at 90,000 THB

Mystery Table Prize Listing



One (or more!) of these fabulous prizes sits in the middle of your table. The more tickets you purchase, the greater your chances to win!



A Plus Fitness and Health	2-Night/3-Day Wellness Retreat
BB&B	Fine Wine
The Chava Surin	Two-Night stay for 4 in a Deluxe Apartment with breakfast included
KAANDA Beach Life	Swimwear Voucher
Le Meridien Phuket Beach Resort Karon	Italian Buffet Night for 4 (Including a bottle of house wine) at Pakarang Restaurant
Oasis Spa	Two King of Oasis Spa 2-Hour Massages and one Queen of Oasis Spa 2-Hour Massage
Outrigger Laguna Metzo Wine Bar & Bistro	Brunch for 6 at Metzo
The Phuket Dietitian and Nutritionist	4-Week Fitness Programme with Carole, and Nutritional Programme with Ai
Trisara	Brunch for 2 plus a Cabana (2 chances to win!)
Two Chefs Catering	Catering for your private party
Baan Rim Pa Restaurant Group	Dining Voucher
Bampot	Dining Voucher
Hilton Phuket Arcadia	Sunday Brunch for 2
Rosewood Phuket	Signature Extreme 90-minute facial
The Pavilions Phuket	Afternoon Tea for 6 people in Plantation
Taste Yamu	Sunday Brunch for 2
Outrigger Laguna Phuket Beach Resort	Children's Birthday Party for 10
Vibe Boat Club	Two Vibe Boat Club General Tickets

Lucky Door Prizes

❁ Gift Certificate for 4 people to enjoy **Xana Beach Club Barefoot BBQ** Food only Monday and Thursdays.

❁ Gift Certificate for 4 people to enjoy **Chargrille Friday at Bodega and Grille** available Fridays food only

Thank You Supporters

*A+ Fitness and Health
Angsana Laguna Phuket
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