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21ST CENTURY WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE

OCTOBER 27-29, 2023 (EDITION 2)
Royal Artistic Center, Barcelona, Spain

WEL Conferences | TEXT SCRIBE LLC
702, 447 Broadway, 2nd Floor, New York, NY, USA, 10013

www.etextonline.org/conferences.php



Dear esteemed delegates,

I am privileged to welcome you to the 21st Century Women's Entrepreneurship & Leadership Annual Conference "Positive Psychology and Mental Health" Annual Conference.

The purpose of 21st Century Women's conference is getting together under one roof women and men from different backgrounds and industries to share their experiences, learn from each other, and empower one another. The conference aims to provide a platform to network, discuss some of the important issues we are facing today, and gain inspiration and knowledge to achieve our personal and professional goals.

Positive psychology and mental health are extremely important nowadays because they play a crucial role in our overall well-being and happiness. We should all focus on building positive emotions, character strengths, and positive relationships, which can help us lead more fulfilling lives. Mental health, on the other hand, is essential for our emotional, psychological, and social well-being. It affects how we think, feel, and act in our daily lives. By prioritizing positive psychology and mental health, we can improve our overall quality of life, build stronger relationships, and increase our resilience in the face of challenges.

I wish all the delegates of the Barcelona edition fruitful exchanges.

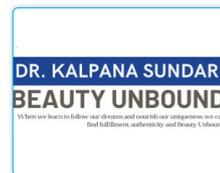
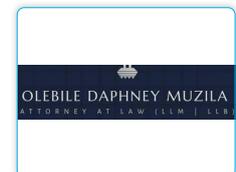
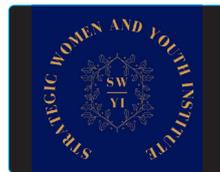
Let us make a difference and let us make the world a better place!



Hon. Dame Isabel Jiménez, Lady of Parte Guelfa

Chairwoman, 21st Century Women's Entrepreneurship & Leadership Annual Conference, (2nd Edition)

WEL2023 Speakers Representations

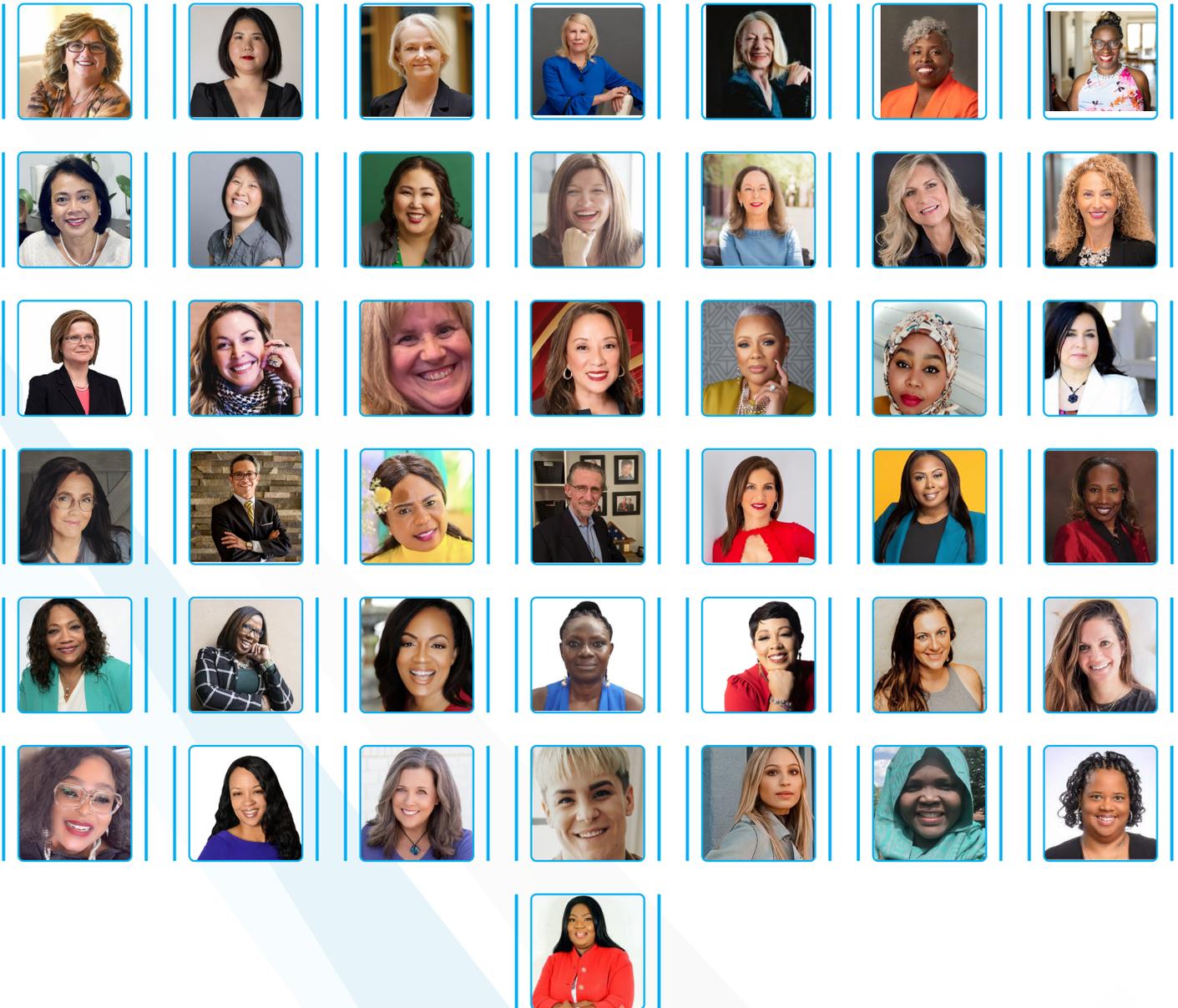


3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP & MANAGEMENT

ANNUAL CONFERENCE (EDITION 4)

MAY 3-4, 2024 (35 CPD CREDIT HRS.)

VENUE: HOLIDAY INN MISSISSAUGA TORONTO WEST



CONFERENCE SCHEDULE DAY 1, 2, 3

Pannel Discussions | Books Shows | Plenary Forum | Keynote Forum | Session
Speaker Program | Scientific Workshops | Networking Sessions | Promotional
Sessions | Technical Workshops | Business Talks Symposia | Young Researchers
Forums | Group Sessions | Round Table Discussions | Exhibitions

21st CENTURY WOMEN'S ENTREPRENEURSHIP & LEADERSHIP, POSITIVE PSYCHOLOGY, MENTAL HEALTH

CONFERENCE EDITION 2

OCTOBER 27-29, 2023

OCTOBER 31st VIRTUAL PROGRAM

Reial Cercle Artístic de Barcelona,
Barcelona, Spain, (Reial Cercle Artístic)

Join the Global Women Leaders and
Renowned Entrepreneurs

**Publish your Full length Articles !!
Universal Journal of
21st Century Women's Entrepreneurship, Leadership, Empowerment, Publishing
(UJWEL)**

<https://www.etextonline.org/journals/women-entrepreneurship>

The Universal Journal of 21st Century Women's Entrepreneurship, Leadership, Publishing Industry, Tourism and Travel Industry (UJWEL) is an Open Access journal from Text Scribe LLC.

UJWEL Aimed to harness and support the Women expertise on various current issues Development of empowerment, Leadership, Domestic Violence, Social issues, Personality development, Publishing, financial issues

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**SPEAKER
PRESENTATIONS**

DAY 1



WEL2023

21st CENTURY WOMEN'S ENTREPRENEURSHIP & LEADERSHIP, POSITIVE PSYCHOLOGY, MENTAL HEALTH EDITION 2

OCTOBER 27-29, 2023 | REIAL CERCLE ARTÍSTIC DE BARCELONA,
BARCELONA, SPAIN, (REIAL CERCLE ARTÍSTIC)

Work- life balance has become a buzzword in recent years, and for good reason. The demands of work and personal life can often feel overwhelming, leaving individuals feeling burnt out and stressed. However, creating a healthy work – life balance is not just the responsibility of an individual; it also requires mutual responsibility at home. So, addressing home dynamics is essential for women's empowerment in the workplace. In this talk Simonetta will explore the concept of mutual responsibility at home and how it can help create a better work- life balance. We'll look at the benefits of a balanced lifestyle, the challenges that come with achieving it, and a practical steps that couples and families can take to make it happen.

EQUALITY STARTS AT HOME: MUTUAL RESPONSIBILITY AT HOME TO INCREASE PRODUCTIVITY AT WORK

Simonetta Roma

simonettaroma.com, Spain

Objectives To provide practical tools and techniques to parents and family members to achieve life – work wellbeing by having equal responsibilities at home creating a sense of belonging, team work and increase on self esteem.

Who is this workshop for: For individuals responsible for caring for someone in the household (children, parents etc) and that would like to have a more fulfilled and productive life combining family and work.

Biography

Simonetta Roma, an accomplished leadership coach, trainer, and author of "Manual práctico para descubrir tu excelencia y su potencial" an invaluable tool for self-development. Qualified as Tax lawyer and litigator in México and MsC in eCommerce Management & Organizational in behaviour in England boast over 25 years of experience in international business. Trained in Neuro Linguistic Programming (NLP) Coach & Trainer, Neuro Leadership and Emotional Intelligence Simonetta is fervent about guiding individuals to unlock their true selves. Her manual empowers readers to uncover their distinctive qualities, fostering personal growth and transformation. With a global perspective, she's dedicated to helping people harness their uniqueness, making an indelible impact on their lives.



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Women have been taught to doubt themselves and hate themselves. We ask for less money, speak up less and when men are acting meekly- they insult one another and call them us- pussy. We must take authentically accept ourselves before we ask others to give us the stage. This is a tale on the "Jekyll and Hyde" 80/20 human and how we can rise above when we accept the good, bad and ugly of ourselves. Then we become unapologetic about our flaws and a true vulnerable leader. Interactive and real- this talk will shake you and laugh you into a new feeling.

GOOD, BAD AND UGLY OF BEING YOU

Jessica Breitenfeld

2nd place Speaker Factor London

Top female speaker, Western Europe 2022

Vice President, Barcelona Women's Network (BWN), Spain

Biography

Jessica's unique value proposition in the market is creating events that connect participants with energetic and engaging talks to meet the personalized needs of her audience whether live, virtual or a hybrid. Given Jessica's vast international experience, she offers each client a global and culturally sensitive perspective from having lived in 8 countries for 12 years. A trained physical theatre actress, professional athlete and therapist in Gestalt psychotherapy, she challenges and encourages with funny anecdotes how we can adapt our mindset to respond better. Her company is called Engage because that's exactly how transformation happens- experiencing the ah ha moment in the human LAB she creates from stage with small group exercises. PowerPoints are pre-Covid. People change when they feel the power. Jess has been selected in LinkedIn's leading voices program because she posts content every day on LinkedIn. Jess runs events every couple weeks and is vice president of the Barcelona Women's Network. Voted Top Female Speaker in Europe 2022 and 2nd top speech in London Professional Speakers Association '21, Jess uses her Tony Robbins energy and warm friendly Canadian encouragement to connect audiences in unconventional ways. She will run the BWN speed networking at 12:40 on Oct 27.

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OCTOBER 27-29, 2023 | REIAL CERCLE ARTÍSTIC DE BARCELONA,
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The conference theme, 'Breaking Barriers: How Coaching Revolutionizes Women's Tech Careers,' highlights coaching's transformative power in helping women overcome limiting beliefs and navigate industry challenges. Women, especially in the tech sector, frequently grapple with imposter syndrome, hindering their recognition of their own strengths and talents, despite possessing the requisite skills and competencies. This presentation will focus on concrete strategies to identify and harness individual strengths and talents among women in tech, including life-work integration, time and energy management, setting ambitious career aspirations, and designing a comprehensive plan to reach their goals. We emphasize the critical importance of fostering supportive environments within companies, where the full potential of every employee can thrive. Building a robust coaching culture emerges as a pivotal enabler in rectifying the broken rung on the career ladder for women in the tech industry. By addressing imposter syndrome and bolstering confidence, coaching empowers women to break free from self-imposed limitations, ultimately advancing their careers and contributing to a more diverse and inclusive tech workforce. Join us to explore the transformative impact of coaching and its role in paving the way for a more equitable future in the tech sector.

Biography

Myriam Ben Farhat, Professional certified ICF coach, Head of Learning & Development, DEI leader at Chess.com Myriam's biography is an inspiring journey of an entrepreneurial spirit and a commitment to continuous personal and professional development. Hailing from Tunisia, she spent 16 years as a corporate lawyer, simultaneously venturing into entrepreneurship by owning the renowned Mediterranean restaurant, Tam Tam Sidi Bou, and co-founding Pangea Shipping Group, where her focus on HR included coaching and mentoring to foster growth. In 2017, Myriam relocated to Barcelona, pursuing a master's degree in contemporary art while transitioning towards coaching for entrepreneurs. Her passion for art fueled her dedication to empowering women and advocating for equal opportunities. In 2019, she achieved certification

BREAKING BARRIERS: HOW COACHING IS REVOLUTIONIZING WOMEN'S CAREER ADVANCEMENT IN TECH

Myriam Ben Farhat

Head of Learning & Development, CHESS.COM

as a professional coach from ICF. Joining Play Magnus Group in 2019, Myriam continued her coaching journey, assuming the role of Chief People & Culture Officer. Following the company's acquisition by Chess.com in December 2022, she now serves as the Head of Learning & Development (L&D) and Diversity, Equity, and Inclusion (DEI), exemplifying her dedication to growth and inclusivity



OCTOBER 27-29, 2023 | REIAL CERCLE ARTÍSTIC DE BARCELONA,
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Organizational performance runs the gamut from highly effective and efficient to the other extreme—ineffective, inefficient, and even dysfunctional.

What's the secret sauce that helps organizations consistently perform at their best? Alignment!

Organizational alignment occurs when all parts of the organization work together in a highly coordinated and integrated fashion in support of the company's strategy.

My Research Includes:

- Observing 18 organizations perform.
- Interviewing over 40 organizational leaders.
- Direct involvement in several organizational change initiatives to increase alignment.
- Working in management assessment centers to observe and evaluate the participant's strengths and weaknesses including their performance on teams.
- Teaching courses and seminars on organizational behavior and alignment for over 20 years.

Biography

HE. Amb. Dr. Isha Farha Quraishy is Dubai based , a Paul B. Thornton is an author, speaker, and former professor of business administration.

He studied management, psychology, and political science at Ohio University. He was fortunate to take courses taught by Dr. Paul Hersey and Dr. Ken Blanchard. Their courses ignited his interest in learning what the best coaches, leaders, and managers do to help individuals and organizations perform at their best.

Paul continued his education and earned master's degrees in business (M.B.A.) and education (M.Ed.). He has had significant experience as a teacher, business executive, and writer.

Key Experiences and Awards

- Directly involved in designing and delivering leadership training programs, succession planning, organizational change initiatives, and leading all

IS YOUR ORGANIZATION ALIGNED?

Paul Thornton

Author of books and articles at Self Employed, USA

aspects of the human resource function.

- In 1985 and 1996, he was the recipient of a United Technologies Award for Extraordinary Management Effectiveness.

- In 2015 he was recipient of the Joseph J. Deliso, Sr., Endowed Chair at Springfield Technical Community College.

Paul has published over 75 articles in business and leadership magazines, journals and websites.

- He is the author of 21 books including:

- Leadership Styles
- Is Your Organization Aligned?
- Leadership-Perfecting Your Approach and Style
- Leadership Case Studies

Paul has been a student and teacher of leadership concepts for the past 40 years.



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OCTOBER 27-29, 2023 | REIAL CERCLE ARTÍSTIC DE BARCELONA,
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With two decades of experience in the profound wisdom of Ayurveda, "the science of life" that traces its roots back millennia, and as curated by the eminent Dr. Deepak Chopra, a prolific author with a portfolio of over 90 books, this conference paper endeavors to elucidate the art of personalizing self-care through Ayurvedic principles to achieve a state of well-being and, in turn, better serve our clients.

This presentation encompasses three key facets:

1. Self-Knowledge for Enhanced Well-Being:

The fundamental premise of Ayurveda is "know thyself." In this section, we will delve into the ways by which one can attain a deeper understanding of themselves to foster daily well-being and improved interactions with others.

2. Culinary Mastery with Ayurvedic Principles:

We will explore the fusion of Ayurvedic dietary principles with various international cuisines, with a focus on classic French dishes as illustrative examples. Ayurveda's emphasis on balancing the body's constitution through food will be exemplified, allowing attendees to appreciate the art of creating delicious and healthy meals tailored to their unique needs.

3. Awakening the Senses for Well-Being:

The final segment will transport attendees on a sensory journey, demonstrating how Ayurveda can uplift and rejuvenate through the senses of sight, sound, touch, and the judicious use of aromas. Attendees will learn how to integrate these sensory experiences into their self-care routines, nurturing holistic well-being.

Biography

Natalia Proops believes most everyone can live extra years of joyful active life by bringing harmony into their lifestyle, especially healthy eating, and her objective is to help do just that. Her specialty is making our daily activities an outstanding experience. MSc (Econ), MSc (MIS), UK Ayurvedic Lifestyle Consultant, Chopra Global (USA) Diploma in Image Consulting (France). Natalia Proops founded two successful companies creating artificial intelligence expert systems in healthcare, government administration and finance, and gave

PERSONALIZING SELF-CARE THROUGH AYURVEDA: A JOURNEY OF WELL-BEING AND CLIENT SERVICE

Natalia Proops

Ayurvedic Lifestyle Consultant (Chopra Global)
Medal for Peace, Rotary International
MSc Informatics in Healthcare
MSc international Economic Relations

presentations at the World Health Organisation and throughout Australasia featuring on the radio and national press. Following her commitment for well-being she qualified as Lifestyle Consultant at the prestigious Chopra Centre founded by Dr Deepak Chopra, author of over 90 books, pioneering workshops in France. Now with over 20 years experience she constantly updates her knowledge with leading edge research. She holds medal for peace from Rotary International having enjoyed posts of president and chief of protocol. Natalia lives in France, in a Loire Valley château "Landifer", holding numerous workshops and exhibitions.



OCTOBER 27-29, 2023 | REIAL CERCLE ARTÍSTIC DE BARCELONA,
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Legal practice, like many industries nowadays, has slowly forgotten its purpose and this has led many clients to avoid asking for legal advice until it's too late or even turn to IA tools for depersonalized and risky legal solutions.

However, legal issues or conflicts can be turned into opportunities for personal and professional growth by approaching them with a constructive mindset if working with your lawyer from an open-minded and creative perspective.

