



Women Education Forum Annual Program 2026

Seminars & Workshops

Date & Time	Topic	Speaker
Saturday, 30 May 2026 10:00–12:00	Part I: Women's Health, Fitness, Nutrition and Holistic Well-being; Cycle Syncing; Influence of Fitness on Mental Health	Andrea Marx – Die Maschinerie Gym & Fitness
Saturday, 20 th June 2026 9:00-10:30	Part II: Coaching session @Maschinerie Gym	Fitness Coaching by Andrea Marx
Saturday, 22 August 2026 09:30–11:30	Mental Load for Women	Liliane Kräuchi – Life Coach from Selbstfürsorge
Saturday, 7 November 2026 10:00-12:00	Workshop: Leadership Lab WEF Leadership Assessment: Identifying Individual Key Strengths and Exploring Effective Synergies	Helina Bischoff from Swiss African Business Circle and Africa Collective

Visits

Date & Time	Topic	Spots
Friday, 26 June 2026 13:30–15:00	Visit: Olten Train Control Center (German Tour)	5
Thursday, 20 August 2026 13:30–15:00	Special Guided Tour of the Parliament Building (German) "Women under the Federal Palace Dome" Location: Federal Palace, Bundesgasse 1, 3011 Bern	14
Saturday, 5 September 2026 09:00–10:30	Standard Guided Tour of the Parliament Building (English) Location: Federal Palace, Bundesgasse 1, 3011 Bern	15
Friday, 27 November 2026 09:30–11:30	Visit: Olten Train Control Center (English Tour) Includes: Operations Control Center Presentation, Building Tour, Demonstration Workstation, Command Room View	15

Apéro

Date & Time	Topic
Saturday, 21 November 2026 18:00–20:00	Apéro, Recognition Awards, Preview 2027