



## **Elevate at Benham Park**

*where ideas grow, doors open and exceptional people come together*



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A beautifully curated, invitation-only event celebrating health, entrepreneurship, style and modern living, set within the magnificent surroundings of Benham Park, one of Britain's finest private Georgian estates.

On 30 September 2026, ENL Events will bring together an inspiring community of entrepreneurs, founders, creatives, industry leaders and invited guests for a day that celebrates exceptional ideas, remarkable brands and great conversation. Beautifully restored as a destination for retreats, restorative stays and exclusive gatherings, Benham Park provides a truly extraordinary backdrop for this unique experience, where every detail has been thoughtfully considered.

Produced by ENL Events, with over 30 years' experience creating exceptional events, Elevate at Benham Park has been designed to inspire people to invest in themselves, discover innovative brands, share ideas and build genuine connections. More than simply attending an event, guests will leave feeling inspired, energised and excited about the next chapter of their health, business and life.

The day is divided into two intimate invitation-only sessions, each welcoming just 100 guests. Rather than a traditional exhibition or conference, Elevate is an immersive lifestyle experience where every speaker, every exhibiting brand and every guest has been carefully selected to create an atmosphere of warmth, generosity and genuine connection.

At the heart of the day are two signature conversations. We are delighted to welcome

**Lara Morgan, ENL Ambassador** – Serial entrepreneur who founded Pacific Direct at just 23, building it into a global hospitality amenities business before selling her majority stake for £20 million. Author of *More Balls Than Most* and co-founder of StartUp Britain.

**Amanda Thomson, ENL Ambassador** – Founder and CEO of Thomson & Scott, creators of Noughty, the world's first premium alcohol-free wine and proud sponsor of our drinks for the day. Former BBC arts broadcaster, Le Cordon Bleu-trained chef and Drinks Business Entrepreneur of the Year 2025.

**Dr Louise Newson, ENL Ambassador** – GP and leading women's hormone specialist, founder of Newson Health Menopause & Wellbeing Centre, the world's largest menopause clinic, and the free Balance app. Sunday Times bestselling author and host of the UK's No.1 medical podcast.

**Kate Rowe-Ham, ENL Ambassador** – Women's Health Coach, menopause fitness specialist and founder of Owning Your Menopause, helping women become fitter, calmer and stronger through midlife. Author of *Owning Your Menopause: Fitter, Calmer, Stronger in 30 Days*.

**Dominique Ludwig, ENL Ambassador** – One of the UK's leading clinical nutritionists with more than 20 years' experience. King's College London-qualified Nutritionist and Nutritional Therapist, founder of the Renew Reset Recharge® programme and Sunday Times bestselling author of *No-Nonsense Nutrition*.

**Justin Packshaw MBE, ENL Ambassador** – Army veteran turned explorer and entrepreneur. He has summited Everest, skied to the South Pole and completed a 57-day unsupported expedition across Antarctica. Chairman of Joro and co-founder of De Roemer.

**Loui Blake, ENL Ambassador** – Entrepreneur, sustainability pioneer and founder of Long Lane. One of the UK's leading advocates for plant-based living and conscious business, he has built and scaled multiple hospitality and food ventures while championing healthier, more sustainable ways of living.

Elevate Yourself explores how we can become healthier, stronger and more energised in the next chapter of our lives. From hormones, nutrition and movement to confidence, reinvention and purpose, this conversation celebrates living well and embracing every stage of life with optimism and ambition.

Elevate Your Future brings together entrepreneurs, founders and business leaders to explore the future of business and adventure, innovation, creativity, leadership and the courage to step outside our comfort zone. Alongside opportunity and purpose, the conversation turns to resilience and mental health, and why protecting our wellbeing is just as vital to leadership as strategy and growth.

By the end of each session, we want every guest to leave feeling energised, uplifted and genuinely inspired, with real, practical takeaways for their health and their business, shared honestly and personally by speakers who have lived every word of it themselves.

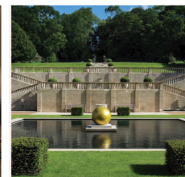
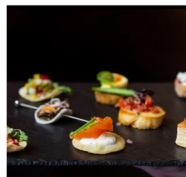
Throughout the elegant rooms of Benham Park, more than 40 carefully curated brands will showcase beautiful products, services and experiences spanning wellbeing, fashion, beauty, interiors, food, travel and luxury lifestyle. Guests will have the opportunity to meet founders, discover new brands and experience them in an inspiring and relaxed environment.

Alongside the conversations, guests will enjoy fashion edit, lovely bowl food, Noughty alcohol-free drinks and a beautifully curated gift bag. Professional photography and videography will capture

the day, creating elegant editorial-style imagery and content, while PR and media coverage will celebrate the event and the remarkable people and brands taking part.

More than anything, Elevate at Benham Park is about bringing exceptional people together in one extraordinary setting to inspire new ideas, spark some lovely collaborations and celebrate the very best in today's world, entrepreneurship and wellbeing.

### Meet Our Guest Speakers



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*Elevate at Benham Park is organised by ENL Events, part of The Eat Nourish Love Limited (company number 13295248).*