



# 15<sup>th</sup>

## SPE WOMEN IN ENERGY

**The Next  
Generation:**

**Solutions.  
People.  
Energy.**



**2025 SEMINAR**  
**THURSDAY 19TH JUNE**  
**AT** **LSBU**

**GOLD SPONSOR**



**SILVER**

**COPPER ROW  
— COACHING —**



**BRONZE**



**CNOOC**



**HENPICKED**



# Here's to those who drive us forward



Our engineers are more crucial than ever in helping us deliver on our reset strategy. Every day they solve challenges, harnessing the latest technologies to help safely drive improved performance and production. [bp.com/reset](https://bp.com/reset)

## INTRODUCTION

The annual SPE London Women in Energy seminar is one of the key events in the SPE London section calendar. It is organised and run by volunteers who work in the energy sector.

The goal of the event is promote diversity and balance. We harness the advice and learnings of industry experts, we generate discussion based experiences and we create learning and networking opportunities.

In 2024 the event was relaunched after a five year hiatus.

In 2025 our theme is The Next Generation. We want to consider how the energy sector has evolved over time, both technically, and in terms of backgrounds of people who work in this highly varied sector. We want to help equip the next generation in this space with the tools they need to succeed!



# JOGMEC

Japan Organization for Metals and Energy Security

**Protecting Our Life,  
Protecting Our Planet.**

## CONTENTS

INTRODUCTION	3
CONTENTS	5
SEMINAR OBJECTIVES	7
EVENT SPONSORS	8
ORGANISING COMMITTEE	9
<b>SESSION 1: KEYNOTE SPEECHES</b>	<b>10 - 11</b>
<b>SESSION 2: FIRESIDE CHAT</b>	<b>14 - 15</b>
<b>SESSION 3: PANEL DISCUSSION</b>	<b>16 - 19</b>
AGENDA	22 - 23
<b>SESSION 4&amp;5: WORKSHOPS</b>	<b>24 - 31</b>
<b>SESSION 6: MASTER CLASS</b>	<b>34</b>
MORE FROM SPE, WOMEN IN ENERGY AND NEW	35 - 37
BLANK NOTES PAGES	38





# We are SLB.

Together, we create amazing technology that unlocks access to energy for the benefit of all.

Find out more at  
[slb.com](https://slb.com)



## SEMINAR OBJECTIVES



To provide a great opportunity to network with like-minded people in the energy sector.

3

To encourage participants to take charge of their own success, perform to their best throughout all the stages of their career and achieve a good work-life balance.

2

To generate awareness and help participants understand what they can do within their sphere of influence to improve the gender balance at all levels in the energy industry.

1



# SPECIAL THANKS TO OUR SPONSORS!

## SILVER

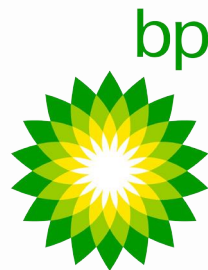
COPPER ROW  
— COACHING —



## BRONZE



## GOLD



EST 1892  
**LSBU**

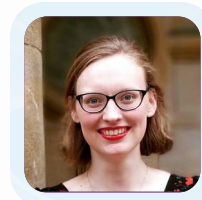
We sincerely appreciate  
the generous support  
and dedication of our  
fantastic sponsors towards  
promoting gender equality  
within organisations.

# SPE WIE ORGANISING COMMITTEE

Organised and run by volunteers



**ISABEL ASENJO**  
Senior Reservoir Engineer  
Sasol



**ALICE-JOY EVANS**  
Reservoir Engineer  
BP



**CATHERINE  
HORSEMAN-WILSON**  
Lead - EMEA CCUS  
Wood Mackenzie



**EMMA LUKE**  
Account Manager  
SLB



**MARIA ASTRID CENTENO**  
Associate Professor -  
Chemical & Energy  
Engineering - LSBU



**PATRICIA MORALES**  
Loyalty Operations  
Implementor - Shell



**YOANNA SICILIANO**  
Principal Reservoir Engineer,  
BD Associate - TRACS

We would like to acknowledge and thank the SPE WIE founders and Committee Members over the last 18 years: Emma McFadden, Bunmi Titiloye, Clara Altobelli, Emily Spearman, Maya Hussain, Miriam Archer, Zelda Heath, Layla El-Hares, Charlotte Jones, Catherine Cutts, Katy Jones, Richa, Bhagyashree Sett, David Mahoney, Catriona McGill, Kathleen de Meillac, Bani Norouzian, Paola Tello Guerrero, Silvia Rey Gomez, Gulgaz Mammadli, Zhen Lu and Katuska Borjas.

