

Hormonal fluctuations across the female lifespan: Fostering mental health and wellbeing through all ages

Monday 26 Feb Introduction, goals, wishes, and dreams

09:30 10:00 Coffee and registration

10:00 10:30 Welcome by the Lorentz Center organization and by the organizers.

10:30 12:00 Who, what, where? Introducing all participants

12:00 13:30 Lunch

13:30 14:30 **A brain perspective by Inger Sundström-Poromaa**

14:30 15:00 Coffee Break

15:00 16:00 Lessons learned: Panel discussion by early career researchers.

16:00 17:15 Plenary discussion: Goals, wishes, and dreams

17:15 Wine and Cheese and welcome party

Tuesday 27 Feb From research to clinical application (and back)

09:00 9:30 Coffee

09:30 10:30 **A mental health perspective by Birit Broekman**

10:30 11:00 Preparation for discussion panel with clinicians

11:00 12:00 Discussion panel: An international clinical perspective on female lifespan research

12:00 13:15 Lunch

13:15 17:30 Open Space Technology session: **Neurocognition and mental health across the female lifespan: Identifying gaps and opportunities**

18:30 Dinner in Leiden city center (Restaurant "Het Prentenkabinet")

Wed. 28 Feb Diving into best practices and the research network

09:00 9:30 Coffee

09:30 10:30 What kept you awake? Establishing actions based on the OST sessions.

10:30 12:00 Read & Write: Work on best practices document or research network in focus groups.

12:00 13:30 Lunch

13:30 14:30 **A gender perspective by Petra Verdonk**

14:30 15:00 Focus groups presentations: Interim summary plus plenary discussion

15:00 15:30 Coffee Break

15:30 17:30 Read & Write: Work on best practices document or research network in focus groups.

Thursday 29 Feb Setting up an EU-based research network

09:00 9:30 Coffee

09:30 10:30 **A translational perspective by Liisa Galea**

10:30 12:00 Plenary discussion: Needs and wishes for an EU-based research network.

12:00 13:30 Lunch

13:30 14:30 Plenary discussion: Delineating topics & identifying expert partners
14:30 15:00 Coffee Break
15:00 16:00 Plenary discussion: The key research questions to tackle in various work packages
16:00 17:30 Read & Write: Formulating the work packages in smaller groups
18:30 Dinner in Leiden city center (Restaurant "de Burcht")

Friday 1 March Funding for a research network & wrapping up

09:00 9:30 Coffee
09:30 10:30 Presentation by ERC representative: How to plan and write an EU COST Action?
10:30 12:00 Read & Write: Work on EU COST Action and/or Lifespan research best practices document.

12:00 13:30 Lunch

13:30 15:00 Plenary discussion: What do we have, what do we need and when?
15:00 15:15 Closing remarks