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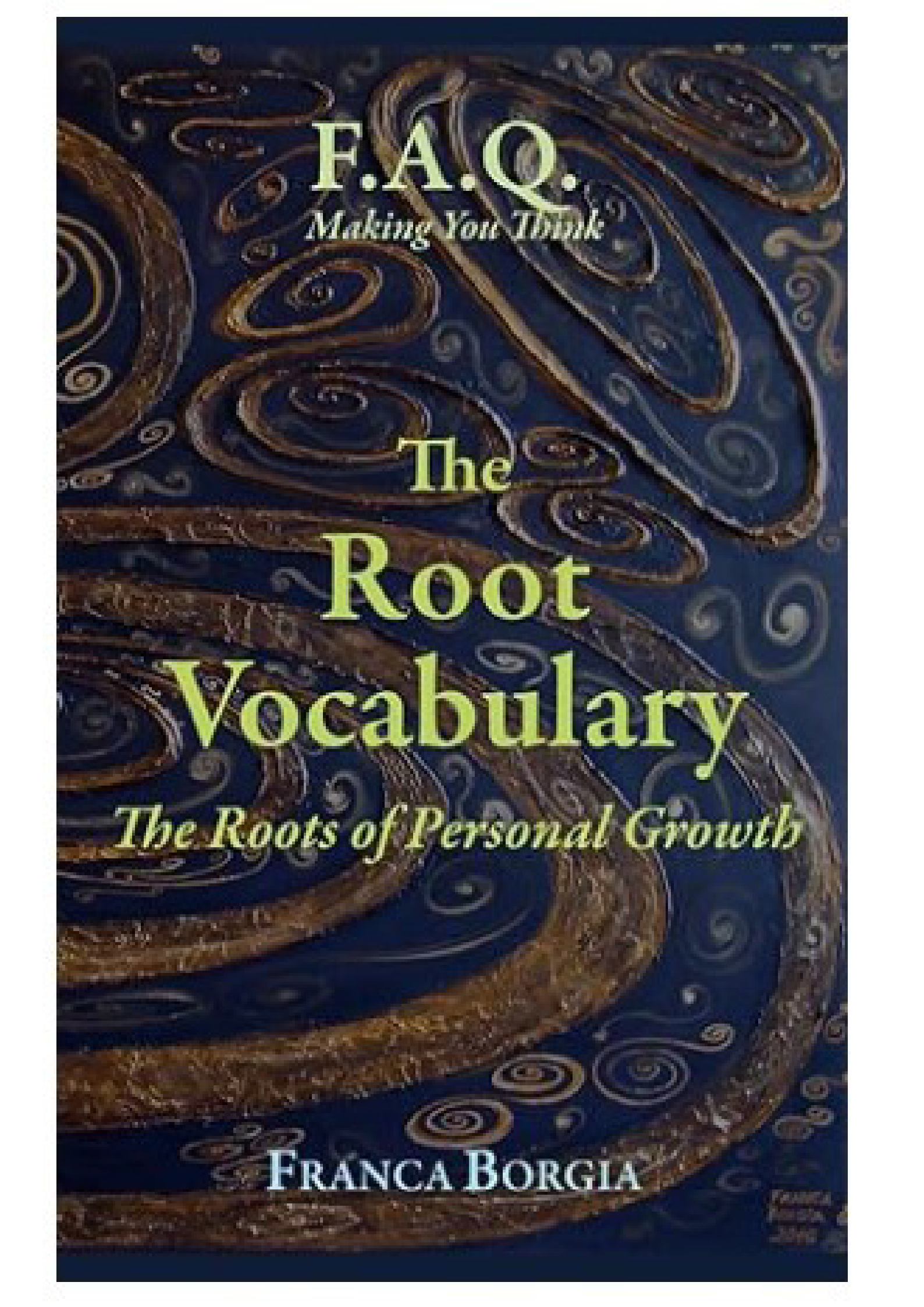
21st CENTURY WOMEN'S ENTREPRENEURSHIP,

**LEADERSHIP, POSITIVE
PSYCHOLOGY & MENTAL
HEALTH SUMMIT (EDITION 7)**



NOVEMBER 08-09, 2024
Hotel Medium Valencia, Spain

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F.A.Q.
Making You Think

The
Root
Vocabulary

The Roots of Personal Growth

FRANCA BORGIA

FRANCA
BORGIA
2010

PROGRAM

November 08, 2024 | Friday

Conference Hall: LAS ARTES

Networking Breakfast in First floor @ Restaurant: 07:00 to 09:00

Tabletop Exhibitions | Book Shows | Full Day Networking Breaks | Panel Discussions | Magazine Launch

