



21st CENTURY WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, POSITIVE PSYCHOLOGY & MENTAL HEALTH SUMMIT (EDITION 7)

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As women continue to break barriers in leadership and entrepreneurship, the demands of these roles can take a toll on mental wellness. There often needs to be more time for self-care when leading organizations, managing teams, and driving innovation simultaneously. However, advancements in artificial intelligence (AI) offer new ways to support mental wellness for leaders and their employees.

In this session, Dashana Jefferies, CEO of A Passport 2 Breathe, will explore how AI-driven tools transform the mental health approach in leadership. Drawing on her extensive experience at the intersection of AI, education, and mental wellness, Dashana will demonstrate how AI can be a powerful ally in maintaining mental resilience. She will share insights into the development of AI applications that provide personalized support for managing stress, improving time management, and fostering a positive work environment.

Attendees will learn how AI can help leaders identify early signs of burnout in themselves and their teams, offering proactive solutions to maintain well-being. For example, AI tools can analyze patterns in communication and workload to suggest adjustments that promote balance and prevent overwhelm. These tools can also facilitate regular mental health check-ins, providing leaders with actionable data to support their teams effectively.

Moreover, Dashana will discuss how AI can create an organization's mental wellness culture. By integrating AI-driven mental wellness apps, leaders can offer their employees easy access to meditation, mindfulness practices, and other resources tailored to individual needs. This approach supports employees' mental health and enhances productivity and engagement, leading to a more cohesive and thriving workplace.

In this session, women leaders will learn how AI can support their mental wellness and strengthen the workplace through empathy and insight.

INCLUSION OF WOMEN'S MENTAL WELLNESS IN LEADERSHIP THROUGH TECHNOLOGY

Dashana Jefferies

CEO & Founder, A Passport 2 Breathe, USA

Biography

Dashana Jefferies, an international speaker and award-winning author, is a unique blend of mental wellness, education, and AI technology expertise. Her role as the CEO and founder of A Passport 2 Breathe has allowed her to pioneer innovative solutions that empower individuals to overcome mental health challenges and thrive personally and professionally. Her book, *365 Love Notes for the World's Black Kings*, received the prestigious 2024 International Impact Book Award for Social Justice and Cultural Awareness, recognizing its powerful and affirming messages. In addition to this accolade, Dashana was honored with the 2024 Stellar Business Award for her excellence in AI consulting, underscoring her leadership at the intersection of technology and wellness. Dashana's work in mental wellness and AI technology has had a significant impact, as evidenced by her contributions to three upcoming anthologies. Several prominent magazines have highlighted her influence and the bold nature of her initiatives. With over 20 years of experience, Dashana has been at the forefront of integrating AI technology with mental wellness. Her app, A Passport 2 Breathe, provides users with essential tools for motivation, meditation, and support, particularly for those with ADD or ADHD. Her innovative approach has made her a sought-after speaker at conferences worldwide, where she shares her insights on the future of mental health and leadership. Dashana's journey is a testament to resilience and the power of technology to change lives. She continues to inspire and lead discussions on creating a more compassionate and mentally resilient world through her work.