# KEYNOTE SPEECHES

## SESSION 1



**AMY MILLER**  
FOUNDER & CEO  
PRAGMA



Amy Miller is Founder and CEO of PRAGMA, an energy consultancy focused on connecting Oil & Gas companies to capital, technology, talent and advocacy. PRAGMA believes in a pragmatic approach to the energy sector which balances the need to provide the world with reliable, affordable and secure energy, whilst driving down global emissions. Amy is dedicated to changing public, investor, and government sentiment about the Oil & Gas industry.

Prior to this role, Amy spent over 10 years at the Energy Council, a Blackstone portfolio company where she became CEO in January 2020. Amy has also held a number of senior roles at events companies and has been based in London, Dubai and Cape Town over the course of her career. She has a BA in Politics from Durham University.



equinor

**DR  
CATHERINE  
ALLSOP**  
VP SUBSURFACE UK/  
EQUINOR

Catherine is a Geoscientist with over 30 plus years of experience in the Oil & Gas industry. She has held technical and leadership roles in exploration and production. She is currently VP Subsurface UK at Equinor and is responsible for subsurface activities in the Mariner and Buzzard producing fields; development and well planning for Rosebank; and UK exploration.

She holds a BSc in Geology & Geophysics (Durham) and PhD (Oxford). She started her career in Amoco (1994) before embarking on a technical and leadership career in Equinor (2002) where she has held positions of VP "Global Quality and Calibration" as well various Exploration Manager positions covering the Atlantic Margin. Catherine has a strong interest in leadership development, coaching, and mentoring, and is a strong ambassador for Geosciences and women in STEM.



## Would you like to gain clarity, build confidence and unlock the best version of yourself?

Investing in yourself through a personal coaching program is the first step towards a more fulfilling and purposeful life.

It could be embarking on a new career path, finding clarity of purpose, improving self-confidence, enhancing personal well-being, or maybe you don't even know what change you want to make yet!

I work with individuals to optimise their personal mindset and help them achieve their full potential in an environment of mutual trust, support and enhanced perspective.

Every coaching program is tailored to you, but here's what you can expect to gain:

- **Clarity on Goals, Values and Purpose** - define what truly matters to you, set meaningful goals and focus your energy where it counts.
- **Overcoming Limiting Beliefs** - build self-awareness, challenge unhelpful patterns and strengthen your mindset and resilience.
- **Motivation and Accountability** - stay on track with regular check-ins and encouragement to keep moving forward, even when it's tough.
- **Improved Self-Confidence** - increase your confidence levels as you start to achieve your goals, enabling you to approach life and work with greater self-assurance.

If you're ready to explore what's possible for you, contact me at [info@copperrow.co.uk](mailto:info@copperrow.co.uk) to find out more.

Helen Taylor  
Founder, Copper Row Coaching



COPPER ROW  
— COACHING —



# tNavigator®

Rock Flow Dynamics

## RESERVOIR MODELLING TECHNOLOGY

## 20 YEARS OF BREAKING LIMITS

Discover speed, flexibility and integration with tNavigator's multi-disciplinary workflows for reservoir modelling.



**Seismic** interpretation and attribute analysis



**Geological** correlation, structural modelling, reservoir characterisation and assessment



**Simulation** - built for speed dynamic modelling with hybrid CPU/GPU utilisation



Fully coupled **geomechanics** - model well, subsurface and surface integrity



**Integrated production modelling** - well, surface facilities and PVT



**Uncertainty and optimisation** - utilise flexible python workflows

CHECK OUT OUR NEW WEBSITE: [WWW.RFDYN.COM](http://WWW.RFDYN.COM)





# 2 FIRESIDE CHAT SESSION 2

WITH THE ENERGY COUNCIL



On behalf of The Energy Council, Charlie Abrines will be joining Nicki Adams, VP Corporate Strategy & Policy at bp, for a fireside chat on the role of energy in driving economic growth and how emerging female leaders can step into that momentum.



CHARLIE ABRINES - GROUP  
MANAGING DIRECTOR, THE  
ENERGY COUNCIL

Charlie joined The Energy Council, the global investment and energy network, in April 2024. As Group Managing Director, he oversees the company's global portfolio of energy capital assemblies, ensuring these reflect top market priorities and provide invaluable networking opportunities for partners. He also leads the Women's Energy Council which champions female leaders reshaping energy, finance and technology whilst fostering meaningful dialogue to drive the inclusivity needed to tackle today's challenges and unlock opportunities.