Legal professionals with an holistic side have emerged and are going beyond the traditional role of providing legal advice and representation. They consider the whole well-being of their clients, recognizing that legal issues often intersect with various aspects of a person's life or a firm's trajectory. They aim to find comprehensive and balanced solutions that address their clients' broader needs, promoting well-rounded and sustainable resolutions.

This requires that clients also cooperate, being open and willing to look at their professional and personal relationships with different eyes, and to understand that, in every conflict or legal relationship, they have part of the responsibility and that, in order to build a sustainable future, we must review the intentionality with which we act and the consequences of our decisions.)

Biography

Alexandra is a business lawyer with more than 13 years experience advising companies and individuals in and out of court, specialized in litigation and commercial and civil advice, working for prestigious law firms of different sizes and philosophies (Clavé Serés, Garrigues, Fieldfisher, INTLAW), which allowed her a comprehensive perspective of the sector and interact with numerous professionals.

She is also a collaborative lawyer and legal coach and has been trained in emotional management techniques, psychotherapy and energy healing.

In her practice, she incorporates principles and tools of mindfulness and spirituality that can lead to innovative legal solutions for her clients.

Alexandra firmly believes that the well-being of the legal professional significantly influences the treatment and

REHUMANISING LEGAL PRACTICE & HOW TO USE LEGAL ISSUES TO GROW

Alexandra Sin Vacaru

Business lawyer and legal coach

Conscious legal services Conscious consultancy for legal professionals, lawfirms and companies, legal professionals, Spain

outcomes to deploy for clients, colleagues and their personal relationships. Therefore, through her accompaniment program for legal professionals, she helps other lawyers and legal professionals in their journey.

She is co-founder of the Conscious Advocacy Association and of the podcast and Youtube channel "Abogacia y Conciencia".

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In an era marked by unprecedented challenges and stressors, the pursuit of resilience and mental wellbeing has become of utmost importance. This conference talk explores the intricate connection between nutrition, mindful eating, and these vital aspects of human health. As an experienced nutritionist, I will delve into the scientific evidence supporting the significant influence of dietary choices and mindful eating on mental resilience and overall psychological wellness. Drawing from contemporary research, this presentation will clarify how the foods we consume, when combined with a mindful approach to eating, can profoundly affect our ability to cope with adversity and maintain a positive mental state.

We will explore the intricate interplay between nutrients, brain function, emotional regulation, and mindful eating practices, offering valuable insights and practical strategies for enhancing resilience and mental wellbeing. After hearing this presentation, you will leave with a deeper understanding of the profound relationship between nutrition, mindful eating, and mental health. You will also gain insights into the scientific basis for this connection and receive practical guidance on harnessing the power of nutrition and mindfulness to foster resilience and mental wellbeing.

Biography

Rana Chemali is a professional in the field of Nutrition and Transformation. She has based her approach on an unique combination of academic expertise, psychological insights, and diverse experiences in the realm of well-being. She holds a Bachelor of Science degree in Nutrition and Dietetics from the American University of Beirut, a Coaching Certificate from the Institute for the Psychology of Eating, and has received training in Behavioral Therapies in the Systemic Strategic approach of Paolo Alto.

Rana has lived in various parts of the world, including Canada, Lebanon, France, the United Arab Emirates, South Korea, Turkey, and currently Spain, with her family and two children. Through her nomadic lifestyle, Rana has come to understand that there is no universal "best diet" or "perfect nutrition." Instead, she has discovered the beauty of various approaches to

NOURISHING RESILIENCE: THE IMPACT OF NUTRITION AND MINDFUL EATING ON MENTAL WELLBEING

Rana Chemali

Food Nomade, Mind Body eating Coach, Spain

nourishment that promote health and vitality.

She established "Food Nomade," (derived from French: "a nomad") which focuses on the transformative approach to nutrition and well-being and offers women a personalized and guided journey of self-discovery, to improve their mental and physical wellbeing and encourage them to explore new ways of eating and living for a better life.



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The purpose of this presentation is to educate and inform participants on how the implementation of mindfulness and positive psychology can lead to positive outcomes within mental health treatment. Mindfulness can be recognized as present moment, non-judgmental awareness, initiated by concentrated attention that is non-reactive and as openheartedly as possible (Zinn, 2015). Mindfulness is recognized as a cognitive and behavioral treatment approach and is both a physical and mental practice that encompasses individuals to become aware of internal situations and experiences with undivided attention (Bayir & Aylaz, 2021). As Zinn (2015) explains, mindfulness is when individuals must know what is happening as it is occurring, and what they are experiencing at the moment.

Positive psychology is the examination of the circumstances and processes that contribute to the expansion of optimal functioning for all individuals, groups, and institutions (Gable & Haidt, 2005). Martin Seligman, the pioneer of positive psychology, highlighted that psychologists should pay attention to assisting others to identify and maximize their own potential and to magnify positive mental health, versus a focus on the absence of disease (Seligman, 2002).

This presentation will examine how mental health practitioners, health care professionals, and counselor educators can utilize the principles embedded in mindfulness and positive psychology to assist in wellness plans when working with individuals seeking mental health treatment. This presentation will include critical thinking discussion questions, as well as an opportunity for questions and comments. The presenter will discuss specific techniques related to both mindfulness and positive psychology which participants can implement on their own when working within the mental health field.

THE IMPLEMENTATION OF MINDFULNESS AND POSITIVE PSYCHOLOGY IN MENTAL HEALTH TREATMENT: THE POWER OF OPTIMISM

Dr. Michele Mahr

California State University, USA

Biography

Dr. Michele M. Mahr is an Assistant Professor and Program Coordinator in the Rehabilitation Counseling Program at California State University, Los Angeles. Dr. Mahr has recently published two textbooks: *Research Strategies for Counselor Educators*; *A Modern Approach to Substance Abuse and Addiction*; *A Systemic Approach to Substance Abuse and Addiction: The Power of Society*. Dr. Mahr also has several publications that focus on her current research interests including: positive psychology, substance abuse and addiction, mindfulness, and health promotion for people with disabilities.



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According to Forbes magazine, currently only 2.4% of Fortune 500 company leaders are women. This statistic is unsettling in light of the proven unique strengths and abilities of feminine leaders. In this Opening Keynote, I will discuss the top three traits essential for leaders. I will illustrate how women can regain clarity, mindfulness, and engagement from their team in the midst of challenges using the five step method of Feminine Leadership. The audience will be challenged to approach leadership in a more authentic way to drive better results. "Dr. Sundar's discussion on feminine entrepreneurship left the room inspired and equipped with tools that will help them create the version of their best life." Natasha Peters, National Sales Director at Portrait Health Learning Objectives 1. Recognize five traits essential to Leaders. 2. Understand the challenges unique to Female Leaders. 3. Learn the five step method of Feminine Leadership. References Natasha Peters, National Sales Director at Portrait Health, 973.934.5671, natasha@portraitspa.com Emmalyn Green, Secondary Program Manager of Junior Achievement of the Palm Beaches and Treasure Coast.

Biography

Dr. Kalpana Sundar is a figure in the fields of medicine, entrepreneurship, and coaching, who has dedicated her life to the empowerment of women. Her journey, encapsulated in her concept of "Unbound," is a testament to the power of breaking free from societal constraints and living life authentically.

Sundar is board certified in Otolaryngology/Head and Neck Surgery and Facial Plastic Surgery. Soon after completing her residency, she founded a successful Ear, Nose, and Throat Practice and Medical Spa. However, her path took a significant turn when she received a diagnosis of thyroid cancer during her first year of medical practice. This challenging experience forced her to reevaluate the delicate balance between her career and personal life, leading to bouts of burnout.

Dr. Sundar's resilience and a desire for greater fulfillment in her work inspired her to reinvent herself.

UNBOUND LEADERSHIP

Dr. Kalpana Sundar

Keynote Speaker

www.DrKalpanaSundar.com, USA

Her mission is to empower women through her transformative talks, her book "Beauty Unbound", and her retreat "Shakti Unbound". Her work addresses issues of beauty and life balance, providing women with the tools and insights to unlock their true potential.

Beyond her professional endeavors, Dr. Sundar resides in San Diego, CA. In her free time, she indulges in her love for travel, scuba diving, and is currently on a journey to attain a Black Belt in Krav Maga. This dynamic blend of personal pursuits showcases her commitment to living life to the fullest. Dr. Kalpana Sundar's life is a testament to the transformative power of breaking free from societal norms, pursuing one's true passion, and empowering women to reach their fullest potential. Her journey is an inspiration to all, and she is living her best life unbound.

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For centuries, women of color have depended on each other, family, and their faith as a way to recover, reflect, and forge ahead to overcome obstacles that were meant to keep them from thriving. In my qualitative, phenomenological research on black women leaders in healthcare, three themes boldly framed how black women leaders are able to achieve and sustain their executive level positions (McAfee, 2021). The themes identified are: 1) Sisterhood Circles, 2) Leading by Faith, and 3) Family, Kinship, and Ancestral Influences. In furthering the research to observe and listen to black and brown women's leaders in entrepreneurship this same tri-combination of influences appears to result in creating and continually building strong and emotionally intelligent business women leaders.

In the last three decades there has been a steady and slow growth of women in executive leadership positions. Within this growth, minimal increases have occurred in all women of color and within that grouping an even smaller percentage of Black women leaders (BWLs) hold executive roles. The lived experiences of BWLs tells the story of barriers to advancement due to the stereotypes associated with the intersectionality of gender, race, culture, and age (McAfee, 2021). However, the opportunity to create advancement for themselves appears to be through creating an entrepreneurial path.

In the U.S., 17% of Black women are in the process of starting a new business, compared to 10% of White women and 15% of White men. Motives for creating a new business include producing a source of income or following a dream. "High rates of Black female entrepreneurship may also reflect lack of opportunity in the traditional workforce – many start businesses to survive rather than pursuing market opportunities," said Tosh Ernest, Head of Business Growth & Entrepreneurship and Financial Health & Wealth Creation for Advancing Black Pathways at JPMorgan Chase (JP Morgan Chase, paras. 4-5, 2022).

This self-advancing path can highlight black

POWERFUL COLLECTIVE OF FAITH, FAMILY, AND SISTERHOOD ON BLACK & BROWN WOMEN ENTREPRENEURIAL LEADERS

Pamela McAfee

CEO, Co-Founder of StellaVersed Consulting Firm, LLC, USA

and brown women leaders' talents and skills; and is supported by a combination of intuitive, nurturing, and communal support entities. Within the trifecta of 1) Sisterhood Circles, 2) Faith/Belief, and 3) Family, Kinship, and Ancestral Influences, women of color leaders find the emotional, physical, mental, and belonging attributes needed to facilitate an effective and sustainable leadership model for themselves (McAfee, 2021). This unique combination of special influences are very personal, valuable, and unique to brown and black women leaders as they are influences that may have been generated in childhood and continue to have impact on their adult lifework experiences. Each special influence has a meaningful purpose, a power assignment, and a foundation or base for every woman leader of color as they don their flowing cape of superwoman entrepreneurial spirit.

These special influences create unique approaches to leading and result in improving an organizations' performance and their ability to start a business through "vision, motivation, accountability, leadership, work environment, and values" (Desvaux, et al., 2017, p. 14). Black and brown women leaders demonstrate operational prowess through their many voices of experiences, feedback from family, peers of faith, sister circles, and their self-selected leadership styles, which become "drivers of organizational effectiveness" (Desvaux, et al., 2017, p. 16). Brown and black women leaders bring a mixture of ideas and a variety of frames of thought to organizations and in the planning, development, creation, and implementation of start-up and existing businesses. The results are efficient discussions, successful implementation of products and project development, judicious sharing of successes with their teams which in turn helps them to achieve positive outcomes (Desvaux, et al., 2017). The tri-special influences align with the ideology of Black Feminist Thought's (BFT) four dimensions, especially in the

dimensions of knowledge and wisdom, and the ethics of caring (Allen, 1996; Collins, 2000; Collins, 1989). The BFT dimensions give a focus to the power of knowledge for black and brown women leaders in order to formulate ways in which to lead. In combination with the prevalence of prejudice, issues of comfort and risk, and potentiality of promotion (Roberts & Mayo, 2019), BFT gives a framework of dialogue-type that works to create affable understanding, credible discourse and justifies uniqueness as a step into leading with confidence, self-efficacy and power (strength in knowing). These unique special influences on black and brown women leaders creating their own advancement through entrepreneurship and the alignment with BFT will be explored to demonstrate diversified, equitable and inclusive environments that brown and black women can flourish within as they advance into entrepreneurial leadership.

Session Objectives:

Objective 1 –

Identifying the challenges that create the barriers for women of color to succeed in senior leadership roles, creating an awareness as to why the triple combination of influences exist to help them make the choice to become an entrepreneur.

Objective 2 –

Define the constructs behind faith, family, and sisterhood - meaningful purpose, the power assignments, and the foundation or base - and how they relate to Black Feminist Theory's four leadership dimensions (strength in knowing) generating the spirit of successful entrepreneurship.

Objective 3 –

Learn how to create and craft diversity, equity, inclusion, and belonging spaces in the entrepreneurial environments for every woman of color so they may flourish as effective leaders and followers for their businesses.

Biography

I am the CEO and Co-Founder of StellaVersed Consulting Firm, LLC. My business partner (Linkedin - @Janel Paulk) and I are looking forward to utilizing our essential experiences in healthcare operations and administration, and information technology. Also leadership development and education for any industry that wishes to grow the best leaders.



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Hello, I'm Frank Soonius I'm the author of the book "Trapped in a Dream", Never lose your drive. I help people who are dissatisfied with the life they are living, to create a life they truly want to live, through a unique 6 step program, where you will discover your true passion & purpose to feel more fulfilled and alive. We all know, that from the moment you are born, you start living your life, told and taught by others. But is that yours, or what others expect from you? If it's not your life, burn out and depression are around the corner. Well, I think you and I are not meant to resign from life without living your dreamlife. I know, people don't choose dreams, no the dream will choose you! So tell me, why are you here on earth? What is your purpose, what is your strength, what is your passion and what will make you real happy? We all have different gifts, but we all have to use them, that's what counts. It's not how much we have or what we own, it's about how much we share and give to this world. Don't think twice, remember there is no overtime in life, now is all we have. So what invention do you have buried in your mind? What idea, what cure, what skill do you have inside, to share with the world. Please believe in your dream, in your gift, because if you don't, then you sell not only yourself, but the whole world short. The biggest reasons we don't live our dreams are, uncertainty, fear and doubt. When doubt comes in our mind, fear takes over and you will become uncertain. Doubt killed more dreams, then failure ever did! Can you change from being a doubter to a chooser? Yes, you can! Let me be your dream driver and with my book and program, I will help you to grab the dream that choose you, that fits you, that picked you and I will help you to achieve your goals and to live your dreamlife. Remember "What if one opportunity could change your life? Let my message be that change and you will find real happiness by doing what you love. Thanks for listening and now let me drive you to a new chapter in your life. Let's do this together, step in and enjoy the ride.

An edge-of-your-seat story combined with a wise message for changing your life, Trapped in a Dream: Never Lose Your Drive, by Frank Soonius, will inspire you to find your true purpose

I ASK YOU WILL YOUR LAST WORDS BE: IF I ONLY HAD?

Adres Frank Soonius, fonteinkruid 5

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and passion. The author paints a vivid picture of his emotionally difficult childhood that drew him into his "shadowland," a dream-like place of safety and comfort from the storms around him. He tells of youthful hijinks and mistakes that bring trouble at school, first encounters with girls, sports successes—seemingly typical "growing up" experiences. But an emotional whirlwind was brewing inside him. The author eventually ended up in jail in Australia, sentenced to 11 years. In Trapped in a Dream, he has transformed his psychological turmoil and the traumas of his life into a guide for everyone to find their own purpose. To tap into their truth. To think positively. To gain balance in their lives. Find your real dream, for it can be an inner strength that will set you on the path to improving your own life and that of others.

Biography

Frank Soonius is the son of a mother who survived Japanese concentration camps in Indonesia and a Dutch father who was a financial accountant. His father did not accept the softer side of his son, wanting him to be a successful entrepreneur. Frank struggled to feel loved.

He became a well-known athlete, a successful trainer and coach, a research marketer, and a loving partner. But living in his imagination, a place Frank called Shadowland, drew him into isolation that resulted in a deep depression. He woke up one day feeling completely unaware, in a prison cell in Sydney, Australia.

After three attempts to end his life, Frank woke from his nightmare, helped by the goodness of strangers. In prison, he met the worst of prison inmates and became famous by solving the murder of Samantha Knight. After more than four years in jail, as an innocent man falsely convicted, he returned to The Netherlands, where he started his own successful tennis school. Frank is now using his life skills to help people make their dreams come true. Inspired by Nick Vuijic he developed his successful Dream Driver Program. Doubt less, fail more, Dream Bigger

So this is a little bit about me and in my keynote I love to talk about, why we all must Doubt less, fail more, Dream bigger. Remember, what if one opportunity could change your life. Let my message be that change and you will find real happiness by doing what you love.

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In a world filled with challenges and opportunities, there is a growing need for unstoppable leaders who can harness their courage, determination, and unwavering commitment to bring about positive change. This conference, "Unstoppable Leadership: Transforming the World and Inspiring Change," is a journey into the remarkable stories of individuals who have defied the odds, shattered barriers, and transformed adversity into advocacy.

Join us as we explore the inspiring narratives of leaders who have used their resilience and unwavering commitment to ignite change in various spheres of life. From civil rights activists who stood against segregation to scientists who revolutionized their fields, these individuals have proven that it's not about what you know; it's about what you do with what you know.

During this conference, you will

- Discover the transformative power of unwavering commitment and determination.
- Learn from the stories of unstoppable leaders who have left an indelible mark on history.
- Understand how courage and resilience can overcome even the most formidable challenges.
- Gain insights into the qualities that define unstoppable leadership.
- Be inspired to take action and become a catalyst for positive change in your own life and community.

Join us for an empowering and enlightening experience that will leave you motivated, equipped, and ready to embark on your journey as an unstoppable leader. Together, we can transform the world and inspire future generations to rise above adversity and create a brighter future for all.