Plenary Forum

Let the Next Leaders Lead

Dr. Sheila R. Trapp

Owner, S Renae Consultant Group, USA

09:00-09:30



Keynotes | Session Speakers | Panels

Empowering women to own the stage and fulfill their dreams

Dr. Debra Mrock

International Motivational Speaker,
Dramatic speaking Coach, CEO, SHE ROARS BOLDLY, USA

09:30-09:50



When the World Says No: Empowering Female Entrepreneurs to Tap Into Courage

Tonya L. Whiteside

The Whiteside Group LLC, USA

09:50-10:10



The survival of a leader

Sonia Villalba Tudela

Founder, Kanstak Dog Education, Spain

10:10-10:30



Networking Break @ 10:30-10:50

The Act of Affirmation

Franca Borgia

Artist, Writer, Performer, Masterthinker,
High Level Leadership Coaching, Fashion Designer, Italy

10:50-11:20



Embarking on the Transformative Journey of Self-Love

Dr. Donna Lindsay

Donna Lindsay Coaching & Consulting, LLC, USA

11:20-11:40



The Rooted Life: Live, Love, Let Go

Erica Gifford Mills

Balanced Symmetree
International Empowerment Coach, USA

11:40-12:00



The Lies We Tell Ourselves

Aneta Grabiec

Award winning author, Aneta Grabiec, MA, psychologist,
nutritional therapist, UK

12:00-12:20



Leadership Redefined: Empowering Women Entrepreneurs for Global Impact

Amb (Dr) Abhnash Bains
Ishkama Ltd, UK

12:20-12:40



Visibility In A Virtual World

Dr. Patricia Rogers

Being Seen, Being Heard Increases Brand Awareness, USA

12:40-13:00



Networking Lunch Break @ 13:00-14:30

Women's Leadership Redefined: Maximising Our Impact

Angela Quinones-Teran

Executive and Leadership Coach
Founder Director The Education Hall Ltd, UK

14:30-14:50



Healthy Horizons: The Power of Biophilia for Employee Wellbeing and Performance

Esther Robles

Conscious Enterprises Network, Sweden

14:50-15:10



From Triggers to Triumphs: Navigating PTSD and Thriving in the Fast Lane

Daniela Elster

Sunrise Delight Coaching, Spain

15:10-15:30



Networking and Refreshments 15:30-16:00

Transform Your Life

James Dean Sewell

Live The Abundant Life, UK

16:00-16:20



Renew Your Joy

Karen Mckoy

TedX Speaker, Master Resilience Strategist, Grief Counselor, Art Therapy Coach, Resilience Speaker, USA

16:20-16:40



**Journey to Empowerment: Insights on Gratitude Psychology
Founder of: Figmentum Coaching with Cindy Ota**

Cindy Yu Ota

Figmentum Coaching, Japan

16:40-17:00



Surviving Office Politics: Outsmarting Manipulators and Saboteurs

Gladian Rivera

Servant Leader, Program Creator, Coach
USA

17:00-17:20



Speed Networking Sessions

17:40-18:00

Break and Award Ceremony @ 18:00-18:30

November 09, 2024 | Saturday

Conference Hall: "LAS ARTES"

Networking Breakfast in First floor @Restaurant. 07:00 to 09:00

Tabletop Exhibitions, Book Shows| Full Day | Networking Breaks

Speed Networking Session 09:00-09:10

Crack Your Money Code to Become Intentionally Wealthy

Carmen Croonquist

President, Intentionality LLC, USA

09:10-09:40



Live in the moment in the world of digital distraction

Anastasia Miadzvedziava

Digital Specialist | Business Development, Poland

09:40-10:00



The Transformative Power of Words and Intuitive Movement.