NICKI  
ADAMS  
VP CORPORATE  
STRATEGY &  
POLICY, BP

Nicki Adams is Vice President Corporate Strategy & Policy at bp, where she is responsible for shaping the group-wide strategy and energy policy positions on behalf of the executive team and guiding on long-term capital allocation. This role gives her a unique perspective on the energy transition and on bp's role as an integrated energy company.

Nicki has previously held senior international roles in bp's upstream organisation, combining deep petro-technical expertise with experience in stakeholder management and business development. She is also a Fellow of the Energy Institute and a Powerful Women ambassador, through which she advocates for greater gender equity and inclusion in the energy sector.

# 3 PANEL DISCUSSION SESSION 3

## Mentorship: Career Growth and Personal Development

Join our expert panel as they explore the transformative impact of mentorship, sharing insights on building meaningful mentor-mentee relationships and leveraging guidance to achieve professional success and personal fulfilment.

### MODERATOR



**CATHERINE H-W**  
See page 17 for bio



**CLARA ALTOBELL**  
See page 17 for bio



**VINCE PIZZONI**  
See page 18 for bio



**KAITO CHUKWUDI**  
See page 18 for bio



**NEIL FREWIN**  
See page 19 for bio



**HELEN TAYLOR**  
See page 19 for bio



**CATHERINE  
HORSEMAN -  
WILSON**  
**WOOD MACKENZIE**

Cat leads Wood Mackenzie's EMEA team on carbon capture, utilisation and storage (CCUS). She is also responsible for managing the CO2 storage and licensing topics globally, within the wider research suite. In this role, Cat and her team provide insight and strategic analysis on CCUS to project developers, technology providers, investors and governments.

Cat holds an MSci Geological Sciences from the University of Durham.



**CLARA  
ALTOBELL, FEI**  
**SORANO CONSULTING LTD**

Clara is an energy professional and thought-leader in ESG and Technology, with a strong engineering and commercial background. She advises businesses, teams and individuals on how to collaborate, excel and grab opportunities. Clara has global experience and thrives on working with international organisations to get the best out of people, technology and resources. She enjoys public speaking, educating and working on committees and boards. Clara holds an MSc In Petroleum Engineering from Imperial College.





**VINCE PIZZONI**  
INDEPENDENT ADVISOR

Vince has coached and mentored 1000s spanning the whole career lifecycle from school to university, executive and board level, and made it his mission in life to inspire and mentor future generations into Energy, Engineering and Tech careers. Currently as a Professor in Chemical and Environmental Engineering at the University of Nottingham, he has 40+ years' of relevant, global business experience incorporating executive management and board positions in blue chip companies including ExxonMobil and Suez. Today he manages a diverse portfolio career built around education, the energy transition, mentoring and equity, diversity and inclusion.

18



**KAITO CHUKWUDI**

ASSOCIATE/MASTER'S STUDENT

Kaitochukwu Chukwudi is an Associate at the King's Entrepreneurship Lab and a Master's candidate in Engineering for Sustainable Development at the University of Cambridge, where she explores business, technology, and policy to advance global sustainability. With a focus on the Energy landscape, Kaito has served across several organizations, including the Switch Energy Alliance, USA, to contribute to energy access and inclusive deployment. Kaito is a dedicated SPE member and was awarded the SPE Girl-in-STEM Leadership Award during her bachelor's.



**NEIL FREWIN**  
SHELL

Neil has over 30 years of experience in the upstream energy industry, currently leading Shell's specialist geoscience capability in London. His career spans roles in research, exploration management, and new business across Shell, BG Group, and Hess in various countries around the globe. Neil has led Shell's "GameChanger" innovation portfolio, served as President of the Petroleum Exploration Society of Great Britain (2017-2019) ) and founded the "Exploring the Energy Transition" special interest group. He is a trustee of the Geological Society, chairing its Professional and Chartership Committee, and serves as Vice Chair of Trustees for The Kimmeridge Trust and The Etches Collection.



**HELEN TAYLOR**  
COPPER ROW COACHING

Helen's extensive experience working in complex global organisations has given her a deep understanding of the challenges that senior leaders face. She now works on a consultancy basis with individuals and teams to support and optimise their personal mindset and performance and help individuals and organisations achieve their full potential. Prior to becoming a Leadership Coach, she spent over 20 years working in a variety of senior HR leadership roles in well-known international companies, including Brookfield Asset Management, Ørsted and LEGO. She has a keen interest in people and enjoy working to ensure everybody can become the best version of themselves.

