



WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE (EDITION 4)

MAY 03-04, 2024 | Holiday Inn Mississauga Toronto West,
Mississauga, ON, Canada



Introductions And Background: As humans, we have been involved in an evolutionary quickening process that requires us to BE slow and turn inward. We are expanding our social and liberated consciousness by embracing our own nervous-system healing as a means to shed layers of colonial, intergenerational trauma and oppression. Thus, we are anchoring an embodied approach to well-BEing and community healing that has the capacity to hold complexity and nuance tenderly. There is an opportunity to collaborate and engage with people all over the world and expand our cultural humility and relational capacity. Our unique capacity to ignite a fierce and loving force that centres community and collective care is very possible when we lead from the heart and work towards dismantling systems and structures of oppression.

It is an illuminating time, as we are co-creating care collectives and pathways of authentic entrepreneurship that mobilizes community care and well BEing simultaneously. The old paradigms are fracturing. This dissolving allows for innovative, integrated and sustainable approaches that recognize our interconnectivity and shared liberation. I am grateful to work alongside communities aligned with trauma-healing, healing justice and restorative well BEing as we build kinder more embodied communities together.

I have been gifted with opportunities to support, mentor and deepen the authentic paths of others and recognize that our embodied healing is connected to collective liberation and care. Co-evolution is vital for our survival as a species and like nature, we are interrelated. Infinite possibilities exist to transform and enliven our world from the inside out. It is vital to dream awake, radically re-imagine and co-create systems built on equity, mutuality and collective care and reconnect to an innate somatic wisdom that guides the way!

Aim/Objective: To invite people into a path not yet noticed. A path where we recognize how our own healing and commitment to well-being is

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our currency & supports the co-creation of a just, kinder and more liberating world.

Materials & Methods/Approach: This presentation will use various slides as guides. Various experiential and somatic approaches will be shared to deepen awareness and self-reflection.

Results/Discussion: Participants are supported to reflect on their own healing journey and deepen self-inquiry. Somatic heartfelt contemplations will be used to expand and deepen conscious compassionate awareness.

Biography

Ann Bayly-Bruneel is a Registered Psychotherapist who has passionately worked in the area of mental health, trauma and addictions for 20 years. Ann has worked in various hospital, community and private practice settings. Ann practices within a framework that is anti-oppressive, anti-racist, trauma-responsive, attachment oriented, somatically and relationally attuned. Ann recognizes embodied self-compassion, self-leadership and trauma healing as revolutionary forces that enhance our personal and collective capacity and well-BEing. As a transformational leader, writer and activist, Ann is actively committed to her own growth and healing and sees this as integral to providing integrative, generative and compassionate care. She works alongside other transformational leaders and artists who lead with love to usher in a braver, bolder and kinder world that uplifts our shared humanity and celebrates our deepest sublime, creative and playful nature. Ann's courageous and radically compassionate path to living has seen her win many awards. She is a true visionary. Recently, she was awarded for the prestigious CREA Global Award from Brainz Magazine for 2023 for her role in psychotherapy and being a Transformational Leader and Coach. In addition, she was awarded the Top Psychotherapist of 2024 from the International Association of Top Professionals (IAOTP) as well as by Unified Brainz as part of their Global Game Changers.