UNSTOPPABLE LEADERSHIP: TRANSFORMING THE WORLD AND INSPIRING CHANGE

Silvia Ayuso

Global Transformational Leadership Expert, Author, Speaker, Success Coach for Women, Spain

Biography

I am an entrepreneur with 10 years of experience as an Expert in Transformational Leadership for Women. I provide Coaching, Advice and Support for CEO's, Managers and Leaders, and I am committed to the advancement of Diversity, Equity and Inclusion (DEI). I work with women leaders (established and aspiring) who want to develop their self-leadership, find/use their voice and create opportunities that allow them and the companies they work for to thrive. I have worked with hundreds of women CEO's, managers and global brand leaders over the past decade - helping them gain clarity and confidence, accelerate their careers and achieve their goals and objectives both personally and professionally. In addition to my coaching accreditation and experience, I bring over 25 years of international experience as an executive in multinational companies in different countries (France, UK, Spain and Portugal), and I also worked at the United Nations (New York, USA) for 10 years. I am a Public speaker, radio broadcaster and talent mentor, and I love to collaborate with international organizations to support and empower women at risk of social exclusion. In 2023 I have been named by CIO TIMES Magazine as one of the 5 most influential women to follow in the world of entrepreneurship and women's leadership.

"SERVANT LEADERSHIP: A HEART FOR SERVICE AND A HEAD FOR RESULTS"

Moderator:

Jeffrey P. Miller, PhD, Faculty,
Creighton University Interdisciplinary
Leadership Program & Greenleaf
Center Servant Leadership Academy

Panelists:

Holly Espenhover, Regional Director,
Human Resources Unity Point Health
& Doctoral Candidate, Creighton
University Interdisciplinary Leadership
Program

Jill L. Harmon, Pastor, Fremont First
United Methodist Church & Doctoral
Candidate, Creighton University
Interdisciplinary Program

Evita M. Salles, EdD, Commander,
United States Navy

**PANEL
DISCUSSION**

DAY 1



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The Challenge

In today's world organizations and leaders continue to be held to higher standards of meeting needs of people, organizations, and communities. Humankind experiences a variety of pain, trauma, and challenges that require healing and a restoration of hope. If individuals are feeling wounded, how can we expect our organizations to work optimally? Through servant leadership, key principles are found to be critical to aiding people and groups in their own growth, healing, and re-installation of hope. Compassionate concern, having a servant's heart, empathic listening, and support encompass ways servant leaders can nurture individual well-being, and ultimately the bottom line.

Servant Leadership Influence

Followers' general well-being is a servant leader's primary focus (Nandram & Vos, 2010). According to Greenleaf, servant leadership begins with the natural feeling an individual wants to serve and serve first. It is about service to others – not servitude. A servant leadership philosophy embodies a conscious decision with a basic test:

"Do those served grow as persons, do they while being served become healthier, wiser, freer, more autonomous and more likely to become servants to others? And what about the least privileged? Will they at least not be further deprived?" (Greenleaf, 1970)

Servant leaders are attuned to the various needs of followers which include empathy, compassion, and altruistic calling and healing. These behaviors grow a mentally and emotionally healthy environment creating a sense of cohesiveness, collaboration, and sustainable relationships among leader and followers. This can lead to understanding and recognition of the emotions being felt and expressed by followers (Jit et al., 2017). Trauma-informed leadership has similar behaviors to servant leadership in that there is a need for connection, being present, listening, allowing emotions to be witnessed, creating a safe space, and creating boundaries (Koloroutis &

SERVANT LEADERSHIP: A HEART FOR SERVICE AND A HEAD FOR RESULTS

Jeffrey P. Miller

PhD, Faculty, Creighton University Interdisciplinary Leadership Program & Greenleaf Center Servant Leadership Academy

Pole, 2021; Sipe & Frick, 2015; Barbuto & Wheeler, 2006).

Sipe and Frick in 2015 did a 10-year comparison of the Fortune 500 against companies identified as practicing servant leadership. Their results:

- Stocks from the 500 largest companies averaged 10.8% pretax portfolio returns.
- The 11 companies referenced in Jim Collins' Good to Great book (2001) averaged 17.5% pretax portfolio returns.
- Servant-led companies identified by Magellan Executive Resources averaged 24.2% pretax portfolio returns.

While the case for servant leadership should not boil down to this singular financial comparison alone, the results reveal the powerful potential application of servant leadership to the well-being (healing and hope) of individuals and a resulting positive effect on the organization's bottom line.

This panel represents individuals from multiple sectors. Each is living the servant leadership journey and will be sharing their perspectives and insights on how the practice of servant leadership can serve a greater good....for individuals, the organization/business, and the community.

Biography

I am a farm boy from central Ohio who is now living in the Indianapolis area. Between those places I've lived: in north Georgia, New Zealand, central Pennsylvania, Maryland, Illinois, western Indiana, and North Dakota. Some would say I can't keep a job.... I'll leave that judgment to you. My degrees are from Ohio State and Penn State and for close to 20 years I worked in various levels of the Cooperative Extension service in several states and nationally.... mostly in support of the 4-H Youth Development program. The final 10 years were at an organization/capacity-building level nationally and in Illinois and North Dakota. In one of my more humble moments, I tell people that I had the "illusion" of being in charge of the 4-H program in the state of North Dakota. In practice that meant it was my job title... and in reality, it meant I

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learned a lot of lessons about organizations, change, leadership, humility, and perspectives.

For those of you who might be curious (or have insomnia), my vitae can be found at this link. And a more "unorthodox" version of my resume can be seen here

Those experiences have very much shaped my perspectives on organizational leadership.... along with having the privilege to share and teach about servant leadership in a variety of settings in the last 20+ years.

In addition to serving as faculty for the Greenleaf Center for Servant Leadership. I currently teach in the Doctoral Program in Interdisciplinary Leadership at Creighton University. I've also taught for Indiana University Kelley School of Business @ IUPUI; University of Indianapolis; and Fort Hays State University in Leadership Studies. I also try to squeeze in a bit of my own consulting work. around collaboration, systems thinking/org learning, and of course servant leadership.

My current learning is taking me down two paths that at some point I think will converge. 1) There's a lot of "hurt" out there because organizations continue to dehumanize how people are treated. I'm becoming more convinced that it's a leadership imperative to support healing from those "daily paper cuts" of organizational life. 2) I'm also devoting considerable bandwidth to thinking how we can move the major metaphor of how we think of organizations from machines/silos/etc. to something more organic in nature... and how can we learn from nature in how we structure organizations and their processes. The glib way of putting it.... is moving organizations from ego-systems to eco-systems.

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Holly Espenhover

Chief People Officer, USA

Regional Director, Human Resources (Health System)USA (Live)

Biography

Over the past decade Holly Espenhover has been working in the healthcare industry training leaders utilizing the principles of servant leadership. She became interested in the concept of leadership during her 5 years of active-duty service in the Army. Developing leaders and shaping organizational culture through service-oriented mindsets has become a part of her signature work as a healthcare executive and human resources leader. In her role as Chief People Officer for a critical access hospital and in her current role as the Regional Director of Human Resources for a large health system across Iowa, Illinois, and Wisconsin, this work has continued to shape the organizations and people she leads. Through Holly's intentional and focused work around servant leadership she has coached leaders, developed training, and created values-centered organizational programs leading to increases in organizational employee engagement and leadership effectiveness. Holly received her master's degree in leadership development from Drake University in 2017 and began pursuing a doctorate in interdisciplinary leadership in 2020 at Creighton University. Holly was accepted as a doctoral candidate at Creighton University in 2022 where she will pursue her dissertation around servant leadership and its impact on organizations and their cultures. She resides in the Iowa with her husband Adam and two sons Ethan and Connor.



Jill Harman

Adjunct Professor, Creighton University, USA

Associate Clergy Leader, Fremont First United Methodist Church, USA

Biography

Jill Harman is an associate clergy leader for Fremont First United Methodist Church. In this role, she oversees the teams responsible for youth and children's ministry, IT, missional growth, Christian education, and intergenerational connection. She partners closely with her team to foster and grow relationships focused on congregational and communal growth based on development goals. Jill also serves as an adjunct professor for Creighton University in the education department, where she wrote the curriculum and now teaches courses in restorative justice. Additionally, she is the restorative justice co-chair on campus, where she is a leading activist and consultant for restorative practices. Jill is regarded as a well-respected facilitator for restorative circles and relationship development. Jill holds a BA in Communication Studies with a minor in History from the University of Nebraska-Lincoln. She has a MA in Theological Christian Ministry from Emmanuel Christian Seminary. She is writing her doctoral dissertation on restorative practices and the impact on student retention rates in higher education at Creighton University in pursuit of an Ed.D. Adjunct Professor, Creighton University, USA Associate Clergy Leader, Fremont First United Methodist Church, USA



Evita Salles

Servant Leadership Ambassador, USA

Biography

Evita Salles is a passionate professional who has amassed over 20 years of diverse experience in the military and private sector. Her focus is on inspiring others to embrace their fullest potential so that they can inspire others to be the best versions of themselves. Through her active intuitive listening, she guides young professionals to improve their personal and professional lives. Evita is an accomplished public speaker who rocked the "red dot" on the TEDx stage and coaches TEDx speakers. Evita began her naval career in naval aviation followed by public affairs. She is currently a Human Resources Officer with experience in human resources strategy, policy, talent management, and DEIB. Evita is SPHR-certified. Her private sector experience includes marketing, finance, and real estate. As a servant leadership ambassador, Evita is recognized globally for influencing corporate business culture. She enjoys traveling, writing, and playing tennis. Evita earned an Ed.D. focused on Interdisciplinary Leadership from Creighton University, an MBA from Rutgers University, an MS in National Resource Strategy from the National Defense University, and an MA in Defense and Strategic Studies from the Naval War College.

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CONFERENCE EDITION 2

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OCTOBER 31st VIRTUAL PROGRAM

Reial Cercle Artístic de Barcelona,
Barcelona, Spain, (Reial Cercle Artístic)

Join the Global Women Leaders and
Renowned Entrepreneurs

**SPEAKER
PRESENTATIONS**

DAY 1

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The rapid digital evolution has paved the way for breakthrough innovations, with Web3 and advancements in mobility and logistics standing out as two key pillars. Dr. Loha Hashimy with her deep-rooted experience in the Web3, mobility and logistics sector, offers a unique vantage point into these realms.

In this insightful session, Dr. Hashimy will delve into the synergies and intersections between Web3 technologies and the future of mobility. Emphasizing the transformative potential of blockchain and decentralized solutions for the logistics and transport sectors, she will shed light on the opportunities and challenges that lie ahead.

More critically, this session underscores the vital role of women as visionaries and leaders, pioneering change and driving innovations in these domains. Attendees will not only gain a deeper understanding of the digital shifts but also the pivotal role of women in shaping the future of our interconnected digital world. Join Dr. Hashimy in this enlightening journey as she navigates through digital paradigms, championing the cause of women leadership in technology and beyond.

Biography

An accomplished professional with extensive experience as a Blockchain and Web3 researcher and advisor. Loha holds the position of Associate Professor at the Autonomous University of Barcelona and serves as a Senior Innovations Manager at ENIDE. With a passion for complexity and problem-solving, she thrives in leveraging new technologies to address market challenges.

NAVIGATING DIGITAL PARADIGMS: WOMEN IN WEB3 AND THE FUTURE OF MOBILITY

Dr. Loha Hashimy

Professor, Senior innovation Manager and Advisor at UAB, ENIDE & The Hub, Spain



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In today's workshop, you will learn

1. What is neuroscience
2. What is the fight or flight response
3. How you use neuroscience and mindset to overcome challenges in your life

What is neuroscience?

Neuroscience is the study of the biology behind thoughts, perceptions, emotions, motivations, decisions and actions. You explore the amazing neurological connections between the brain and behavior.

Modern Neuroscience says that your thoughts influence your body and create health or disease. And how you perceive things controls your behavior and the activity of your genes.

The fight of Flight response

After a stressful event the amygdala in your brain sends a distress signal to the hypothalamus, communicating with the body through the nervous system so that you can fight or flee.

I too suffered from the fight or flight response when I lost my hearing. It led to a severe panic attack and prevented me from functioning normally.

"When you are facing a challenge you have two options: Play the victim or Move on"

Secret #1 Accepting: Accepting is not agreeing. It's creating the mindset to not dwell on the challenge. The more you resist and play the victim the harder it is to let go. (The more connections we create the harder it is for our brain as it becomes a habit).

When we "accept" we need to do a lot of self-reflection and critical thinking.

TIP: Use journaling to write down all your feelings. It also helps you see things from a different perspective. When you write things down and SPEAK them out loud too you are impacting your brain in different areas.

Secret #2 Creating Boundaries: When faced with challenges that you want to overcome setting

MY 3 SECRETS TO OVERCOME CHALLENGES USING NEUROSCIENCE

Paula Echeverri

Neuromomceo, Spain
Best Seller Author, Neuroscience and Neurological Fitness Coach

boundaries plays a huge role. Negative social interactions = Increase in your Cortisol levels that triggers the Fight or Flight response...IT'S TOXIC!!

Solution: Spend less time with or avoid people who have negative vibes and make you stressed.

Positive Social interaction is KEY and releases Dopamine!

Keepers: People you love to spend time with them. Think of the people that you love to hang out with and bring positive things to your life. Even a mentor is good!

What is Dopamine?

Dopamine is a feel-good chemical and a neurotransmitter that is released by our body when we have positive social interactions.

Secret #3 Visualize to build Resilience

Resilience is "The ability to achieve a successful outcome in the face of adversity. To build it Visualize! Your brain doesn't know if it is real or not. According to research using brain imagery, visualization works because neurons in our brains that transmit information, interpret imagery as equivalent to a real-life action. When we visualize an act, the brain generates an impulse that tells our neurons to "perform" the movement or desired action. This creates neural pathways. (cluster of cells that work together).

Biography

My journey from being a victim of a challenging, life-changing event to learning the power of my brain to EMERGE above it. My hearing loss has actually resulted in me living life to the fullest and becoming the best version of myself. I sold my first business and started a second one focused on fitness. I am certified in Applied Neuroscience and neurological fitness and train people online and in workshops. I am a published author of my first book EMERGE and two more later that year to help others who are still stuck and don't have the tools to move on easily as I did.

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Starting your own business is never easy: the CEO is a juggler between sales, finance, delivery, and team. Most of them work 12h per day for the 2 years hoping to get thought Product-Market Fit and see some ROI, which in long-term result with burnout not clients.

Sasha Garcia relieves concerns presenting the Strategic Plan with high-margin strategies to secure and accelerate the Growth of ambition entrepreneurs. Inspiring Business cases, surprising insights, and instantly-applicable solutions make this keynote both energizing and actionable.

This keynote serves CEOs & teams who

- Build a high-margin and easily scalable business.

- Responsible for building systematic & stable business.

- Know they can grow faster.

The audience will leave with

- A proven Strategic Plan to make a systematic business

- TOP 3 high-margin strategies for startups to adopt

- The mindsets, habits, and tactics of the world's most prolific artists, business titans, and entrepreneurs

Biography

Sasha Garcia Founder of The CEO. University, Board Advisor, and Investor 12+ years of Entrepreneur experience in the tech industry, Board Advisor, and Mentoring roles, lead her to found The CEO University. The 1st business school run by tech founders, where she helps entrepreneurs start, scale and sell their business

ENTREPRENEURIAL GUIDE: HOW YOU ENSURE ROI WITHIN ONE YEAR FOR YOUR STARTUP BY SASHA GARCIA

Sasha Garcia Gavrylyuk
The CEO News, Spain



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Realigning your body, mind and emotions.

Take care of your mind and body by creating your own self-care mindset which is crucial to having a life of peace, harmony, and connection to your values and beliefs.

Join me on this workshop will be thought provoking by developing your awareness through mindfulness and acceptance practices.

Our purpose is to support our participants to focus on an holistic approach to their self-care in all the aspects of their lives (emotional, mental, physical and spiritual self-care). This learning journey uses structured activities and guided reflections. You will experience what it takes to empower inner balance, self-understanding, and true focus and how to support others to achieve the same goal.

Let's begin the journey in taking full responsibility of your health and wellbeing with a proactive approach.

Biography

Monika Varela is a Mindfulness instructor, psychologist, and In-company Barcelona. She took her first meditation class when she was eight years old, and started a formal practice in 2005. Finding connection with oneself and others is very important to Monika and it is her mission to help other people connect with themselves through Mindfulness meditation. She has done numerous Zen retreats with the Zen School Zambokyodan along the years and has travelled to Asia to meditate with Thai monks. She completed her Mindfulness Trainer's certificate in 2018 with Andres Martin Asuero and has continued studying with Elisha Goldstein. Monika is known for her ability to talk about Mindfulness meditation in a natural way and makes mindfulness easy and accessible to everyone, no matter their prior experience.

WHY HAVING A SELF-CARE MINDSET IS IMPORTANT

Monika Varela

Mindfulness and Emotional Education Trainer, Spain



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Psychosomatics is a discipline examining the relationships between physical and mental processes, the physical and mental and psychic causes of disturbances, which is already able to clarify the connections between physical pathological changes and psychic states in the case of an increasing number of diseases, but at the same time, in many cases, it is not yet able to give relevant answers to the question of how and to what extent the processes controlled by the mind affect our mood, our emotions, our general condition. The events of the 20th and 21st centuries – technological progress, a paradigm shift in the field of medical sciences – have brought revolutionary breakthroughs in the field of diagnosis and treatment of psychosomatic diseases, but even today and we can find many unanswered questions in the field.

The topic of my presentation is to introduce the psychological and physiological background of psychosomatic diseases – stress, panic disorder, anxiety – with special attention to the effects of hormones affecting mood changes: dopamine, oxytocin, serotonin, endorphin, their role in physiological processes, and the presentation of potential cures and treatments.

AIM: Presentation of the endocrinological background of physical and mental – psychic – processes, exploring the connections.

Conclusion Even though, according to public opinion, psychosomatic diseases are a product of the modern era, it can be concluded that they have been present among mankind for centuries. The accelerated lifestyle, the increased stress, the higher expectations naturally increase the number of lesions, the direct consequence of which is that the magnitude of the problems generated by psychosomatic diseases has also increased. We consider it necessary to create a more comprehensive, more informative picture of the field by exploring the psychological and physical causes of diseases, as a result of which the effectiveness of the cure can also increase.

Keywords: clinical psychology, psychosomatic,

ENDOCRINOLOGY OF PSYCHOSOMATIC DISEASES

Ramona Varga

Licensed Psychologist, UAE
 (Psychiatry, Psychology, Mental Health, Endocrinology)

endocrinology

Biography

I am incredibly excited to introduce myself as a passionate and dedicated psychologist, specialising in the captivating and intricate field of psychosomatic diseases and life longevity. I have an unwavering commitment to understanding the impact of the mind-body connection on health, my work aims to unlock the secrets to living a fulfilling and prosperous life.

As a psychologist, I find myself fascinated by the interplay between psychological factors and physical well-being. I firmly believe that our thoughts, emotions, and behaviours have a profound influence on our overall health - a concept at the core of psychosomatic medicine. By meticulously examining the intricate mechanisms that underpin this mind-body connection, I am committed to empower individuals with the knowledge and tools necessary to lead a thriving, disease-free life.