19

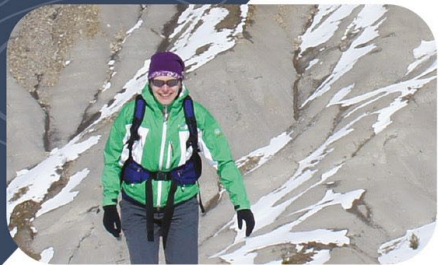




**TRACS**  
Your Energy  
Consultancy  
& Training  
Partner



**Great  
People  
bringing  
excellent  
Solutions  
to the Energy  
of the future**



**Women have been at the heart of the TRACS team since its inception in 1992. From C&P to finance, across subsurface and training, through creative design and BD, women continue to shape our business building a strong company for the future.**

**Working closely with peers and clients, we drive through innovative solutions to deliver quality and to meet our clients' high standards in energy consultancy and training.**



[www.tracs.com](http://www.tracs.com)



HEN PICKED

**Supporting you to  
make your workplace  
menopause and  
menstruation friendly**



**1 in 4**

consider leaving work  
due to menopause  
symptoms

**35%**

have taken absence for  
menopause symptoms

**Employers  
with 250+ staff**

will be required to have an  
Equality Action Plan in place in line  
with the Employment Rights Bill

## About us

We're the partner of choice for menopause and menstruation workplace services, supporting thousands of organisations across the UK, US and Australia.

Our Menopause and Menstruation Friendly Accreditations are the industry-recognised mark of excellence for menopause and menstruation at work.

Our workplace training is tried, tested and trusted by thousands of organisations across all sizes and industries globally including the energy sector.

## Our Services

We're the leading providers in menopause and menstruation workplace services, including:

- ✓ Training for colleagues, managers, HR teams, champions and more
- ✓ eLearning, training videos and digital learning
- ✓ The Menopause Friendly Accreditation and Membership
- ✓ The Menstruation Friendly Accreditation and Membership
- ✓ Expert masterclasses: covering over 20 topics including HRT, Endometriosis and more









**Start your journey  
today**

Scan the QR code to understand the  
benefits of being Menopause and  
Menstruation Friendly

[menopausefriendly.co.uk](http://menopausefriendly.co.uk) | [menstruationfriendly.co.uk](http://menstruationfriendly.co.uk)

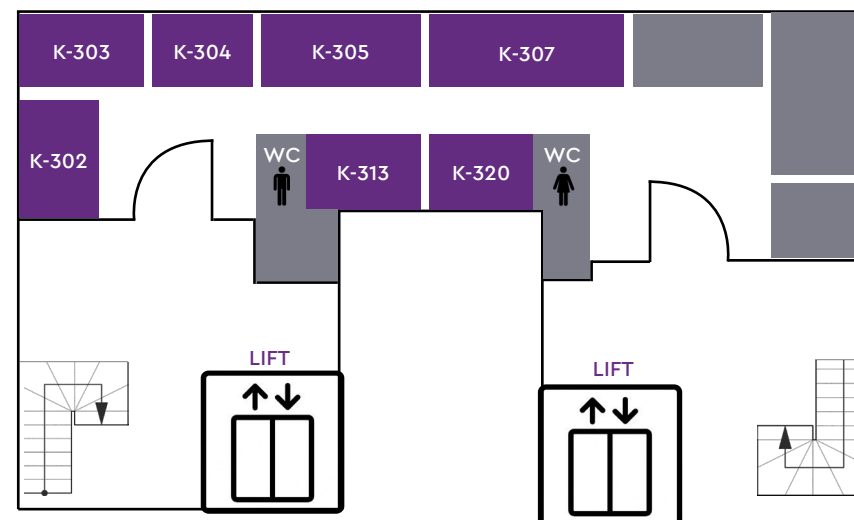


# AGENDA

TIME	SESSION	LOCATION
08:30	 REGISTRATION & COFFEE	MEZZANINE
09:00	 WELCOME & OPENING REMARKS	AUDITORIUM
09:15	<b>SESSION 1 - KEYNOTE SPEECHES</b> Amy Miller - CEO, PRAGMA Catherine Allsop - VP Subsurface UKI, Equinor	AUDITORIUM
10:25	<b>SESSION 2 - FIRESIDE CHAT WITH THE ENERGY COUNCIL</b> Nicki Adams - VP Corporate Strategy & Policy, BP Hosted by Charlie Abrines	AUDITORIUM
11:00	 MORNING NETWORKING COFFEE BREAK	MEZZANINE
11:30	<b>SESSION 3 - PANEL DISCUSSION - MENTORSHIP</b> Clara Altobelli, Vince Pizzoni, Kaito Chukwudi, Neil Frewin, Helen Taylor Moderated by Catherine H-W	AUDITORIUM
13:00	 NETWORKING LUNCH	MEZZANINE
14:30	<b>SESSION 4 - WORKSHOPS SESSION 1</b>	FLOOR 3
15:40	<b>SESSION 5 - WORKSHOPS SESSION 2</b>	FLOOR 3
16:50	<b>SESSION 6 - MASTER CLASS - IQ vs EQ &amp; (MIS) COMMUNICATION</b> Christopher Banks - Principal Geoscience & New Energy Consultant, SLB	AUDITORIUM
17:35	 CLOSING REMARKS	AUDITORIUM
17:40	 KANPAI: Networking Drinks and Canapés Sponsored by JOGMEC	MEZZANINE

