



## 21<sup>st</sup> CENTURY WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, POSITIVE PSYCHOLOGY & MENTAL HEALTH SUMMIT (EDITION 7)

NOVEMBER 08-09, 2024 | Hotel Medium Valencia, Spain

With constant demands and high expectations, it's easy for us to feel uncertain about the future or overwhelmed by stress. But what if the key to thriving, both personally and professionally, wasn't working harder, but thinking differently? In this empowering session, Jolanda Busscher will reveal how positive thinking can become your most powerful tool for self-leadership and long-lasting success.

We all experience moments of frustration, sadness, or disappointment, especially after setbacks. You might feel stuck in your career or overwhelmed by the demands of balancing work and personal life. Jolanda will guide you in shifting your mindset, helping you break free from negative thought patterns and regain control over your emotions. Through practical strategies, you'll learn how to transform challenges into opportunities and approach life with renewed optimism and emotional resilience.

Whether you're leading a team, building your business, or focusing on personal growth, Jolanda will teach you how to:

- Shift your mindset from obstacles to opportunities, turning challenges into growth moments.
- Break free from negative thoughts that hold you back, allowing you to lead with clarity and confidence.
- Cultivate daily practices, such as gratitude and positive self-talk, to help you stay resilient and focused.

This session will provide you with practical tools to manage stress, navigate uncertainty, and strengthen your personal leadership. With Jolanda's dynamic and down-to-earth approach, you'll discover how to lead not just your business, but your life, with purpose and positivity—and become the leader of your own life.

If you're ready to align your mindset with your goals, become a more effective leader, and inspire those around you, this session is not to be

## BECOME THE LEADER OF YOUR OWN LIFE: THE POWER OF POSITIVE THINKING

**Jolanda Busscher**

Inner Reveal, Netherlands

missed. Jolanda will show you that happiness is a choice—and that by embracing the power of positive thinking, you can unlock your full potential and lead your life with confidence.

### Biography

Jolanda Busscher is the founder of InnerReveal, a coaching business where, as a positive mindset trainer, she helps individuals discover and embrace their true selves through positive thinking and self-leadership. Drawing from her background in biomedical sciences, IT, and spiritual wisdom, Jolanda empowers people to break free from self-limiting beliefs and societal expectations, helping them reveal their inner strengths—both to themselves and to the world—by living authentically. Through her online coaching, writing, and speaking engagements, she fosters a community where individuals support each other in unlocking their potential, creating a strong sense of connection and shared empowerment. As co-author of the upcoming book "Peak Performance: Mindset Tools for Managers," Jolanda highlights the importance of compassionate leadership for creating thriving businesses, leaders, and autonomous teams. Residing in the Netherlands, she enjoys spending time with her son, making music, and nurturing her connection to nature and spiritual growth.