What truly sets my work apart is my dedication to unraveling the mysteries surrounding longevity. With an innate curiosity and a tireless pursuit of knowledge, I delve into the intricate web of psychological factors that contribute to leading a long and fulfilled life. By investigating the impact of stress, resilience, and mindset on health, I aim to provide valuable insights that empower individuals to achieve exceptional longevity.

In my pursuit of excellence, I have acquired a robust academic foundation. A degree in psychology has equipped me to navigate the intricate terrains of the human mind, while specialized training in psychosomatic diseases ensures that I possess the necessary expertise to unravel the complexities of their development and treatment. With a deep appreciation for the power of continuous learning, I constantly engage in research to incorporate the latest advancements, allowing me to provide cutting-edge insights to my clients.

What sets me apart as a psychologist, however, extends beyond my education and expertise. It lies in my capacity to establish authentic connections with my clients, fostering an environment of trust and deep understanding. I am genuinely driven by an unwavering commitment to assist individuals in their quest for optimal well-being, ensuring that they feel heard, supported, and empowered throughout their journey.

My work transcends traditional therapeutic approaches, as I actively employ evidence-based interventions to facilitate lasting change. By combining elements of cognitive-behavioral therapy, mindfulness practices, and positive psychology. I create customised treatment plans tailored to the

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unique needs and aspirations of each individual. Through fostering self-awareness, promoting resilience, and enhancing effective coping strategies, I empower individuals to thrive in the face of adversity and nurture their physical and mental well-being.

In essence, I am an impassioned psychologist at the crossroads of psychosomatic diseases and longevity, driven by the belief that our minds hold the key to unlocking a life of joy, health, and prosperity. With a wealth of knowledge, dedication, and a genuine desire to make a difference, I am committed to guiding individuals towards transformative change. Together, let us embark on a journey of discovery, growth, and optimal health, I hope you will enjoy the journey and can sense the passion and belief I have for these complex but extraordinary scientific fields.



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In a fast-paced and continuously evolving world, effective leadership is a beacon of success and progress. To lead others successfully, one must first lead themselves, and this journey begins with self-discovery. In a 20-minute speech in this leadership event, we will explore the profound importance of knowing oneself as the cornerstone of effective leadership.

I will focus on a transformative journey that delves into three key areas:

- 1. Self-Awareness:** We will explore the concept of self-awareness as the foundation of leadership. Understanding our values, strengths, weaknesses, and motivations is essential for making informed decisions, fostering healthy relationships, and inspiring trust in others. Through introspection and reflection, we can unlock our true potential and develop a keen sense of self-awareness.
- 2. Emotional Intelligence:** Leadership isn't just about technical skills; it's also about understanding and managing emotions—both our own and those of others. We'll discuss the significance of emotional intelligence in leadership and how it enables us to connect, empathize, and communicate effectively.
- 3. Cooperating effectively:** We'll explore how knowing ourselves allows us to lead authentically by aligning our actions with our core values and beliefs. This can help the leader to build cohesive teams with authenticity, nurturing true and trusting relationship with others.

Throughout this speech, we will provide practical tips and strategies for self-discovery, emotional intelligence development, and authentic leadership cultivation. We will also share real-life examples of leaders who have harnessed the power of self-knowledge to make a positive impact on their organizations and communities.

By the end of this speech, our audience will have gained valuable insights into the transformative potential of self-discovery in leadership and how, by knowing themselves, they can inspire and lead others to new heights of success and fulfillment.

THE STRENGTH WITHIN: UNVEILING THE ESSENCE OF LEADERSHIP THROUGH SELF-DISCOVERY

Renato Mosca

Founder, Senior Partner, Training Luxury, UK

Biography

Renato Mosca is the Founder and Senior Partner of Training Luxury. Graduated in Political Sciences at the University of Oriental Studies in Napoli (Italy), has 25 years' experience by working with top companies in retail, luxury, pharma and consumer goods and delivering leadership and luxury programs to over fifteen thousand people in over 60 countries, in 5 different languages to participants of over 90 different nationalities. An experienced public speaker, Renato has been invited to deliver his original speeches in several companies for corporate events and industry meetings around the globe. He has designed and delivered programs for companies as Apple, Bulgari Hotel, Canali, Dolce & Gabbana, Zegna, Gucci, Luxottica, Mercer, GE Healthcare, Tetrapak, Barilla, Credit Agricole, Schneider Electric, Alstom, Givaudan, Pfizer, Novartis, Sanofi among the others. His presentation style brings real life examples that inspire reflections and replicable actions to be put in place by the participants in their business environment. Renato is a coach and certified trainer in LEGO®SERIOUS PLAY®, Predictive Index (PI) and Transactional analysis 1o1. He is an experienced lecturer in leadership and negotiation skills and luxury sales management with success stories at the University of Barcelona, Toulouse Business School and IED Barcelona, IESEG of Paris, Università Cattolica of Milan, Rikkyo University of Tokyo, IUM of Monaco, Ecole of Management of Grenoble among the others. His multicultural experience achieved by working in all continents, makes for him natural to embrace people from different cultures. Renato collaborated to the book RETAILIZATION by Emanuele Sacerdote (Franco Angeli 2016) with a chapter "Selling Ceremony and the HR factor" and contributed to the non profit handbook 100 x 100 Business vs Corona-Virus (2020)



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We embark on a journey through the unexpected and the unspoken, exploring the transformative power within.

The Unforeseen Companion: Join me as I disclose a life forever altered by an unexpected guest, revealed after a heart-wrenching moment.

Generational Echoes: Together, we'll venture into the intricate web of generational memory, where stories of abuse, sexism, and survival intertwine with the silent pain of countless women.

Unspoken Wisdom: Explore the transformative potential of self-care and the concealed language our bodies speak—a language that both plagues us and heals us.

This journey promises more questions than answers, leaving you curious and inspired to explore further.

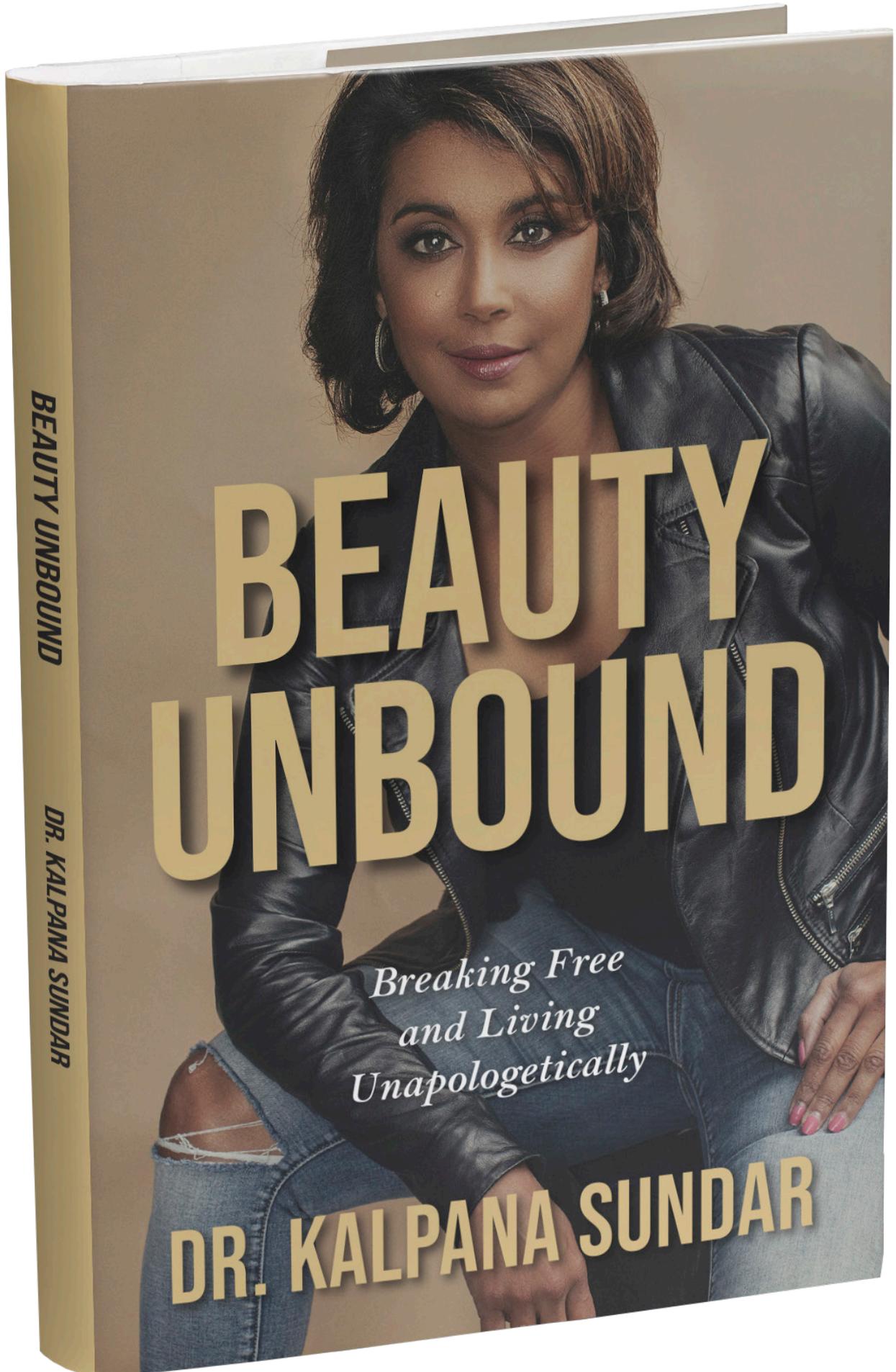
Biography

I am a Catalyst for Women's Wellbeing & Mental Health with over 7 years of experience in a Well-Being worldwide cultural change program that catered to 130,000 employees. I am also committed to mental health advocacy and curate safe spaces where women can explore their well-being, access support, and build resilience. Let's collaborate on a journey of self-discovery that will unleash your brilliance!

MY ENDOMETRIOSIS STORY: A GENERATIONAL ECHOES QUEST FOR SELF-LOVE

Carolina Troncone

Catalyst for Women's Wellbeing & Mental Health: Speaker and Trainer, Spain



BEAUTY UNBOUND

DR. KALPANA SUNDAR

BEAUTY UNBOUND

*Breaking Free
and Living
Unapologetically*

DR. KALPANA SUNDAR

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OCTOBER 31st VIRTUAL PROGRAM

Reial Cercle Artístic de Barcelona,
Barcelona, Spain, (Reial Cercle Artístic)

Join the Global Women Leaders and
Renowned Entrepreneurs

PLENARY TALK



OCTOBER 27-29, 2023 | REIAL CERCLE ARTÍSTIC DE BARCELONA,
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In today's ever-evolving business landscape, a remarkable transformation is taking place - The Conscious Entrepreneurship Revolution. This keynote address explores the profound shift in entrepreneurship, one that prioritizes consciousness, ethics, sustainability, and social responsibility, transcending the traditional profit-focused approach. The driving force behind this revolution is the recognition that businesses can be a powerful force for positive global impact.

Leading with authenticity and integrity is at the core of conscious entrepreneurship. Authenticity means being true to oneself, acknowledging strengths and weaknesses, and building trust-based relationships. Integrity involves making decisions aligned with one's values, even in the face of challenges. By leading in this manner, entrepreneurs foster a culture of transparency, respect, and ethical behaviour within their organizations.

In this keynote address, we will delve into the core of The Conscious Entrepreneurship Revolution. Jessika will share her entrepreneurial journey and discuss why this inner shift holds such global significance. She will also explore the steps toward mindful leadership, working toward a future where businesses flourish not only in terms of profits but also in purpose, thereby creating a more sustainable, equitable, and compassionate world.

Biography

Jessika Klingspor is a Swedish entrepreneur based in Barcelona, known for founding several impactful projects since 2001. Her expertise lies in event strategy, creative event curation, and elevating customer experiences. Since 2019, Jessika has played a pivotal role in linking Nordic innovation with Barcelona's dynamic ecosystem. This achievement was made possible through collaboration with the Barcelona City Council and her role as Founder & CEO of "Nordics in Barcelona," a venture dedicated to forging new alliances and fostering innovation.

Furthermore, Jessika has served as an active board member of the Swedish Chamber for many years, contributing significantly to Barcelona's journey towards a sustainable future. Recently, she launched

GLOBAL IMPACT: THE CONSCIOUS ENTREPRENEURSHIP REVOLUTION

Jessika Klingspor

Founder & CEO, Nordics in Barcelona, Spain

the IDG Barcelona Business Hub in partnership with esteemed entities such as IKEA, Esade, Impacthub Barcelona, Verify Agency, and United Partners Network. This initiative represents a significant step towards the implementation of inner development in the corporate space with aim to accelerate sustainable business and success.

Jessika is also a certified coach, and through her "Conscious Leadership" program she is mentoring and guiding entrepreneurs, change makers and innovators to help them align their businesses with their higher purpose, leading to greater fulfilment and sustainable success.

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**SPEAKER
PRESENTATIONS**

DAY 2

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Introduction: I AM Purpose is a brand and company that was created to help people live life INTENTIONALLY through GOD. It is a planned and deliberate effort to LIVE. I Am Purpose means to live in the NOW. I Am Purpose means to understand the NOW and LATER process. I Am Purpose means to allow GOD to define the LATER. I Am Purpose is planned. I Am Purpose is a deliberate effort to push beyond what is seen with the natural eye. I Am Purpose is to launch into the deep. I Am Purpose is to take a leap into life. I Am Purpose is an inside job because God does it from the inside. It is easy for us to lose the momentum. Our stride slows down because we are moving too fast, trying to find our steps. Steps that we have learned and mastered as of result of life's struggles, but we have not embraced how to enjoy life. I Am Purpose is designed to teach people what authenticity looks like through the scope and lens of Christ. I Am Purpose helps people to realize that even though we fail to see our value and worth, GOD will show us that we are Purposed.

Aim: Have you ever been startled by your own shadow? Only to discover that you are blocking your vision, focus, and viewpoint. Have you ever walked down a dark alley? Have you ever driven a car at night down a dark road with no headlights? Have you ever walked up a flight of stairs in the dark? If you have tried or experienced any of these things, were you successful? Did you stumble or fall? This presentation is designed to help you SEE, FOCUS, DISCOVER, and TEACH you how to walk in your GOD given purpose by applying the PPP method – PLAN, PURPOSE, and PROCESS.

One must come with an open mind, listening ear, and willingness to apply the principles taught in this course. Through teaching and training, people are able to realize their God-given purpose and destiny. In order to be truly live, one must discover their identify and establish a plan to reach their purpose.

Keywords: Vision, focus, viewpoint, plan,

WALKING IN YOUR DESTINY

Pastor Carol A. Walker

I AM Purpose, LLC., USA

purpose, process, outcome.

Biography

A transformational leader, motivational speaker, trailblazer, visionary, mentor, life coach, and entrepreneur are a few words used to describe Pastor Carol Walker. Pastor C has a love for people and often sacrifices her time, talents, resources, and wants to accommodate the needs of others by helping to empower them to live a blessed and abundant life. Pastor C is well-educated, possessing a bachelor's degree in Business, a master's degree in Human Resources, as well as holding certifications in Anger Management, Counseling, Leadership and Professional Development. Pastor Carol is also a licensed Chaplain and a well-renowned traveler speaking and spreading the Word of God.

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The presence of female entrepreneurship in technology, including areas such as Blockchain, AI, Big Data, Robotics, Cybersecurity and in digital transformation Represents a significant shift in a traditionally male-dominated industry Women are increasingly taking on leadership roles and pioneering innovative technology solutions. In the field of blockchain, women entrepreneurs are advancing by using the decentralized nature of the technology to create more inclusive and transparent systems. Greater multiculturalism and collaboration between different countries in projects, On the other hand, applications are being developed that promote financial inclusion, supply chain sustainability and secure identity verification. These advances not only empower underrepresented communities, but also lead to economic growth and social development. Digital transformation is another area where women entrepreneurs are leaving a mark. They are harnessing technology to reshape industries, improve communication, and streamline processes. Women-led startups are leveraging data analytics, cloud computing, IoT to drive efficiency develop personalized customer experiences, and optimize decision-making processes. Through their innovative solutions, women entrepreneurs are contributing to the digital revolution and shaping the future of business Other example is the representation of women s in AI. Artificial Intelligence holds immense potential and women entrepreneurs are at the Forefront of exploring its applications. They are creating AI-Driven platforms that revolutionize sectors such as healthcare, education and finance. These platforms improve diagnostic accuracy, personalize learning experiences, and automate financial services, contributing to more efficient, accesible, and equitable systems. Women in AI are also working towards building unbiased and ethical AI systems to address concerns related to bias and discrimination The rise of women s entrepreneurship in technology, particulary in blockchain, digital transformation, and AI, is not only inspiring but also crucial for achieving

WOMEN´S ENTREPRENEURS ARE RESHAPING THE TECH INDUSTRY

Virginia Mijes Martin

President, Blockchain Association Catalunya
Women Leaders in Technology, Spain

gender equality and fostering diversity in the tech industry. Women entrepreneurship bring fresh perspectives, innovative ideas, and a different set of experiences, leading to more comprehensive solutions. Their presence encourages the next generation of girls to pursue careers in technology, ultimately bridging the gender gap and making strides towards a more inclusive and sustainable future Women´s entrepreneurship in technology has a transformative impacto on emerging technologies. Through their endeavors, women entrepreneurs are reshaping industries, driving innovation, and paving the way for a more inclusive and diverse tech ecosystem. With their participation, we can unlock the full potential of technology to address societal challenges and create a better future for all.

Biography

Founder Global Consulting Firm Innovation Enterprise
Advocate at European Technology Chamber
TOP 100 Women in Social Enterprise 2023
TOP 10 Thought Leader- Digital Disruption – Thinkers 360
Finalist Global Leadership Women in Network 2021
President at Blockchain Catalonia Association
Head Digital Expansion at Green Cross +UK
Member Women in Tech Commission at EUTECH
Member Finance Alliance at EUTECH
Member SDGS Alliance at EUTECH
Brand Ambassador at SiGMA World- MedTech World

Executive MBA by Eada Business School- LeaderTech- International
Speaker - Senior Consultant-Trainer-Entrepreneur- Research & Writer Tech
Executive Member at Associations TIC - Organizational Behavior

<https://www.linkedin.com/in/virginiamijes/>

<https://twitter.com/MijesVirginia>

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Telegram : @Vmijes

Awards

TOP 100 Women in Social Enterprise 2023

<https://www.linkedin.com/feed/update/urn:li:activity:7039347041193345024/>

Since 2020, Euclid Networks (EN) Top 100 Women in Social Enterprise initiative has given a platform to women that contribute to society through their innovation and entrepreneurship. In the spirit of empowering women leaders in Europe and accelerating progress towards a more gender-equal world, this carefully selected list celebrates women in the social enterprise sector, spotlighting their impact journey and achievements, connecting them to inspire and learn from each other.

