



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

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



**T**he Female Formula for Super Powered Productivity," explores how women can harness their unique physiological rhythms to elevate their productivity and well-being. Traditional business models and leadership strategies often overlook the distinct ways women operate, leading to burnout and a feeling of inadequacy in both professional and personal spheres. In this dynamic presentation, I will share research and insights drawn from over 20 years of experience mentoring women in business, coupled with my own journey as a military wife and mother of three special needs children. Together, we'll uncover the hidden costs of trying to fit into a maledominated work culture, and how embracing a female-centric approach can unleash creativity, innovation, and resilience. You will learn practical strategies for aligning your work with your menstrual cycle, reducing stress hormones, and optimizing your energy for peak performance. Discover how small, mindful changes can significantly impact your health, your productivity, and your sense of fulfillment. By understanding and working with your natural rhythms, you can enhance your focus, creativity, and overall happiness, creating a ripple effect that benefits not only your life, but also that of your family, community and business. This session is a call to action for every woman ready to reclaim her power and redefine success on her own terms. Don't miss this opportunity to transform your productivity and well-being—join us to unlock the secrets of the female formula and super charge your productivity!

### Biography

Kylie Bonnor is a passionate menstrual coach and women's health expert, blending her entrepreneurial spirit with a deep commitment to mental wellbeing. A business founder and leader since age 19, she is also a Creatrix® Transformologist® and author of

## THE FEMALE FORMULA FOR SUPER POWERED PRODUCTIVITY

### Kylie Bonnor

Workplace Mental Wellness & Gender Harmony Consultant;  
Women's Health Specialist Educator, Major Breakthroughs; Founder,  
CEO, Thailand

the forthcoming "Brave Bitches." Kylie's advocacy is fueled by personal experiences and a focus on neuroscience, epigenetics, and gender differences. She empowers women to heal and break cycles of trauma, delivering engaging insights that leave audiences informed and inspired. Through her work, Kylie champions mental health for families of Defence and Emergency Services, creating positive change in communities worldwide.