WORKSHOPS	ROOM	PAGE
Human Skills in an AI World	K313	24
AI and the Job Hunt: What's Working, What's Not, and How to Stay Ahead	K304	25
Seven Reasons Why Joining a Board is Good for Your Career	K307	26
Navigating Menopause at Work: Strategies for Success	K320	27
From Slides to Story: Turning Information into Influence	K303	28
How to Get the Most out of Mentorship	K302	29
Soft Skills and Negotiation for Career & Life	K305	30

## ALL WORKSHOP ROOMS ON FLOOR 3





# 4 & 5

## WORKSHOPS SESSION 4&5

### HUMAN SKILLS IN AN AI WORLD

HELEN TAYLOR  
COPPER ROW COACHING



Helen's session will cover the basics of how to hold an effective coaching conversation, as well as how self-coaching can be a useful tool in personal development. The session will also touch on related topics such as situational leadership, growth mindset and psychological safety.

Helen's extensive experience working in complex global organisations has given her a deep understanding of the challenges that senior leaders face. She now works on a consultancy basis with individuals and teams to support and optimise their personal mindset and performance and help individuals and organisations achieve their full potential. Prior to becoming a Leadership Coach, she spent over 20 years working in a variety of senior HR leadership roles in well-known international companies, including Brookfield Asset Management, Ørsted and LEGO. She has a keen interest in people and enjoy working to ensure everybody can become the best version of themselves.

COPPER ROW  
— COACHING —

#### LOCATION



FLOOR 3:  
Room K313

### AI AND THE JOB HUNT: WHAT'S WORKING, WHAT'S NOT, AND HOW TO STAY AHEAD

SARAH BURKE  
ODGERS



Exploring how AI and generative AI are reshaping the hiring process from the perspective of both employers and candidates, and tips on how candidates can prepare for success.

Sarah Burke is a Consultant within the global Energy Practice. She manages search-led senior leadership and technical expert appointments globally. With a strong background in Oil & Gas, she leads Odgers' expertise in the energy transition, including Renewable Energy, Cleantech, and Carbon Capture and Storage (CCS). With nearly 20 years of experience in the Oil & Gas and Energy sectors combined, Sarah returned to Odgers in 2024, having previously worked there from 2008-12. She brings extensive in-house Human Resources and Talent Acquisition leadership experience, having spent eight years with Eni, and two years with CB&I. At the start of her career, Sarah was a Wireline Field Engineer for Schlumberger, based in Alberta, Canada. Sarah has a BSc (Hons) in Geology.

ODGERS  
WHERE LEADERSHIP MATTERS

#### LOCATION



FLOOR 3:  
Room K304



## SEVEN REASONS WHY JOINING A BOARD IS GOOD FOR YOUR CAREER

MARIA BLAKLEY  
WOMEN ON BOARDS UK



Are you an ambitious individual looking to elevate your career? This practical and interactive workshop is designed to help you strategically consider board roles as a powerful career move. Who should attend? Ambitious individuals at all career stages seeking to understand the benefits of board appointments.

Maria Blakley offers strategic guidance and practical support to individuals and organisations seeking to build more inclusive workplaces and unlock talent potential. Maria established a branch of the Energy Institute in the Middle East, before returning to scale up the POWERful Women initiative, prior to joining WB Directors (home of the Women on Boards community). Maria is a 'super connector,' boasting an extensive cross-industry network and deep insight into leadership and development partnerships and programs to support the energy transition. Her knowledge spans mentoring, coaching, sponsorship, and allyship resources to support careers at every stage. Maria is an ICF qualified career coach.



### LOCATION



FLOOR 3:  
Room K307



## NAVIGATING MENOPAUSE AT WORK: STRATEGIES FOR SUCCESS

JO LEE-MORRIS  
HENPICKED

Empower you and your teams with menopause awareness, practical support strategies, and inclusive workplace actions for wellbeing and productivity. This workshop is open to all – whether you're experiencing menopause yourself or want to be a better ally.