After receiving over 900 applications from incredible women leaders in the European social Enterprise ecosystem, EN together with an expert jury has compiled the list of the Top 100 Women in Social Enterprise who have demonstrated significant social and/or environmental impact in 2023.

Global Leadership Women in Network 2021

Finalist Global Awards 2021 - Women Tech Network - Global Technology Leadership

Recognized contributions:

Be a role model who demonstrates initiative while focusing on making a global impact through technology and fostering a work environment of diversity, inclusion, and belonging.

<https://www.womentech.net/blog/womentech-network-global-technology-leadership-award-year-2021-finalists>

<https://twitter.com/MijesVirginia/status/1468487003314470927>

Women Who Break the Bias List 2022

Issued by 130 Women Who Break the Bias List 2022 · Apr 2022

As part of International Women's History Month 2022, Diversein launched a campaign to recognise and reward women who break the bias globally. We are delighted to received hundreds of submissions with fantastic women who truly inspire people around them !

Furkan Karayel - Diversein.com

<https://www.diversein.com/post/women-who-break-the-bias-list-2022>

<https://twitter.com/INNOVATIONENTE7/status/1517100926871429122>

JUDGE LATAM EDGE EXPO & AWARDS 2022 in FINTECH
Category at European Technology Chamber

JUDGE LATAM EDGE EXPO & AWARDS 2022 in FINTECH
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Agritech -Biotech-Cleantech-Fintech-Healthtech-SmartCities-
Social Impact · Jun 2022

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Agritech -Biotech-Cleantech-Fintech-Healthtech-SmartCities-
Social Impact · Jun 2022

Associated with EU Tech Chamber (EUTECH)

Winner xHUB.AI AWARDS 2022 !!

Premio a xDEBATE.AI con mayor repercusión y éxito de xHUB.
AI en 2022...

https://www.linkedin.com/posts/virginiamijes_xdebateaward-silver-2022-activity-7013533093894459392-ZzBl?utm_source=share&utm_medium=member_desktop

Innovation Enterprise is a global consulting firm with the objective of facilitating the adoption of cutting-edge technological and innovative solutions for companies, corporations and entrepreneurs. With a potential in specialized talent, netglobal partnership and agreements, platforms and technological architectures, it presents itself as a service provider to promote the environment, competitiveness, growth and scalability of multi-sector companies.

Creator and connector of an enabling framework for private investors with a focus on international markets is present in partnerships and projects in EMEA, APAC, UAE, LATAM

It provides a vision of specialization in the new digital economy and that of establishing market entry through advanced application of state of the art technology for the next 10 years

https://www.linkedin.com/posts/eutech-chamber_innovation-digitaltransformation-artificialintelligence-activity-6829277180107796480-yPcX/



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I took a psychology class in high school and remember studying a little bit about Dr. Freud. I had no motivation to take that class; now I'm grateful that I did. Dr. Sigmund Freud believed that what people suffered from in adult life stemmed from a traumatic event early in childhood. He was right, yet he couldn't find a consistent method to find an amnesic early childhood trauma using hypnosis and I did... WITHOUT the use of hypnosis... NLP, EMDR, EFT, drugs or psychotropics.

Cellular Memory & Repetitive Behavior

1. Why it's important to find the hidden driver beneath self-sabotaging behaviors and suicide ideation
2. What repetitive behavior is beyond the lack of variability in responding
3. A new way of looking at repetitive behaviors and how they can be neutralized

I will develop your understanding as to what drives self-sabotaging behaviors and why it's so important to find an amnesic memory from early childhood, especially during the time of pre-language.

You will learn a new definition of repetitive behaviors such as post traumatic response, suicide ideation, and imposter syndrome.

We will walk through my research on how to by-pass conscious and subconscious synchronization for memory recall.

Biography

In 2009, after standing on the edge of a building perfectly calm and ready to step off the edge, Terry Earthwind Nichols heard a voice saying, "Turn around, I have work for you". When he turned around, no one was there. A few months later he had created a unique profiling system that stops repetitive behaviors. Ambassador Terry is the creator and Grand Master of Repetitive Behavior Cellular Regression®. When he's not training his Repetitive Behavior Cellular Regression® Practitioners, Ambassador Terry can be found delivering intriguing keynote speeches or doing

CELLULAR MEMORY AND ITS USE IN SCIENCE TODAY

Ambassador Terry Earthwind Nichols

Father of Repetitive Behavior Cellular Regression

insightful interviews online and in-person around the world..



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In the rapidly evolving world of technology, possessing key technical skills is crucial for aspiring entrepreneurs to thrive and succeed. This talk explores the essential technical skills that can drive innovation, enhance competitiveness, and pave the way for success in technology entrepreneurship.

The session begins by highlighting the significance of technical skills in today's digital landscape. As technology continues to disrupt industries and transform business models, entrepreneurs must stay abreast of emerging trends and possess the necessary technical competencies to leverage these innovations effectively.

The talk then delves into specific technical skills that can empower technology entrepreneurs.

Firstly, proficiency in programming languages, such as Python and JavaScript, allows entrepreneurs to develop their own software or applications, giving them a competitive edge and empowering them to turn their ideas into reality. Additionally, knowledge of web development and design principles enables entrepreneurs to create user-friendly and visually appealing platforms that attract customers and drive engagement.

Another vital skill for technology entrepreneurs is data analysis. The ability to collect, interpret, and utilize data is invaluable in making informed business decisions, identifying market trends, and optimizing operations. This talk will provide insights into data analytics tools and techniques that can be employed to extract actionable insights and harness the power of data for business growth.

Furthermore, understanding cloud computing and its applications is crucial for entrepreneurs. The cloud offers scalability, cost-effectiveness, and enhanced collaboration capabilities, making it an invaluable resource for startups. Exploring cloud technologies, such as AWS and Azure, enables entrepreneurs to leverage cloud infrastructure, storage, and computing power to

DEVELOPING KEY TECHNICAL SKILLS FOR SUCCESS IN TECHNOLOGY ENTREPRENEURSHIP.

Miriam Barajas

Top100 Mujeres Líderes Finalista, Ejen & CON Speaker, Spain

scale their businesses efficiently.

Finally, the talk highlights the importance of continuous learning and upskilling in the rapidly changing technology landscape. Adapting to new technologies, frameworks, and methodologies ensures that entrepreneurs remain relevant and can respond effectively to evolving market trends.

In conclusion, developing key technical skills is paramount for success in technology entrepreneurship. This talk provides insights into the essential technical competencies and explores the role they play in driving innovation and competitiveness. By equipping themselves with these skills and embracing lifelong learning, entrepreneurs can navigate the technology landscape with confidence and unlock countless opportunities for growth and success.

Biography

Miriam Barajas is the Chief Communications Officer at Magenta People. She is a tech advocate, international speaker, STEM mentor, gender coach, and Master in Artificial Intelligence with expertise in Salesforce technology and diverse talent management. With a strong commitment to reducing the digital divide and gender gap in the technology sector, she is passionate about empowering individuals through digital skills training.

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In today's fast-changing business world, especially during uncertain and complex times (VUCA), resilience in entrepreneurship has never been more crucial. Entrepreneurs often chase success, but this sometimes comes at the cost of their mental well-being. This talk will explore simple yet effective strategies to strike a balance between achieving business goals and maintaining mental health. With many business leaders facing challenges like burnout and anxiety, it's essential to think differently about how we run our businesses. Elena will share easy-to-understand insights, real stories, and practical tips to help attendees put their mental health on the same pedestal as their business success. By the end of this session, participants will have a clearer idea of how to build strong, resilient ventures without neglecting their own well-being.

Biography

Elena Zangeeva has a rich background in HR and recruitment, with over 12 years of working in diverse global markets, including the EU, UK, US, Middle East, Russia, and CIS. Elena has taken on key roles, leading tech recruiting at BCG, shaping the People team at Sweatcoin, and managing recruitment for top talent, especially in Engineering and Design, at Bumble. As a Co-founder of Kvistly, a platform that combines knowledge with fun, Elena believes in making learning enjoyable. Speaking English, Spanish, and Russian, Elena is passionate about building strong teams and creating a welcoming and successful work culture.

BUILDING RESILIENT ENTREPRENEURSHIP: STRATEGIES FOR BALANCING BUSINESS SUCCESS AND MENTAL HEALTH

Elena Zangeeva

Co-founder, Kvistly | Global Talent Strategist | Expert in Driving Diversity & Organizational Growth, Spain



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Women have played vital roles in shaping history, even though their contributions have often been overlooked or marginalized. Throughout various eras and across cultures, women have made significant impacts in science, arts, literature, politics, activism, and many other fields.

Women's place in history is multifaceted and dynamic. The rise of women in unconventional arenas is reshaping society's perceptions and expectations. It is not merely a story of individual success but a collective journey toward a more inclusive, diverse, and equitable world. As women continue to break barriers and make significant contributions in these arenas, they pave the way for a brighter, more equal future for all. It is a testament to the indomitable spirit of women and their unwavering commitment to challenging the status quo.

Today, there has been a remarkable shift in the landscape of gender equality, with women breaking barriers and making their mark in unconventional arenas. These unconventional arenas encompass fields and domains where women were traditionally underrepresented or entirely absent. This shift highlights the relentless pursuit of gender equality and also carries significant implications for society as a whole.

Many countries have made progress in overcoming gender inequalities and increasing female participation in their leadership. Several nations have elected female heads of government, including Germany, New Zealand, and Denmark. In addition, organizations such as the United Nations have placed emphasis on promoting gender equality and empowering women in leadership roles.

In some instances, we have had women making groundbreaking records in politics with Kamala Harris rising to the highest position a woman has ever held in the United States of America as the First Female Vice President. In the STEM fields, dominated by men for decades, Dr. Katie

THE RISE OF WOMEN IN UNCONVENTIONAL ARENAS AND THEIR IMPACT ON SOCIETY

Angela Jide Jones

Sewa Capital Limited, Nigeria

Bouman made another groundbreaking feat as the world's first image of black hole in 2019, which showcased our capabilities in astrophysics.

Africa is not exempt from the rise of women both in politics and corporate Africa. We had the first African female President Ellen Johnson Sirleaf elected as President of Liberia and she ruled for 12 years (2006–2018) governing the country out of a civil war. We currently have Sahle-Work Zewde, the first elected female President of Ethiopia (2018 – till date) and another acting female President in Tanzania, Samia Suluhu Hassan, (March 2021 – Present).

European and Asian women have been in the frontline of politics producing the first Female President in the world and actively playing global politics with the likes of Angela Dorothea Merkel, who was Chancellor of Germany from November 2005 to December 2021 amongst others.

Evidently, despite the many obstacles faced by women such as gender biases, stereotypes, and unequal representation, women are rising to prominence globally and making their voices heard and continuing to advocate for gender equality, social justice, and inclusive policies. It is an exciting time to witness the increasing presence and influence of women in leadership.

Likewise, in the boardroom and across organizational leaderships, there have been noticeable gender shifts in leadership across the globe. This shift signifies a broader societal change towards more inclusive and diverse leadership. It means that women are equally contributing their skills, perspectives, and experiences to decision-making processes.

The rise of potential women in business is truly remarkable. Women are making significant strides in various industries, breaking barriers, and shattering glass ceilings. Women are proving their capabilities as leaders, innovators, and entrepreneurs. With increased access to education, mentorship, and support networks,

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more women are seizing opportunities and making their mark in the business world. It is exciting to see the diverse perspectives and fresh ideas that women bring to the table. The future looks bright for women in business.

Whilst we recognise the strides women have made over the years, there are still a lot of grounds to cover. Many women continue to confront domestic challenges that hinder their ability to achieve their aspirations and dreams.. Here is where we need to lend our support to women within our sphere of influence and across the globe to become achievers, particularly in Africa and many underdeveloped countries.

Biography

Angela Jide-Jones has over 20 years of banking experience with core competencies in new business development and negotiation skills. She attained a noteworthy level of General Manager in charge of Wealth Management Group in Access Bank Plc. where she served on the Board of Access Bank Zambia. She also worked with the Corporate Finance team on the sell side of the Access Bank's \$350m Euro Bond and led the Investment Banking team of the same bank. Angela is currently the Managing Director/Chief Executive Officer of Sewa Capital Limited.

Angela is a Fellow at the Centre for African Policy, Development, and Research, Scotland. She is a graduate of Cass Business School and Harvard Business School.

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Burnout to Passion - How to Reignite the Passion and Grow Bigger What if passion leads to burnout? Imagine all your hard work, years of commitment, time and financial investment brings you to a breaking point where you have lost all motivation and inspiration. Even if you are making 5 figures a month. What then? This happens to the best of us. And the good news: it doesn't have to be a curse. This happened to me. I won't lie, it took me months to find my way out, but when I did miraculous things started to happen. During my burnout I discovered that all my skills, and expertise I used to build my first business (TravelExperta.com) I was able to apply to another, and founded a whole new business (TheTraderChick.com) that bridged to the original one. And am now successfully growing my next one (RaisingProAthletes.com). By building this new online business, my mind opened up and I found so many new opportunities with the original one that allowed me to venture out to new directions and quadruple my income and best of all, reignited my passion so that everything flowed. But it wasn't easy, and I want to share actionable steps with you today. How to find your new passion and reignite the old one How to scale and grow exponentiall Bridging your old passion with new ones How to take the formula and apply it over and over again

Biography

Marina Villatoro has been an entrepreneur for over 25 years. Having founded and scaled all her online businesses - TravelExperta.com, TheTraderChick.com, and RaisingRockClimbers.com. Her success as a business influencer, author, and TEDx organizer stems from her lifelong passion for FREEDOM: how to find it, how to fund it, and how to enjoy it!

Combining her love of entrepreneurialism and social justice she took on the monumental project. Seeing that there is a huge gap in kids' education, for 4 years she taught an 'Entrepreneurship for Kids' course where her kids studied. As part of a class project, she became a TEDx organizer (one of the few that included teens in an outdoor venue in the world).

As a Soviet Union refugee during the Cold War Marina arrived in New York City. 20 years later she took

BURNOUT TO PASSION - HOW TO REIGNITE THE PASSION AND GROW BIGGER

Marina K. Villatoro

Serial Entrepreneur, Educator and Podcast Host, Spain

off on a backpacking journey with no end in mind. While camping in the Tikal Mayan Ruins of Guatemala, she met her future husband, the first Guatemalan she ever met, who was camping in the next tent over. They've been married for over 20 years, and lived in Central America before moving to Barcelona, Spain raising their 2 trilingual sons who are on their way to becoming pro rock climbers.

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The concept of Destiny Fulfillment has gained significant attention in recent years, as more individuals seek to discover and live out their purpose in life. These 12 steps on Destiny Fulfillment is designed to provide participants with the tools, strategies, and mindset required to identify their purpose and fulfill their potential. Through a combination of self-awareness exercises, goal-setting techniques, leadership development, financial management, and personal growth strategies, participants will gain a comprehensive understanding of what it takes to achieve their destiny.

Understanding the aims to empower individuals to overcome limiting beliefs and negative self-talk, build positive relationships, leverage skills and talents, and developing resilience and perseverance to overcome challenges and obstacles is Destiny Fulfillment. Transformation is a personalized action plan to achieving destiny.

Biography

Apostle Dr. Shamonía Wimberly is an international motivational speaker, best-selling author, and master of personal development and financial Coach for women and men. She is the CEO and Founder of Shakyra Renee Jewelry Collection and Success Strategist Institute. She is committed to empowering and equipping women with the tools they need to create the lifestyle they desire holistically. Apostle Dr. Shamonía Wimberly is the Host of "Faithful Moments" on ASA TV and Victory Praise Network. "Faithful Moments" is a faith based talk show inspired to empower, teach, and equip it's listeners to maximize their faith journey.

DESTINY FULFILLMENT

Dr. Shamonía Wimberly

CEO, Founder, Shakyra Renee Jewelry Collection & Success Strategist Institute, USA



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As a historically disenfranchised group, women have had to fight for their place in seats that were reserved for men for a very long time. These seats were reserved for men simply because women had not been given the opportunity to demonstrate their capabilities were just as good as their male counterparts. One would assume that after many movements to empower women: the first iteration of the feminist movement, the suffrage movement, to name a few, women would be strategically placed to be in leadership positions with no pushback from the environment that created such powerful women. The sad reality is that, even with equality of opportunity, women either still do not have a seat at the table and even if they do, they occupy the stool at the corner. At the WEL event, I will address the do's and don'ts for women in positions of power and those vying for leadership positions. More importantly, in an environment that requires us to always prove our worth in order to make it, and in the process breaking our backs, literally and figuratively, I will address how we can nurture an environment that cultivates leadership for women. That environment can only be created by women for women in order to ensure that our nature can nurture future leaders. That way, we do not have to beg for a seat at a table created against us but we create our own tables.

Biography

Olebile Daphney Muzila was admitted as an attorney of the Courts of Botswana in 2015 and joined the firm in 2016. She is part of the Dispute Resolution Department and has experience in commercial litigation, particularly in insolvency, restructuring, corporate recoveries, employment disputes, mining, banking, construction, retail, and procurement law. She also provides strategic and risk management advice, as well as legal auditing. She has acted for various financial institutions, government, and multinational companies. Olebile also serves as an Independent Non-Executive Director at Botswana Agricultural Marketing Board. She holds a Master of Laws and an LLB from the University of Botswana. She also holds post-graduate certificates in Enterprise Risk Management and in Finance for non-financial managers from the Botswana Accountancy College. In

CREATING YOUR OWN TABLE – OLEBILE MUZILA

Olebile Daphney Muzila

Attorney & Partner, Bookbinder Business Law, Board member,
Botswana Agricultural Marketing Board, Botswana

the next 10 years, Daphney wants to grow her practice niche in the firm in corporate governance, insolvency, and tax law to meet the dynamic issues in the commercial practice.



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My passions focus on life, both in the physical body and in the realm of the mind. I believe that life calls us to live in alignment with our passions and talents, while also serving the world with what it needs from us.

I believe in Positive Intelligence as a simple and very powerful technique for Leaders as it activates the areas of our brain where our true north resonates. It is in these regions that our peak potential and success lie, enabling us to experience enduring peace of mind, happiness, and healthy relationships.

Biography

Maria is a Mental Fitness Coach and Immunity to Change™ Facilitator.

She is trained as a Coach by the IESE Business School, as a Systemic Coach by Alain Cardon's Metasysteme School, and as a Mental Fitness Coach by Shirzad Chamine's Positive Intelligence School. Previously, she ventured into various businesses in the Real Estate and Wellness sectors and worked as a Strategic-Organizational Consultant and Project Manager at Accenture and Grupo Cortefiel (now TENDAM).

Her education includes a bachelor's degree in Economics and Business Studies, a certification as a Project Manager by the Project Management Institute in New York (PMI), a degree in craniosacral osteopathy and is currently completing an Executive Master in Systems Psychoanalysis Approach to Organizations at INSEAD.

FEMININE LEADERSHIP

Maria Yanci

Positive Intelligence Coach & Immunity to Change, Spain

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The power of Entrepreneurship:

Entrepreneurship plays an invaluable role in our society. My job allows me to work side by side with entrepreneurs from Denmark and Egypt, passionate about changing the fashion industry. Their ambition in life is to reduce over consumption and the resulting poverty, by promoting ethical fashion.

I have seen entire villages transforming because a small business offered employment and fair

income. Using old fabrics and waste from surrounding factories, they create cloths and accessories that sell for a profit, flowing into the pockets of the employees.

The concept of sustainability:

Sustainability has become a buzzword with many definitions. My ambition is it to highlight the social component of sustainability. The overlap of economic, societal, and environmental sustainability is what we ultimately must aim for. Sustainable solutions take into consideration the limited resources of this world, the impact on the global society, and must be economically viable.

The fashion industry embodies the importance of all three factors. The ever-growing demand for new and fashionable cloths is currently being satisfied with a culture of fast fashion that fails on a minimum of two out of the three dimensions, namely environmental and societal sustainability.

Economically speaking, the profits are also only reserved for a few stakeholders along the supply chain. The fashion industry must move into the direction of ethical fashion, an approach to sourcing, producing, and selling the products in an ethical way.

How can we scale up?:

The beautiful thing about many slow-fashion entrepreneurs is that they are not looking to concur the world. With sustainable (in all three aspects) at the core of the business model,

YES, WE CAN – THERE IS HOPE FOR THE FASHION INDUSTRY!

Katharina Zipelius

Danish Egyptian Dialogue Initiative (DEDI), Spain

constant growth is not the goal. Rather, inspiring others to join this journey. The impact of many, for the many.

Biography

Katharina Zipelius is an advocate for sustainable practices. Both in her capacity as a sustainability consultant for the intergovernmental organisation Danish Egyptian Dialogue Initiative (DEDI), as well as through her Senior Consultant position at EY for Sustainable Finance, she fights for sustainability at the core of business practices.

Having lived in many different countries around the world, Katharina has seen and lived through the immense differences people face across the world. Her goal is for businesses to be part of the change for the better, not the worse. Through her work with DEDI, she works closely with sustainable fashion entrepreneurs from Egypt and Denmark. The fashion Industry is the 2nd most polluting industry and urgently calls for reformation

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I welcome you to join me on my path towards conscious leadership.

"Purpose Unveiled: My Path to Conscious Leadership".

During this presentation I will share with you the practices on how to:

- Unlock the power of your authentic self and connect with your true purpose - discover the secrets to living a fulfilling life!
- Elevate your life and tap into the transformative power of inner connection - embrace a more meaningful existence!
- You will get a taste of my journey, overcoming adversity and transforming my life - be inspired by the story of a true phoenix rising from the ashes!

Meet our extraordinary speaker, Magdalena, a Barcelona-based expert in professional development. Her life-changing journey in Tanzania reshaped her perspective on life and career.

Unlocking the secrets to unleashing your true potential, our remarkable speaker, a non-conformist Career, Business & Mindset Coach, Magdalena will unveil an array of powerful tools to propel your career forward.

Through her unique and authentic approach, fuelled by an unwavering inner fire akin to the phoenix, and a commitment to self-creation, she will show you how to harness the transformative powers of human design, astrology and so on.

Join us to explore her wisdom and life-altering insights, inspiring bold action toward a conscious and fulfilling life.

Biography

I am an Entrepreneur, ICF Certified Coach, Emotional Intelligence Analyst and Neuro-Linguistic Programming Practitioner with over 10 years of Business and Leadership experience in the technology space. Over the last five years, I've developed a

GET READY TO EXPAND YOUR AWARENESS AND UNLEASH YOUR POTENTIAL!

Magdalena Tatarczewska

Phoenix Coaching, Spain

passion for spiritual science, including astrology, human design, and energy healing. In my coaching practice, I utilize these practices to support my clients in multiple ways. My focus is on finding their new career path, enhancing their leadership abilities, expanding their coaching businesses, and working with their mindset to achieve personal and professional growth. I currently live in the lovely, sunny city of Barcelona, Spain, with my faithful companion and work buddy, Sando, my dog.

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Biography

Mrs Ngozi Oyewole is an accomplished entrepreneur who founded a business - Noxie Limited over 20 years back with specialization into Furniture Production and Personal Protective Equipment (PPE). She possess other skills in areas of integrated safety equipment and services which she has availed to the Energy and Gas industry. She is a result-driven, resilient and ace 'womentrepreneur' with extensive experience in leadership, business management, strategic planning and mentoring.

Mrs Oyewole is an industry pacesetter and continues to champion professionalism, quality products and topnotch service delivery to clients. She holds a degree in Business Administration and is a certified and experienced Interior Designer. She is an alumnus of SAID Business School, University of Oxford, UK.

She is currently undergoing her fellowship programme at Vital Voices Global Partnership in the USA.

She is a very passionate advocate, who is committed to supporting women inclusion not just in business but other spheres of human endeavor. She has been very keen in youth empowerment through innovative concepts and ideas that will be a unique game changer in the nation's developmental strides.

Mrs Ngozi Oyewole has to her credit numerous national and global recognitions, awards and achievements in areas of Thought Leadership, Public Speaking, Mentorship, Advocacy, Championing Energy Transition, Business Sustainability and Management and support for the widows through established foundation. Mrs Ngozi Oyewole's achievements encapsulates various strata of human endeavor and notable mention will be made of a few of them:

- She also emerged as one of the 32 Women Amplifying the Voices of African Leadership -2022
- HIVE Global Advisory Board -2022
- National Bamboo Farmers, Processors and Marketers Association of Nigeria (NBFPMAN) Board of Trustee member - 2022
- Mrs Ngozi Oyewole was nominated in 2015 by Forbes Magazine as one of the leading entrepreneurs in Africa Championing Business Sustainability and Women Inclusion
- She is a mentor at the Cherie Blair Foundation for Women.
- She was the First Vice Chairperson for Women in

YOUTH AND INNOVATION

Ngozi Oyewole

Founder, Noxie Limited, Board Chair, Strategic Women & Youth Institute President, Common Wealth Business Women Africa (CBW - Africa)

- Energy – Oil and gas In Nigeria
- Mrs Ngozi Oyewole has also been appointed into the UCLDA International Advisory Board
- She is the Board Chair and President of Strategic Women and Youth Institute (SWYI)
- She is the former Vice Chairperson of Commonwealth Business Women Network (CBWN), Nigeria
- She is a Council Member of the Manufacturers Association of Nigeria (MAN)
- She is the current Chairperson of the Wood & Wood Products/ Furniture Sectoral Group of the Manufacturers Association of Nigeria (MAN)

Mrs Ngozi Oyewole is currently the Chairperson of Commonwealth Business Women Africa (CBW-Africa). An organisation whose mission is uniting, educating, and inspiring African women in leadership and entrepreneurship. CBW-Africa is dedicated to empowering women across Africa by providing them with the tools and resources they need to achieve success in every aspect of their lives. The organisation believes that women have unique talents and perspectives that can drive innovation and create positive change in their communities; and that when women are empowered, they are capable of achieving amazing things and making a positive impact on their communities.

Through her inspirational guidance, CBW-Africa offers leadership training, mentorship programs, networking events, and educational workshops on a wide range of topics, including career development, financial literacy, entrepreneurship, and personal growth.

She believes that every woman has the potential to be a leader in her own right, and she is committed to helping them realise their full potential. Working with women from all walks of life, regardless of their age, race, or socioeconomic status.

CBW – Africa is run by a team of passionate and dedicated individuals who are committed to making a difference in the lives of women around the world. They believe in fostering a supportive and collaborative environment that encourages women to connect, learn, and grow.

She is also an award recipient cutting across various segment some of which are highlighted below:

- Global Emerging Leaders Awards 2022.
- Leadership Excellence in Manufacturing 2022 from Hadarat Global Awards 2022.
- Business Woman of the year Nigeria from Women in Management, Top

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50 Global Awards, Sri Lanka – 2022.

- 2022 Exemplary Leadership in Business Award
- Corporate Leadership Awards at the Pan African Women Empowerment Summit, Zanzibar, Tanzania- 2022.
- Most Outstanding in office furnishing products from Made in Nigeria -2022.
- Meritorious Award from the Institute of Professional Managers and Administrators of Nigeria-2022.
- Commonwealth Businesswomen Network Africa Summit, Kenya Awards-2022.
- Community Leadership award by Hive Africa -2021
- Amazon of the year awards from Women Connect -2021.
- SHE Award Global by Ladies In Business Magazine Global -2021
- She is a 2020 Iconic woman from Bangalore, making a difference in women-owned industries.
- She is also a WEConnect International award recipient for Woman of Excellence 2019.
- Mrs Ngozi Oyewole is also a 2019 award recipient of an Exceptional Leader of Excellence from the Women Economic Forum (WEF) and All Ladies League.
- Women in Business Awards from the VIP Magazine in partnership with the Ministry of Women Affairs.

Mrs Ngozi Oyewole as the Founder of Noxie Limited, has been able to leverage her years of experience to ensure that all the company products, produced locally, meet all international specifications as certified by the vast client base.

Mrs. Oyewole is the President of Beatrice Chiebonam Foundation where she engages her influence to reach out and renders financial aid to over 400 widows yearly in various parts of Rivers State. She also organizes skill-based empowerment programs for young women and mentors young female entrepreneurs through the Cherie Blair Foundation and other platforms.

As a social crusader and philanthropist, Mrs Ngozi Oyewole is a part of the team supporting education for the "Almajiri Child Right Initiative"; Women Impacting Nigeria and "When in Need" philanthropic group that seeks out the Less Privileged in the community. Mrs Ngozi Oyewole is also an astute writer contributing to National discuss on topical issues affecting the life of women and youth.



In 2010 I got a permanent contract in education, which offered me the peace of mind I had been seeking for a long time.

However, sadly, it was hard to stick to the educational programs only; therefore, I told my students to work harder at home so that we had some quality time to practice speaking, lateral thinking, acting out, and presenting in class, and they did it!

I started to be highly interested in how we teachers and tutors had to deal with our students, so I also took up Neurolinguistic Programming (NLP) seriously and studied it for 6 years. I customized many NLP techniques to help my students succeed in overcoming their fears and limiting beliefs, which also worked out! As a result, my students had become much more eager to learn, and far more respectful and supportive with each other.

Fortunately! I broke my knee ligaments and had to be operated, so I was forced to be on sick leave in 2014. I took advantage of my rehab to study and to draw the business plan of the training and coaching center I would open shortly after, besides working full time at the high school and college. I had to ensure my income was enough to tackle the challenging year ahead. And I did it. A year later, I was jubilantly quitting my permanent job to create, to support, and to carry on learning to be of service and make a difference for the highest good, for my mission was clearly and still is to awaken others from their dreams or hibernation to take action!

BUT, this was not a piece of cake for me at all. Against all odds, and despite the fact I ended up losing half my hair, nearly breaking my marriage, and having zero social life for an entire year, I doubled my income. It turned out that my students appreciated my professionalism and my NLPish singular approach, for which I have been thankful ever since.

TO BE OR NOT TO BE AN ENTREPRENEUR

Nur Garriga

Founder & Director, NLP Global Master Trainer & Facilitator, Wellness Coach. Yoga Teacher, Spain

Biography

Nur Garriga is a lifelong learner, entrepreneur, coach, teacher, and healer. The founder and director of her own Creative Language Training and Coaching Center for Work for School for Life in Barcelona area. She is a Translation and Interpretation degree holder, Barcelona; CAP equivalent to Master in Education, Barcelona; a certified Neurolinguistic Programming (NLP) Global Master Trainer, Facilitator and Transformational Entrepreneur; Success Factor Modeling Trainer; NLP Trainer and Consultant, and Third Generation Master Practitioner of NLP, California, USA; a certified Hatha and Ashtanga Vinyasa 200 Yoga Teacher Training, Rishikesh, India; a certified Shamanic Healing Practitioner, Toronto, Canada.



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Explore the fascinating realm of neurohacking and discover practical techniques rooted in neuroscience to upgrade your habits and master anxiety. Gain actionable insights to rewire your brain for a healthier, more productive life. This speech promises to empower you with the knowledge and strategies to optimize your habits and find tranquility in the face of anxiety.

Biography

Gladys Kali, expert in neurohacking and neuroleadership. Her mantra is: Lead with Brain and Heart. In her company, NeuroAgency, their mission is to teach neuroscience to leaders and entrepreneurs in an easy and practical way. She is the creator of the Synapse Method to help them calm anxiety, improve focus, and reprogram their minds. She also created NeuroLeader Mastery, in which they train leaders to build committed, loyal, and productive teams. She has been trained in Neuroscience Leadership at MIT, the world's most prestigious university in the field of science. She is certified in the HarvardX Neurofeedback course and has been mentored by industry giants like Nazaret Castellanos, David del Rosario, and Catalina Hoffman.

HACKING YOUR BRAIN FOR IMPROVED HABITS AND ANXIETY MANAGEMENT

Gladys Kali
NeuroAgency, Spain

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This keynote topic aims to explore how women entrepreneurs can harness the power of technology to achieve greater success, foster positive psychological states, and prioritize mental health within the context of business and leadership.

Key Points:

Digital Transformation in Entrepreneurship: How technology is reshaping traditional business models and creating new opportunities for women entrepreneurs. Highlighting success stories of women who have used digital platforms, e-commerce, and innovative tools to scale their businesses globally.

Leadership in the Digital Age: How can women leaders effectively navigate the challenges and opportunities posed by digital communication, remote work, and virtual teams. Delve into strategies for cultivating leadership skills that leverage technology to inspire and manage teams.

Positive Psychology and Technology: Explaining how technology can be harnessed to promote positive psychology principles among women entrepreneurs. From mindfulness apps to virtual well-being communities, explore how digital tools can enhance resilience, motivation, and overall mental well-being.

Innovation and Tech Entrepreneurship: How women entrepreneurs are leveraging technology to drive innovation across various sectors. Role of technology in ideation, prototyping, market research, and product/service development.

Ethical Tech Leadership: How the ethical considerations that women entrepreneurs and leaders should be aware of when incorporating technology into their businesses such as data privacy, inclusivity, and responsible AI usage.

This keynote topic will equip attendees with insights and actionable strategies to thrive in an ever-changing business landscape. It will inspire women to leverage technology as a tool for

EMPOWERING WOMEN ENTREPRENEURS: LEVERAGING TECHNOLOGY FOR ENHANCED LEADERSHIP, WELL-BEING, AND INNOVATION

Neema Balolebwami Nelly

Founder & Software engineer, Emeaventure, Barcelona, Spain

empowerment, innovation, and holistic well-being.

Biography

Neema is a Founder, Artificial Intelligence Expert, Data scientist, Full-stack Web Developer and Economist. She is deeply engaged to address gender bias in tech and empowering women entrepreneurs. Her work demonstrates a fusion of technical expertise and a deep commitment to ethical and responsible practices in the field of Artificial Intelligence.

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We spend between 5 and 7 seconds to decide if someone's profile is interesting for us or not. This is what we name "the wow effect".

KEY 1: Your personal profile: 3 important truths your linked In profile is the best platform to show who you really are professionally and to work on your personal branding. If your profile is not understood in 5 seconds, the visitor will leave without doing anything. This is what is called the wow effect. Your profile is constantly updated because you evolve continuously. And the most important, your profile is not written to reach everybody ... you must think about your own target. We must write our profile to our target reader, (it can be our client, HR director of the target company, CEO of your target company etc.).

5 most important sections on your profile

(Ordered from more to Less Important)

1. HEADLINE | 2 OUR PICTURE | 3.ABOUT ME / BIO* | 4. YOUR CURRENT POSITION |
5. RECOMMENDATIONS

KEY 2: Your content strategy

5 WAYS TO BECOME A SALES SUPERSTAR ON LINKED IN

Cristina Rojas

www.mascristinarojas.com, Spain

KEY 3: Searches Your LinkedIn connections are critical to your success on LinkedIn

How it should be?

1st DEGREE CONNECTIONS	2ND DEGREE CONNECTIONS	3RD DEGREE CONNECTIONS
<ul style="list-style-type: none"> • 80% high interest prospects / contacts. • 15% interesting people even if they are from another sector. • 5% friends / acquaintances. 	<p>If the 1st degree contacts are of quality we will have in most interesting second degree contacts.</p> <p>customers, industry colleagues and partners.</p>	<p>They could be long-term second-degree contacts.</p>



Burn the button but

REMEMBER

- 01 Contact your target audience
- 02 Be recognized in the sector
- 03 Establish a relationship with that potential customer.

3 KEYS TO SELLING ON LINKEDIN

<p>10 SHARE CONTENT</p> <p>Share a post, a video, a post of some contact with your opinion or approach or a post of topical.</p>	<p>10 ANSWER MESSAGES</p> <p>Answering messages carefully. If the messages are SPAM you can ignore them but if they are interesting, get your best answer.</p>
<p>10 CONNECTING PEOPLE</p> <p>LinkedIn is a Big Data company. Find and connect with people who help your business. Remember the boolean search to prospect more!</p>	<p>10 THANK / HELP</p> <p>Give recommendations to colleagues who have helped you, to clients, to collaborators ...</p>

The 40 minute formula on LinkedIn

What can I share with others? What to write?



Content formats on LinkedIn - The best ones!

Biography

Hi, I'm Cristina Rojas, My work is to help B2B entrepreneurs and start-ups to create their marketing strategy on LinkedIn. Economist, Marketing lover, LinkedIn freak, super talkative & entrepreneur. During Corona time I launched my training program for entrepreneurs who want to learn how to sell their services through LinkedIn.