Jo Lee-Morris is Head of Training for Henpicked and is the 2023 'Equity' award winner at the national facilitator awards - recognising her work to ensure everyone is able to access and benefit from training. Having worked in senior roles in L and D and women's health for over 20 years, she is well placed to offer organisations the opportunity to support their teams to thrive in the workplace during menopause.

The team at Henpicked have been working with UK-wide and international organisations over the last 8 years to make it easier for them to introduce the right training, policies and practices to raise awareness, education and support of this critical area.



HENPICKED

### LOCATION



FLOOR 3:  
Room K320

## FROM SLIDES TO STORY: TURNING INFORMATION INTO INFLUENCE

JAGODA CIEPLA  
ACCENTURE



In a world full of data, the ability to turn information into influence is what sets great communicators apart. In this practical and interactive session, we will share the techniques behind presentations that do more than inform - they connect, inspire, and move people to action. You'll explore how to shift from information-heavy slides to compelling story-led messaging, learning how to use structure, narrative, and delivery to bring clarity and energy to your ideas.

Jagoda is a leadership and culture expert with over a decade of experience helping organisations tell their story, drive change, and activate desired culture. She has worked across sectors including energy, nuclear, utilities, and government, helping teams navigate different changes and advising leaders on how to lead with clarity, connect with their audience, and bring strategy to life. She will bring the storytelling theory and real-life examples from the business to help you shape your compelling stories.

  
**accenture**

### LOCATION



FLOOR 3:  
Room K303

## HOW TO GET THE MOST OUT OF MENTORSHIP

VINCE PIZZONI  
INDEPENDENT CONSULTANT



Join Vince as he explores the transformative impact of mentorship. He will share insights on how to build meaningful mentor-mentee relationships and guide the audience in the best ways to leverage these to achieve professional and personal success.

Vince has coached and mentored 1000s spanning the whole career lifecycle from school to university, executive and board level, and made it his mission in life to inspire and mentor future generations into Energy, Engineering and Tech careers. Currently as a Professor in Chemical and Environmental Engineering at the University of Nottingham, he has 40+ years' of relevant, global business experience incorporating executive management and board positions in blue chip companies including ExxonMobil and Suez. Today he manages a diverse portfolio career built around education, the energy transition, mentoring and equity, diversity and inclusion.

### LOCATION



FLOOR 3:  
Room K302



## SOFT SKILLS AND NEGOTIATION FOR CAREER & LIFE

NADINE AMR, DASHA  
OKHOTNIKOVA & ALICE GREAVES  
ASSOCIATION OF INTERNATIONAL  
ENERGY NEGOTIATORS (AIEN)

In today's fast-paced and dynamic energy sector, mastering soft skills and negotiation techniques isn't just crucial for professional success—it's essential for everyday life. This empowering one-hour workshop is designed specifically for women in energy and will introduce key strategies to build confidence, communicate effectively, and navigate both career and personal challenges. Led by industry leaders and skilled negotiators in the energy space, this panel will offer practical insights on advocating for yourself, negotiating in the workplace, and applying these skills in real-world situations—from securing a promotion to resolving everyday conflicts. Whether you're new to negotiation or looking to refine your approach, this workshop offers valuable tools to enhance your impact in both your professional and personal life



### LOCATION



FLOOR 3:  
Room K305



NADINE AMR - PARTNER,  
VINSON & ELKINS LLP

Nadine is a Partner in the Energy Transactions group of Vinson & Elkins LLP, a leading international law firm specialising in energy and infrastructure. Nadine advises clients on energy transactions, joint ventures and projects globally, including cross-border M&A transactions. Nadine is an active member of the AIEN and was one of the drafters of the AIEN's 2023 Model International Joint Operating Agreement, the most widely-used model JOAs. Nadine is passionate about mentoring women in the energy industry.



DASHA OKHOTNIKOVA -  
COMMERCIAL LEAD, SHELL

Dasha is the commercial lead for multiple NBD projects in Shell, focused on the upstream. She specialises in complex fiscal regimes and contractual frameworks. Dasha is currently responsible for Shell Joint Operating Agreement developed on the basis of the AIEN model. She has 20 years experience in Shell including asset economics for Russian Integrated gas Sakhalin-2 project, regional strategy & planning in Moscow, economics evaluation for Shell Malaysia and NBD Asia Pacific team.



ALICE GREAVES - CCS  
COMMERCIAL MANAGER, SHELL

Alice is a versatile leader who builds trusting relationships, with a passion for people, society, and energy transition. Alice currently leads Shell's CCS Commercial team in Europe and has a strong track-record across M&A, Asset Commercial, New Business development and Capital projects from over 15 years experience in multiple geographies. She has successfully managed complex stakeholder landscapes across the Upstream, Integrated Gas and Downstream businesses, as well as building solid external networks.





## MASTERCLASS SESSION 6

IQ VS EQ &  
(MIS) COMMUNICATION -  
SHIFTING TO  
CONNECTION  
CHRISTOPHER BANKS  
PRINCIPAL GEOSCIENCE & NEW  
ENERGY CONSULTANT, SLB



AUDITORIUM

This masterclass explores the difference between IQ (Intelligence Quotient) and EQ (Emotional Intelligence), and how each shapes the way we communicate.

Chris Banks works both in Oil & Gas and Clean Energy industries applying digital tools to optimise development strategies. He pivoted from sedimentology to sustainability in his 40s, graduating with a MSc in Sustainable Energy Solutions in 2019. He is also trainer in EQ, Neuroscience & Mindfulness for leadership, as well as being a yoga teacher. These "EQ" skillsets have led him to question the manner in which industry engages in public discourse around energy topics. This is particularly acute in our polarised Net Zero or Not Zero context.

## GET INVOLVED...



### SPE WOMEN IN ENERGY LONDON



Fancy getting involved? To be part of the Women in Energy organising committee or to provide sponsorship or a workshop, please drop us an email at:

[spelondon.wie@gmail.com](mailto:spelondon.wie@gmail.com)

*LinkedIn Group: SPE Women in Energy*

# Chemical Engineering at London South Bank University

- BEng (Hons) Chemical Engineering with Foundation Year
- BEng (Hons) Chemical Engineering
- MEng (Hons) Chemical Engineering
- MSc Advanced Chemical Engineering
- PhD Chemical Process and Energy Engineering

## Employment opportunities:

Chemical engineering graduates are employed in a wide array of industries and services: energy & environment, water & waste management, pharmaceuticals, food & drink industry, power generation, polymers, process safety, process management, research & development, biochemicals, oil & gas and petrochemicals.



# JOIN US

**WE ARE CHAMPIONING A STRONGER,  
MORE INCLUSIVE ENERGY SECTOR.**

For over a decade, the Women's Energy Council (WEC) has been at the forefront of promoting diverse leadership and inclusive dialogue across the global energy sector. With over 2,300 members worldwide, WEC connects senior leaders and rising talent through exclusive networking events, thought leadership, and private forums.

In 2025, WEC will deliver dedicated sessions and receptions at the Energy Council's global Capital Assemblies in Singapore, New York, Houston, and London – offering partners access to powerful conversations that shape the industry's future.

## Why Partner With Us?



Amplify your brand  
across four continents



Align with a trusted,  
neutral platform driving  
industry inclusivity



Gain access to exclusive  
dinners, panels, and  
private roundtables



Connect with senior  
executives, investors,  
and innovators



## OTHER SPE EVENTS THIS YEAR...



SCAN FOR TICKETS

### INTRODUCTION TO UPSTREAM OIL AND GAS FOR THE NET ZERO WORLD

4 NOVEMBER 2025  
THE GEOLOGICAL SOCIETY

This seminar provides an introduction to the full life cycle of oil and gas fields. It covers the basics of exploration and production (E&P), geoscience, drilling, operations, reservoir engineering and commercial terms. The speakers will also discuss key issues faced by the industry related to M&A, sustainability and ESG reporting.

Engineers and Managers often suggest this seminar to non-technical staff, so they can better understand the content of reports and budgets. This seminar is about communicating complex ideas to a non-technical audience.

This annual seminar has run for 17 years in London.

It is aimed at people working in oil & gas and financial environments, who are new to the industry or would benefit from an understanding of the technical processes and the key elements in oil and gas projects. Presentations will be at a basic level and attendees will get a good overall view across all upstream disciplines. The seminar is also for people working indirectly with oil and gas companies, or providing support services.

## OTHER NETWORK EVENTS THIS YEAR...



Network for Energy Women (NEW) is an informal, London-based network for professional women working in the energy sector. We provide a warm and welcoming atmosphere for women to expand their network and make valuable contacts whilst enjoying a social event.

Our network now has over 250 women with a wide variety in seniority, experience and roles, and from a broad range of companies; traditional oil and gas, through to financial institutions, technology and new energy. We believe this diversity in backgrounds helps to cultivate the vibrant and convivial atmosphere for which our events are now known.