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Introduction: Don't wait to win. Color the world beautiful in your business today. You can be elevated, empowered and equipped to do business God's Way. I help to bring beauty in the world by connecting people to the truth about who they are which creates mind shifts in turn helping you win in life and business. Because I see greatness in others, I believe that everyone should be using their gifts and talents creating the life of their dreams to compete in the global market all while functioning in high esteem, confidence and the presence of God. I believe people must make a difference through their business endeavors and chosen career fields by maximizing their potential and living their life on purpose. Ultimately, I see people financially, mentally, physically, emotionally, and spiritually healthy.

Aim:

- Participants will explore the thought of preparedness is a strategy.
- Participants will function in their capacity unapolgetically powerful.
- Participants will learn how to function authentically.

Materials and Methods:

Business Plan Development, Strategic Plan, Marketing Plan, SWOT Analysis, Pitch

Results:

- Craft a clear and compelling mission statement
- Set powerful strategic goals
- Build a dynamic team culture
- Effectively communicate for maximum results
- Become a transformational leader

Invest in your greatest assetYOU!

Conclusions: If you want a different life, a different business, you have to create it. It

COLORING THE WORLD BEAUTIFUL IN BUSINESS

Milkia Waller

8 x International Best Selling Author, Speaker, CEO, Milki Way Cosmetics & Skincare, Founder, Kingdom Women Win Ministry & Crystal Clear Children for the youth, USA

all comes from taking the necessary steps to elevate your life, increase your influence, live the life of your dreams, and leave a lasting legacy.

Keywords: Elevate, Empower, Equip ; Kingdom Women Win; Business;

Biography

Milkia Waller has a bachelor's degree in Psychology, two Master's degrees one in Special Education and the other in Educational Leadership and a Specialist degree in Curriculum and Instruction from Georgia College & State University. She has over a decade and half of teaching experience with several major awards from various universities such as Kingdom School of Ministry University by the board of regents a division of Trimm Institute for Global Leaders. She is a certified Teacher Support Coach, mentor and trainer.

Besides being an educational innovator, Milkia Waller is an author, speaker, mentor, actress, a queen and an entrepreneur. She is the founder of Kingdom Women Win ministry and Crystal Clear Children non-profit for the youth. Also, she is the CEO of Milki Way Cosmetics & Skincare.

Milkia colors the world beautiful through writing life-changing books, creating empowering products, and speaking life to anyone she encounters. She has written several books and recorded podcasts called Winning in the Kingdom that has changed women's perspectives in confidence and self-worth. She is a #1 international best-selling author and has published seven books on overcoming fears, embracing success, dreaming big, and finding the purpose in pain. She is an international global speaker and has spoken to a vast audience in places in the United States, Dubai and Paris. She empowers women and children to discover their best selves and find confidence rooted within.

As the creator "Milki Way," she strongly advocates beauty that radiates from the inside out. Hence, producing makeup and skincare that bring out the best in women's features.

Milkia has been featured in numerous magazines, seen in commercials for major platforms, seen on national television, and recognized as a woman of valor, excellence and beauty.

Milkia has led enriching conferences like Kingdom Women Win ElevateHer, EmpowerHer, EquipHer and Crystal Clear Children Lead conference.



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Increasing visibility of women in public: from Wikipedia to Womenpedia

Women's contributions have been invisible in many ways, as a consequence of our underrepresentation in public life. Fortunately that's changing and many visibility initiatives have popped up worldwide. This talk presents Womenpedia, a "wikipedia" created to tell the stories of inspiring women.

Biography

Patu Antunes is a seasoned business development and marketing director has helped tech companies expand their business internationally. Additionally Patu has talked about digital business, positive impact projects and the urge of a more inclusive workplace.

INCREASING VISIBILITY OF WOMEN IN PUBLIC: FROM WIKIPEDIA TO WOMENPEDIA

Patu Antunes

Director New Business, Strategy and Special Projects, SaaS sales and business development for tech companies, Martech, retail & ecommerce, media, digital health, Agile enthusiast, PSPO

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This presentation aims to empower a woman (old and young) who feels the world has thrown her at the deep end of the pit. The woman who wants to break out of the shell but doesn't know the techniques to go about it. The woman who has been imprisoned by her thoughts.

Survival skills such as leaning on trusted people for support, going for gym to sweat out your problems, solitude, personal development among other things were deployed. Accepting that failure is the first step to taking action and finding solutions.

GRIT, a very powerful and resilient woman was birthed from the circumstances suffered. Being liberated and believing the world awaits a trailblazer, phenomenal woman like her. To share her story to bring rescue to others who are still binded by chains and caged.

It is ok to have storms in your life, I take it as a recipe to success, a recipe to shaping the person that you have envisioned when you were still a little girl, to bring out the best version of yourself. Life is a journey that is full of hurdles, storms. One has to rise above what life throws at them and yes sometimes you have a choice. You decide if it is going to be PAIN or PENNY (\$)

Biography

Mpho Kabelo is a teacher by profession and a public speaker. Founder of an organization called Find Your Voice, that teaches public speaking skills as well as assisting people especially young people to unleash their potential. To inculcate life skills and build resilient young people.

A mentor through an organization called Mebala Youth Studios. A Global School Advocate, a program that speaks on Sustainable Development Goals.

A member of a non-profit making organization called Toastmasters International. She has served and continues to serve in several leadership roles in toastmasters. Currently serving as the area director, supervising 4 clubs

Mosadi tota top 100 MOST influential women in Botswana 2023, Volunteers in schools to assist students with public speaking skills, life/survival skills.

FREE FROM THE CHAINS THAT WERE BINDING ME

Mpho Kabelo

Teacher, Mentor, Toastmasters Area Director,
Founder, Find Your Voice, Botswana

Holds a Bachelors Degree in education and a certificate in Accounting.

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Women in leadership and entrepreneurship face numerous challenges. Some of these challenges are universal, while others are uniquely personal. Without a proper understanding of the framework or the appropriate tools to navigate these challenges, women leaders and entrepreneurs may be at a higher risk of mental health issues and burnout. The solutions that facilitate success and enable women to thrive in leadership and entrepreneurship vary, based on a multidimensional framework. In this presentation, we will explore the competencies of Emotional Intelligence mapped to this framework at the organizational, team, and individual levels. To develop resilience and achieve sustainable high performance—both personally and within their organizations—women leaders and entrepreneurs must leverage pertinent Emotional Intelligence competencies, and harness the power within themselves.

By doing so, they can elevate their leadership impact and accelerate both personal and professional growth.

Biography

Christine Tobler is the Founder of SynergiLEAD, a premier provider of executive coaching and consulting services for high-impact leadership development and organizational transformation. As a Global Leadership Coach and an Emotional Intelligence Certified Coach, Christine is passionate about sustainable high performance, inclusive leadership, and a culture of development. Her early career in IT and management consulting sparked a love for technology innovation, systems thinking, and data analytics. Then, she ventured into the realm of mental health, before returning to the corporate world to enhance workplace wellbeing at companies like Google and Meta. She also developed an EI-based coaching product at a digital mental health startup (Meru Health). Currently, Christine works closely with executives at Netflix through coaching and facilitated 360 feedback. Along the journey, she has acquired specializations in fostering positive mindset changes, assisting leaders in creating resilient organizations, and preventing burnout at the individual, team, and organizational levels.

LEADING WITH EMOTIONAL INTELLIGENCE: HARNESS THE POWER WITHIN

Christine Tobler

Founder, SynergiLEAD. Executive Coach and Facilitator. Emotional Intelligence Certified Coach. Principle Consultant, USA

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CONFERENCE EDITION 2

OCTOBER 27-29, 2023

OCTOBER 31st VIRTUAL PROGRAM

Reial Cercle Artístic de Barcelona,
Barcelona, Spain, (Reial Cercle Artístic)

Join the Global Women Leaders and
Renowned Entrepreneurs

**VIRTUAL
PRESENTATIONS**

DAY 3

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"Mike is preparing people and organizations for the accelerated and significant changes today and future." He believes, "It's more than what we accomplish – it's who we become along the journey!" His mission is to LIFT OTHERS, helping people discover their potential, embrace a growth mindset and achieve at inspired levels. Mike has transformed businesses and inspired people to perform at levels they didn't think possible. Mike's known as a great listener and collaborative, creative problem solver. For generating speed and confidence through innovation and transformation. His current endeavors as advisor, consultant and keynote speaker, are shifting the belief in what is possible and opening hearts to a better vision and future of business around the globe. Sharing his extensive career of invention, reinvention and highly complex combinations, he consistently delivers on the belief that the heart of any organization is People – People drive results. "Mike is a master at helping people become their best, teams reach high-achievement and businesses grow through change. He listens and solves big challenges." ~Fortune 100 "Mike brought his creativity, strategic innovation and M&A expertise as we re-envisioned the future for AI, IoT, Analytics, Dev during our recent Intelligent Cloud reorganization." ~Microsoft Following many years in advertising and marketing, He launched early stage start-ups & led M&A initiatives for publicly traded tech companies. Five-times he was thrust into the chaos of transformation and helped people navigate the doubt, fear and chaos of significant change. His teams exceeded expectations, consistently beat the challenge, learned a lot and had some fun. These experiences sparked his passion for consulting, bringing the concept "Believership" to people with the program, to: MOVE LEADERS and TEAMS BEYOND PERCEIVED LIMITATIONS EMPOWER PEOPLE and TEAMS to GROW and ENGAGE with PURPOSE DRIVE RESULTS & WIN IN BUSINESS & LIFE He is the author of BELIEVERSHIP: The Superpower Beyond Leadership; Founder of HumansFirst. Mike is a master at innovative, experiential learning programs, inclusive problem solving, collaborator and catalyst for positive change. The ONLY thing that gets in the way of significant change is the belief that it can't be done. @ BizCatalyst 360 Contributor Contact: www.mjvacanti.com + www.humansfirst.club

Mike Vacanti

Founder, Humans First. Culture & Tech Transformation Specialist.
CEO, Advisor. High Achieving Leadership Strategies, USA

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In today's rapidly changing world, traditional business models are no longer suffice. To achieve sustainable success, businesses leaders must adopt a systemic approach that goes beyond the conventional "company-customer" focus. And this requires to begin to see and make sense of the world differently...

This talk aims to introduce the audience to the power of a systemic mindset in navigating complex challenges and creating value for the business, society, and the planet

Biography

Ana Torralba Barallat is a creative entrepreneur, a 'dolphin' mother (or so the test says) who started as civil engineer and urban planner to later find in sustainability, innovation and personal development the missing pieces of my puzzle to be able to design and promote solutions that contribute to shape a better future. I live in Madrid and I work in the intersection of consulting, education and coaching to empower people to change and bring change to their systems. How ? giving people who care the tools they need to develop a greater Vision, Understanding Creativity and emotional Agility; that is systemic mindset that allows you thrive in the midst of complex challenges around us.

My background includes MSc in civil engineering, urban planning & green cities studies, road safety auditor, Systems innovation master training, education for sustainability studies, learning designing and innovative pedagogics, systemic coaching and mentoring, emotional salary Barometer trainer, certified Smart Growth advisor, mindful educator training

EMPOWERING FOR SYSTEMS CHANGE: FINDING SOLUTIONS FOR COMPLEX PROBLEMS

Ana Torralba Barallat

Systems Innovation Consultant & Coach Sustainability Expert,
Systemic Leadership, Educator, Light maker, Spain

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Female Leadership in whatever capacity provide a great Inspiration and motivation for its followers as a direction to Achieving Organizational goals and Objectives

However it is important that to drive this Objectives they must possess and acquire relevant skills and training. The need to Manage the 'human' Side of the Team will greatly inspire the team to performance and ultimately make a huge impact on the Objective of attaining and surpassing Goals and objectives on Teams. Several studies have shown women Leaders have helped stimulate and Increase Productivity, Collaboration, Dedication, and fairness among Team members. The relevant Tool that has been used by female leadership to make this difference is 'Empathy'

Reference

Dou. T, What is empathy?2022

Psychiatric Medical Care j 2002-2022

Biography

I am Dr Anire okogun, and the Managing partner of Chanelle solicitors, a full service law firm located in Victoria Island and in Partnership with Roc citizenship Dubai(a platform that offers Global citizenship opportunities to Clients) I have over 3 decades of experience that cuts across banking ,Law ,and Entrepreneurship,Public Speaking I am the founding managing Director of chanelle Microfinance Bank where over 30,000 women and youth have been empowered through various loans and mentoring schemes I am also the founder of chanelle Foundation, which started in 2009 A Foundation that is involved in advocacy for women and youth especially girls on the need to acquire skills that will make them financially independent. The Foundation has at various times partnered with various organizations as well as Lagos Island East and West to train over 2500 women and youth on various skills I am on the Board of several companies and Organizations which includes Commonwealth Business women Network and International Federation of Women lawyers I have facilitated, moderated and engaged in several discussions around Women and Girls rights.

EMPATHY A TOOL FOR FEMALE LEADERSHIP

Dr Anire Okogun

Managing partner , Chanelle Solicitors,Serial Entrepreneur, Women and Youth Advocate,Award Winning and International Speaker

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INTRODUCTIONS AND BACKGROUND

Technology has enabled us to expand our social and liberated consciousness. There is an opportunity to collaborate and engage with people all over the world. Our unique capacity to ignite a fierce and loving force of radical embodied compassion is very possible when we lead from the heart and work towards dismantling systems and structures that create division and separation. This is the place where competition does not exist because we want everyone to thrive and be well.

Our world is at a critical point of co-evolution and it is our embodied awareness of how deeply connected we are that will support us to mobilize love into action. When we truly recognize how our own healing of intergenerational and systemic trauma and oppression is connected to the well-BEING of everyone. It is an illuminating time, as many are pointing towards the direction of co-creating care collectives, developing pathways of entrepreneurship, and up-lifting voices that speak truth to power. I am grateful to support communities that are aligned with trauma-healing, healing justice and mobilizing love into radical embodied compassionate action.

Through my lived wisdom and heart-sight, I have been gifted opportunities to support, mentor and deepen the authentic paths of others. I have witnessed the beautiful evolving of systems and practices soften and become more enlivened and lovingly courageous in their zest to BE of service while remaining true to their soul's purpose and values. I have had the privilege of seeing how much more is possible when we support others to turn towards themselves firstly—so they have the grounded vulnerably courageous capacity to blaze new paths not yet known, noticed or even considered. None of us were meant to exist in limiting categories or boxes and when we deepen our inner-standing we can see infinite worlds of possibility and assist as transformational leaders. For me, this is a practice ~and an intention that I am aligned

THE PRACTICE OF BEING A GLOBAL CITIZEN

ANN BAYLY-BRUNEEL RP

SEP, RCAT, OATR

with and committed to.—I view being a global citizen as vital to co-create more flexibly and relationally attuned, creative, inclusive, intersectional, visionary, trauma-responsive and collaborative systems built on equity, mutuality and care.

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 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 and offers mentorship to her peers. Ann practices within a framework that is anti-oppressive, anti-racist, trauma-responsive, attachment oriented and somatically and relationally attuned. Ann recognizes embodied radical self-compassion, self-leadership and trauma healing as revolutionary forces that enhance our personal and collective capacity and co-evolution. 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 humanity & celebrates our deepest sublime, creative and playful nature.

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Putting the Soul Back in Psychology: True Etiology of Psychological Disorders and Lasting Healing The prevalently accepted etiology of psychological disorders (aka mental illness) and addictions being the brain, genetics, and chemical balance, warranting psychotropic medications, is left wanting of scientific facts as proof. These scientifically unfounded philosophies lead to the erroneous philosophical beliefs that one is born with their psychological disorder or addiction, relapse is inevitable, and one will suffer with them for the rest of one's life. Consequently, throughout all societies, these philosophies create a sense of hopelessness, chemical dependency, and a weak helpless victim mentality, whereby psychological disorders increase exponentially every year throughout the world. However, based on the philosophies presented by REBT Psychologist and Humanist Albert Ellis (1913- 2007), and the foremost historical Philosopher Dr. Thomas Aquinas (1225-1274), there prevails a very different etiology both of psychological disorders and addictions, and the existence of lasting healing solutions for them. These actual etiologies are based on the true nature of both the human person and that of psychological disorders and addictions, resulting in the positive psychological solution called the Lasting Healing Psychology Method (LHP), creating hope, strength, and lasting freedom from all psychological and addictive suffering for anyone who desires and utilizes it, regardless of individual diversity or circumstances.

Key Words: etiology, human person, psychology, psychological disorders, addictions, suffering, positive psychological solution, healing, hope, strength, freedom, Lasting Healing Psychology Method

PUTTING THE SOUL BACK IN PSYCHOLOGY: TRUE ETIOLOGY OF PSYCHOLOGICAL DISORDERS AND LASTING HEALING

L K Miller

LHP Executive Director, Founder, Theology of the Soul Psychology Institute, USA

Biography

L K Miller is a Psychologist, Professional Spiritual Director, and former adjunct Seminary Professor of Psychology in Mexico, as well as a Professional Counselor from North Carolina, USA, and the executive director and founder of, Theology Of the Soul Psychology Institute (TOS).

In 2001, Miller began developing and practicing the approaches of True Psychology and Lasting Healing Psychology (LHP Method), all of which she formally wrote and taught in Spanish while Professor of Psychology at the Seminary, Seminario San José Obrero, Diocese de Ciudad Altamirano, México, México beginning in 2016.

Along with seeing clients virtually from both the US and Mexico, Miller has traveled between the US and Mexico teaching True Psychology and Lasting Healing Psychology in both English and Spanish, in the forms of workshops, seminars, Lenten missions, and retreats titled, 10 Steps to Lasting Healing®, as well as a guest lecturer both virtually and in person.

Miller is in the process of formatting her work into a series of handbooks to be published in various languages, for the healing of all emotional suffering and trauma, and psychological struggles and disorders, including addictions, with plans to develop a virtual LHP course and workshop series.

For questions, or to invite L K Miller either virtually or in person to speak at your event, to schedule spiritual direction/counseling, or to host or sponsor a TOS workshop, seminar, or retreat, please send an email to contact@theologyofthesoul.org and visit the TOS website at www.theologyofthesoul.org for more information.

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Digitalization is a new reality we are currently living in. Any company that wants to gain customer's attention and improve its position in the market is exploring the possibilities of incorporating digital technologies into its daily operations.

Some are just in their early stages, searching for a niche. Some are already mature companies with an extensive database of loyal clients. Either way, the availability and accessibility of information technology have led to its widespread adoption by companies across the globe and have become a driving force for business development. Digital transformation has already become a word of mouth.

Technology opens up an infinite number of possibilities and undoubtedly offers a series of benefits for businesses, such as process automation, time savings, cost reduction, enhanced brand awareness, and much, much more. It seems that the only issue that matters is price: the one who can afford "more expensive" and "more powerful" is the one to win in this digital race. However, that's a way far from the truth...

Digital transformation is an ongoing process, not a final destination. This process is not limited to buying a new device or adding AI bots to your website. Whether it is starting a new business or taking an established organization to the next level, it is appropriate to use modern technology only when the ways how its implementation can improve day-to-day operations and enhance employee and customer experiences when interacting with it are clearly determined, as well as the future value for business in general. Otherwise, it is simply going through the new toys that appear on the market every day, trying to keep up with the trends. There is already a great variety of technologies in the market, and they keep appearing. However, the number of organizations creating benefits for people by harnessing the potential of these technologies is still very small. Nonetheless, this is good news since there is a huge space for business

EMPOWERING BUSINESS IN THE DIGITAL ERA: BUILDING A STRATEGY AND UNLOCKING THE GENUINE VALUE OF TECHNOLOGY

Anastasia Miadzvedziava

Digital transformation and business development consultant,
Belarus

development. For instance, the emergence of artificial intelligence in our daily lives has not killed creativity or replaced workers but has unlocked opportunities for new innovative products and job places. Thus, the key to success is in understanding how to utilize these opportunities wisely to create value and translate it into the environment. During the presentation we will discuss how to efficiently lead a company throughout the entire process of digitalization and how to scale in the context of the digital transformation realm. We will explore options to start with, strategy to choose, as well as how to leverage the power of technology wisely to ensure having strong market position, customer loyalty, and satisfied employees who love their job.

Biography

I started my journey in the tech world seven years ago, and during this time I have gained extensive experience in the development, deployment, and maintenance of digital products. From website renovations to the commissioning of online platforms, I understand how digital products are managed throughout their entire lifecycle. By combining this knowledge with my experience in building product expansion strategies, currently I focus on leading businesses through the entire digital transformation journey. I am passionate about technologies and how they can contribute to the development of a business. For that reason, from the automation of core business processes to the exploration of digital areas of business development, I am the person who helps entrepreneurs all over the world understand the power and the beauty of technologies and leverage most of their potential depending on the specifics of their activities. Changes are never easy, which is why I offer a holistic approach that transforms not only the way a company operates in the market, but also digitizes its key assets (i.e. employees) and introduces a digital mindset among them. While many people consider digital technologies like AI as a threat that takes away our creativity, job positions and development opportunities, I teach them to use IT as a tool for growth and development.



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Recent studies about the pandemic demonstrate an increase in mental and physical challenges, such as mental distress, anxiety, fear, sadness, loneliness, as well as physical weight gain, joint pain, inflammation, and degeneration. These effects can create imbalances to the physiological system, and more importantly, our energetic systems known as the biofield.

So, what if I told you there's a way to obtain a level of balance to these systems? What if I told you there's an approach that may provide improvement to your health and wellness goals?

The topic "Quantum Biofeedback Technology: An Innovative Approach To Health & Wellness" presents an alternative approach toward homeostasis and healing. By exploring a biofeedback mind/body/spirit detoxification via trauma resolution, holistic nutrition, and energetic balancing, women are empowered to take charge of their health, remove the trauma-based blockages, overcome negative obstacles, redefine their purpose, and influence others to join the journey.

"Biofeedback" is the use of technology to gain vital information about our bodies. We utilize findings to get to the core of physiological healing and map out a course of action towards an improved state of health. Using a holistic approach, a biofeedback energetic detox can be used to address anomalies, reveal the body's disturbances, provide balancing and restorative frequencies, encourage reduction in cravings, improve mental clarity & focus, and manifest relaxation and restoration to an individual's overall health & wellness.

Attendees of The 21st Century Women's Entrepreneurship & Leadership Annual Conference (WEL2023) can expect to gain a deeper understanding about quantum biofeedback technology, 3 unique devices and techniques, how they work, and their amazing benefits.

QUANTUM BIOFEEDBACK TECHNOLOGY: AN INNOVATIVE APPROACH TO HEALTH & WELLNESS

Audra Kai Woodley

M.S., AADP, RYT-350

Founder & Chief Executive Officer - Authentically Holistic, llc

Information learned allows women to grow their awareness and therefore bridge the gap between conventional medicine and alternative healthcare, resulting in improved vessels impacting the health of their families, friends, and professional interactions.

Biography

A National Board-Certified Quantum Health Coach, Audra Kai Woodley's career spans over 25+ years within the Secretary of the Department of Air Force and U.S. Intelligence Community managing Acquisition Life Cycle Development for highly visible Fighter and Bomber programs.

Audra educates via speaking platforms such as Fit For Women TV, Real Talk w/ Dr. Rollins-Fells & Quantum Medicine & Biofeedback Technology Spotlights, Insight of the Year Podcast, Star Icon Conference, to name a few.

Highlighting the importance of a balanced lifestyle, Audra takes part in relationship building networks, a self-care regimen, and continuing education pursuing a PhD in Natural Medicine.

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Entrepreneurs have big dreams, drive, and the passion to bring their ideas to the marketplace. Yet, it takes confidence, consistency, accountability, and positive support to get up every day and keep at it.

Being a solopreneur especially requires more than just business skills, it requires you to do deep personal work so that you stay motivated and don't get stuck or stop in the process of growing a business during the challenging times. If you show up with negative or limited thoughts, or a mindset of scarcity instead of abundance — roadblocks will keep getting in your way.

Watching so many young entrepreneurs fail, or give up too soon, Ben developed a strong desire to support solopreneurs gain clarity, direction and a step-by-step process to turn their dreams into reality. He does this through his personalized and group coaching training programs. He became certified as an NLP Practitioner and created life changing programs as he helps his clients master their thoughts even during the most challenging of times and heal their emotions by learning how to move past triggers and get out of your own way on a clear path towards success.

In this informative and transformational message, you will learn:

- Why we experience stress
- How to identify your stress style
- Tactics for bouncing back effectively

Biography

Ben Eden has presented around the world with a message that raises listeners' sights and encourage them to "Reach Their Ultimate Potential". He has a unique way of communicating with words that will capture your attention and inspire your mindset. With real life examples and entertaining stories, Ben helps audiences master their thoughts, heal their emotions, and live their dreams so they can achieve their best in both business and in life.

STRATEGIC WELLBEING FOR ENTREPRENEURS

Ben Eden, MSHR, SHRM-SCP

Leadership and Business Mindset Coach, USA

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BARCELONA, SPAIN, (REIAL CERCLE ARTÍSTIC)

Biography

Dr. Megha Ojha is a well-known, accomplished, and influential individual renowned for her exceptional research work, writing skills, prudent business judgment, and unwavering dedication to advocacy. She embarked on her journey as an Advocate and then worked as Legal Advisor for a company. She qualified for the UGC NET-JRF exam in the year 2013 and was awarded the University Grant Commission Junior Research Fellowship. She completed her research study (Ph.D.) at Gujarat University. Afterward, she joined Narsee Monjee Institute of Management Studies (Deemed to be University) as an Assistant Professor of Law. She has written several research papers and book chapters for renowned journals, national and international publications. She authored two books. Her authored book on Geographical indications, titled "Guide to Geographical Indications: Registration of Geographical Indications in India," is recommended as suggested reading by Indian Universities. She has also been awarded for her research work. Her area of interest includes Intellectual Property Rights, Cyber Law, Business Law and Corporate Law.

Dr. Ojha has made a significant contribution to business in addition to the academic field. Using her entrepreneurial spirit, she established Mega Prime E-Solutions Services Pvt. Ltd. The company made a considerable contribution by giving the traffic police of Jodhpur, Rajasthan, an E-challan mobile application.

CULTURAL TOURISM AND IPR-BASED TOURISM INDUSTRY IN INDIA

Dr. Megha Ojha

Just Auto Solutions Pvt. Ltd., Head Legal, PR & Communications,
India

WEL2023

21st CENTURY WOMEN'S ENTREPRENEURSHIP & LEADERSHIP, POSITIVE PSYCHOLOGY, MENTAL HEALTH

EDITION 2

OCTOBER 27-29, 2023 | REIAL CERCLE ARTÍSTIC DE BARCELONA,
BARCELONA, SPAIN, (REIAL CERCLE ARTÍSTIC)



Research has established myriad benefits of nature contact including improvements in physical health, mental health, social connectedness, and cognitive functioning, greater cognitive, emotional, prosocial, and physical potential energy, and lower stress and anxiety. This speaker session will explore of the core concepts underpinning nature contact and its many benefits across multiple disciplines before describing a recently conducted study which examined the impact of nature contact on employee emotional exhaustion during a period of organizational dynamism. This study used a sample of faculty from a US university, finding that nature contact had a negative effect on average emotional exhaustion and a buffering effect against the increasing trajectory of emotional exhaustion over time. The authors argue that nature contact acts as a kind of personal resource that helps employees cope with the chronic moderate stressors of organizational dynamism. The findings have important practical implications for managers and organizations. By providing access to natural spaces, embracing biophilic workspace design, encouraging employees to engage in contact with nature, and establishing policies which support interaction with nature, managers and organizational leaders can help their employees to better cope with organizational change and maintain their resilience during periods of uncertainty and growth.

Biography

Ian O. Siderits is a primary instructor in the Psychology Department at North Carolina State University as well as an adjunct instructor at Southeastern Oklahoma State University. Ian's research focuses on the topics of trust, nature contact, cutting-edge technology, and employee health and wellbeing. He has co-authored a book chapter and journal article on the topic of workplace technology and technology research respectively and has presented on the topics of technology, trust, work-life balance, and nature contact at conferences such as the Society for Industrial-Organizational Psychology (SIOP), the Academy of Management (AOM), and the First International Network on Trust (FINT).

NATURE CONTACT: A RESOURCE TO COMBAT THE INCREASE OF BURNOUT

Ian O. Siderits

North Carolina State University, USA



OCTOBER 27-29, 2023 | REIAL CERCLE ARTÍSTIC DE BARCELONA,
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Aim: This presentation examines pathways for women to find purpose and meaning through connecting to a greater cause and contributing to positive change.

Introduction: In today's complex world, women often struggle to find a sense of purpose amidst competing demands. However, research shows that having purpose and meaning in life is key to well-being. This talk explores practical strategies for women to tap into their passions, leverage their strengths, and align activities with personal values to live more purposeful lives.

Materials and Methods: Drawing on positive psychology research, case studies of purpose-driven women leaders, and the presenter's coaching methodology, the presentation outlines a framework for discovering purpose. Key steps include self-reflection to identify core values, connecting with causes that resonate personally, setting meaningful goals, and taking purposeful action through volunteering, activism, or community service.

Results: When women engage in activities that align with their values and contribute to society, studies show increased life satisfaction, resilience, and sense of meaning. Through purposeful action, women can experience greater fulfillment while also uplifting their communities.

Conclusion: By taking small but intentional steps to serve the greater good, women can lead more purposeful, impactful lives. Focusing on connection and contribution creates a pathway to sustainable well-being and social progress.

Keywords: Purpose, meaning, well-being, positive psychology, women's empowerment, leadership

Biography

Barack El is the CEO and spiritual thought-leader of Femigod, the pioneering online community empowering women's spiritual growth. Raised in California, Barack became fascinated with esoteric arts and traditions. He gained a profound

FINDING PURPOSE THROUGH CONNECTION AND CONTRIBUTION

Barack El

Femigod Inc. Santa Monica, California U.S.A

understanding of human potential through self-study and tutelage from Freemason and Moorish adepts. Barack realized his life purpose was to restore ancient spiritual teachings and share sacred knowledge, especially with women seeking enlightenment. This inspired the creation of Femigod, a rapidly expanding community helping women develop innate spiritual gifts through dynamic online engagement. Founded on veracity and personal growth, Femigod supports women's empowerment, sisterhood, and enlightenment.

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**21st CENTURY WOMEN'S
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OCTOBER 27-29, 2023 | REIAL CERCLE ARTÍSTIC DE BARCELONA,
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The concept of Destiny Fulfillment has gained significant attention in recent years, as more individuals seek to discover and live out their purpose in life. These 12 steps on Destiny Fulfillment is designed to provide participants with the tools, strategies, and mindset required to identify their purpose and fulfill their potential. Through a combination of self-awareness exercises, goal-setting techniques, leadership development, financial management, and personal growth strategies, participants will gain a comprehensive understanding of what it takes to achieve their destiny. The course aims to empower individuals to overcome limiting beliefs and negative self-talk, build positive relationships, leverage their skills and talents, and develop resilience and perseverance to overcome challenges and obstacles. By the end of this Destiny Fulfillment transformation, participants will have a personalized action plan to help them monitor their progress and stay on track toward achieving their destiny.

Biography

Dr. Shamonica Wimberly is one of the most influential persons that many pursue to speak on platforms worldwide. She may be small physically, but she speaks volumes when addressing her audience. Her tenacity and expertise shines every time she exemplify her love to serve others. Her words have impacted many communities with her faith, and determination as she continues to transform lives. She also finds time to be an extraordinary mother of her 33-year-old son and Nana to three active young grands. In addition, she continues in her purpose to be the Best-selling author of her prominent Book, "How to be Social, Saved and Successful while Strategizing to Become a Better You," a #1 Amazon Best Seller. Her work does not stop; she's an exciting leader, an Ordained Minister, an International Motivational Speaker, and a Personal Development and Financial Coach. She's very dedicated to freeing people from their debts, so she decided to open and educate individuals on taking control of their finances business and personally. She is committed to empowering and equipping individuals with the tools they need to create their desired lifestyle. The Success Strategist Institute was established to help all who wanted a different lifestyle of living holistically.

HOW TO SUCCESSFULLY MOVE FROM STAGNATION, DELAY AND SETBACK TO BREAKTHROUGHS. THE ROADMAP TO DESTINY FULFILLMENT

Shamonica Wimberly

CEO, Founder, Shakyra Renee Jewelry Collection & Success, USA

Yes! She is the chosen one to get the job done!

Dr. Wimberly believes that many people need help in balancing their faith while building business, social, and personal relationships. She states, "Once they shift their priorities, some connections become problematic." Balancing all aspects of life can be challenging in this social media world. How can you build faith and keep your business and social connections intact?

She noticed that many people vacillate between faith-based and social lifestyles. This Book explores all avenues and more. It also offers an eighth-step strategy to help you navigate this treacherous push and stay true to your core values. Many are transformed and impacted by this book because it is efficient and built with real-life experiences and questions that help you make a better resolution. Several strategies are intended to help you keep a healthy social life without losing your faith. Dr. Shamonica Wimberly is also the CEO and Founder of Shakyra Renee' Jewelry Collection, derived from her late daughter Shakyra Renee'. Her jewelry is sold globally and worn by many who are just raving about the quality of the jewelry. In addition, she hosts "Faithful Moments" on ASA TV in Africa and the Victory Praise Network premiering in over 80 million households. "Faithful Moments," a faith-based talk show inspired to empower, teach, and equip its listeners to bring the word of God to life.



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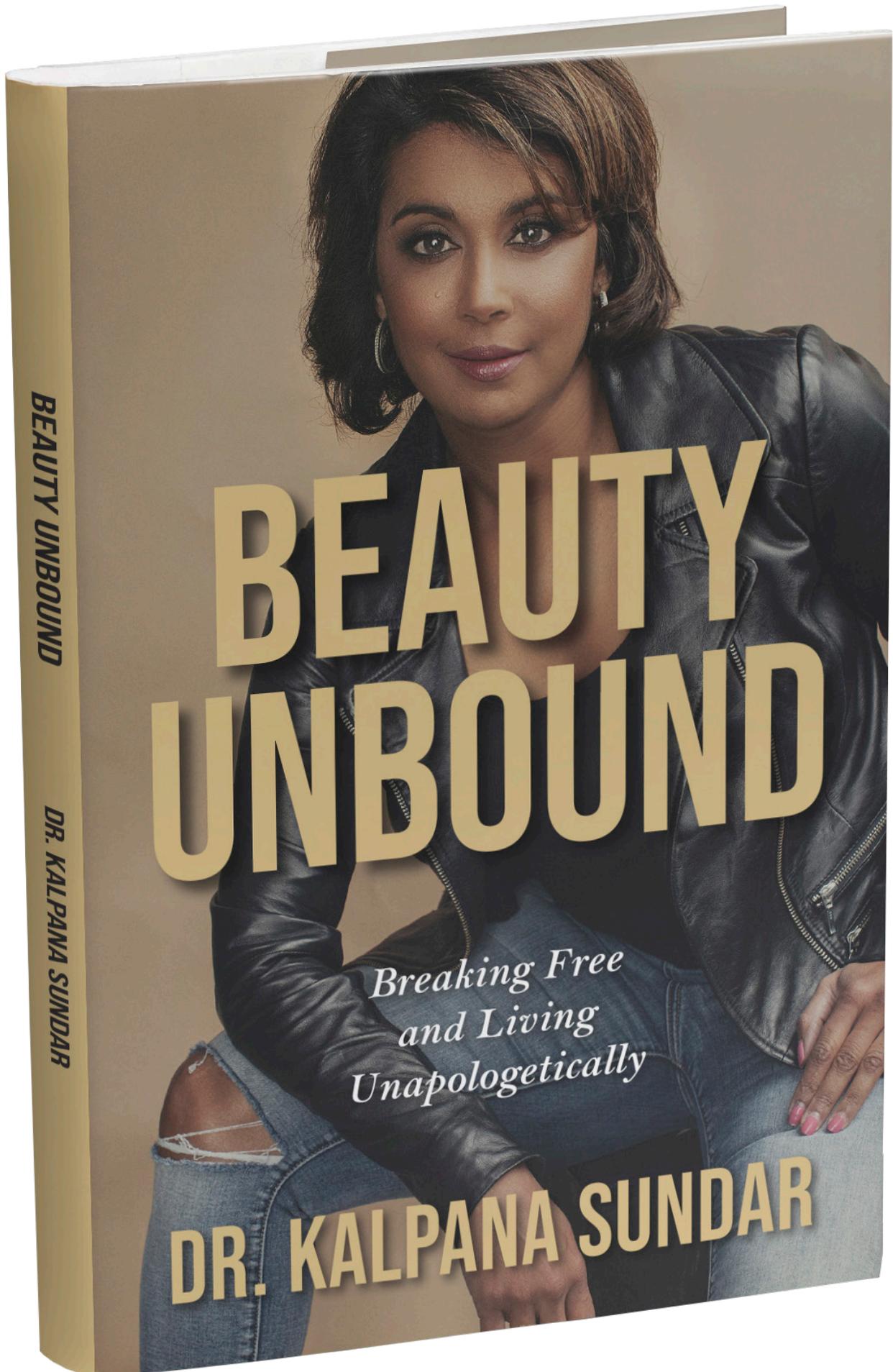
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and Living
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