We hope to continue to grow and expand our network of wonderful women, so please reach out if you would like to join!

Please contact Emma Luke [eluke@slb.com](mailto:eluke@slb.com) for more information.



## NOTES

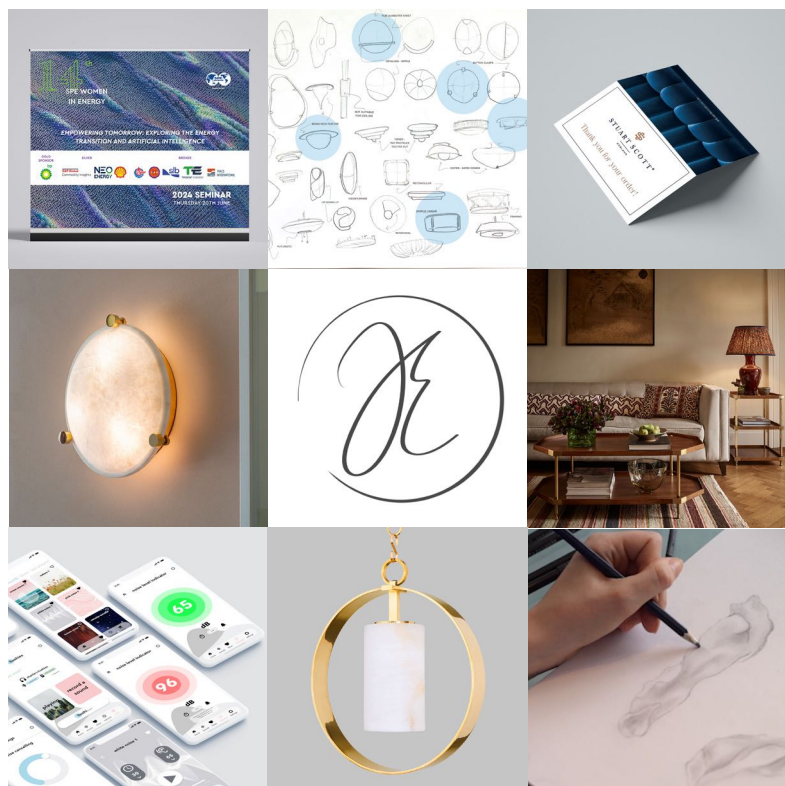
## NOTES

## NOTES

## NOTES



# FURNITURE | PRODUCT | GRAPHIC DESIGN



DESIGNED BY JOSIE EVANS | [josieevansdesigns@gmail.com](mailto:josieevansdesigns@gmail.com) | [@josieevansdesigns](https://www.instagram.com/josieevansdesigns)

On behalf of the SPE Women in Energy...

# THANK YOU



NAME.....

## WORKSHOP CHOICE SESSION 1

HUMAN SKILLS IN AN AI WORLD	K313	<input type="checkbox"/>
AI AND THE JOB HUNT: WHAT'S WORKING, WHAT'S NOT, AND HOW TO STAY AHEAD	K304	<input type="checkbox"/>
SEVEN REASONS WHY JOINING A BOARD IS GOOD FOR YOUR CAREER	K307	<input type="checkbox"/>
NAVIGATING MENOPAUSE AT WORK: STRATEGIES FOR SUCCESS	K320	<input type="checkbox"/>
FROM SLIDES TO STORY: TURNING INFORMATION INTO INFLUENCE	K303	<input type="checkbox"/>
HOW TO GET THE MOST OUT OF MENTORSHIP	K302	<input type="checkbox"/>
SOFT SKILLS AND NEGOTIATION FOR CAREER & LIFE	K305	<input type="checkbox"/>

## WORKSHOP CHOICE SESSION 2

HUMAN SKILLS IN AN AI WORLD	K313	<input type="checkbox"/>
AI AND THE JOB HUNT: WHAT'S WORKING, WHAT'S NOT, AND HOW TO STAY AHEAD	K304	<input type="checkbox"/>
SEVEN REASONS WHY JOINING A BOARD IS GOOD FOR YOUR CAREER	K307	<input type="checkbox"/>
NAVIGATING MENOPAUSE AT WORK: STRATEGIES FOR SUCCESS	K320	<input type="checkbox"/>
FROM SLIDES TO STORY: TURNING INFORMATION INTO INFLUENCE	K303	<input type="checkbox"/>
HOW TO GET THE MOST OUT OF MENTORSHIP	K302	<input type="checkbox"/>
SOFT SKILLS AND NEGOTIATION FOR CAREER & LIFE	K305	<input type="checkbox"/>