Shel Marie

Empowerment Coach, Motivational Speaker, UK

10:00-10:20



Transmuting Pain

Kristin Payne

Fun Intended LLC, USA

10:20-10:40



Overcoming Pre-Set Identities for Authentic SelfAwareness

Al West

Peercite Awarded International Published Author, Poet,
Entrepreneur, Motivator, Designer, USA

10:40-11:00



**Everyone can be a Conscious Leader - Your
Micro-Actions can do Miracles!**

Magdalena Tatarczewska
Phoenix Coaching, Spain

11:00-11:20



Networking and Refreshment Break @ 11:20-11:50

**Soaring W/O Limits: How to Elevate Expand &
Explore Your Mindset**

Monique Pearson
International keynote speaker
Best-Selling Author, Mindset coach & Travelogist, USA

11:50-12:10



Neuroscience for women in business

Hannah Conkey
Founder and CEO
Mind Pilot, Australia

12:10-12:30



**The price of being public: women leadership in a social life
Panel Discussion**

Panel Chair: Laura Dabulyte
Founder, PR agency COMMS on DUTY in Baltics Europe,
Lithuania

12:30-13:10



Panelist

Dr. Kristen L Szabla
Founder, CEO, Neuroscientist, International Speaker, Mental
Health and Trauma Expert, Catalyst for Change, USA



Networking Lunch Break @ 13:10-14:10

Panel Discussion (14:10-14:50)

**'Life Long Learning' in different sectors from the
perspectives of Education, Health, Entrepreneurship and
Innovation**

Carmen Pellicer Iborra
President, Fundación Trilema
Ashoka Fellow 2016, Directo, Cuadernos de Pedagogia,
Social Entrepreneur, Innovative Education, Spain

14:10-14:50



Ana María Farré
Director, Ibercaja Campus of Fundación Ibercaja, Zaragoza,
Spain



Sara Sadeghi
Biotechnologist & Reproductive Scientist,
Project Manager, Trilema Salud, Valencia, Spain



Beatriz Álvarez
Director, Projects, Trilema Group, Valencia, Spain



Rebeca Doubtfire
Secondary Coordinator, Trilema Manises, Valencia, Spain



The Female Formula for Super Powered Productivity
Kylie Bonnor
Women's Health, Period Educator and Coach, Mental
Wellbeing Speaker, Author
Major Breakthroughs CEO, Australia

14:50-15:10



Become the Leader of Your Own Life: The Power of Positive Thinking
Jolanda Busscher
Inner Reveal, Netherlands

15:10-15:30



Seven Pro Tips for Running a Successful Business in Today's Competitive World
Dr. Gloria Trueh
Founder, CEO
United Women Leaders Global Network, Inc., USA

15:30-15:50



Sexual And Gender Based Violence In Kenya

Leah Nyalobo

Founder, Executive Director
LEC Community, Kenya

15:50-16:10



Carmen Pellicer Iborra

President, Fundación Trilema
Ashoka Fellow 2016, Directo, Cuadernos de Pedagogia,
Social Entrepreneur, Innovative Education, Spain

16:10-16:30



The Real Impact of Empathetic Leadership

Ines Hubmann

Owner, Profect Marketing, Austria

16:30-16:50



Networking Break @ 16:50-17:10

November 10, 2024 | Virtual Talks | Central Europe Time

Pioneering the Next Wave of Female Commercial Legal Consultants, Entrepreneurs and Humanitarians

Agata Smolarek

CEO, Global Business & Law Ltd
President, WEFA, Poland

Presenters Local Time: 14:50-15:10

14:30-14:50



Small mirzacles prformed by renowned Spiritual Healer, Exorcist, Psychic Surgeon & Clairvoyant.

Rosemarie Schmidtke

South Africa

Presenters Local Time: 18:30 PM

14:50-15:10



7 Ways to turn your pain into purpose

Brenda Sawyer

Mentoring Strategist/International Best-Selling Author/
Inspirational Speaker,
Founder, CEO, GIRLS WALKING WITH INTEGRITY
EMPOWERING FOR DESTINY (GWWI)®, USA

15:10-15:30



The Hidden Path to Brilliance - Unveiling Mystery and Potential!

Maria Evangelou

EIA Senior Practitioner-EMCC Global | Professional Coach AC
– Endurance & Accountability Coach | HRDA Trainer, FCCA.,
Cyprus

Presenters Local Time: 16:30- 16:50

15:30-15:50



AI-Driven Budgeting: Analyzing Monthly Spending to Identify Savings and Improve Financial Health

Silper Pesa

Kenya

Presenters Local Time: 16:50 - 17:10

15:50-16:10



Empowered Connections: Women Entrepreneurs Transforming Tomorrow

Dr. Angela Butts Chester

Pastoral Counselor & Empowerment Coach , Media
Entrepreneur, International Women's Speaker, Breast Cancer
Survivor, Top 25 Thought Leader, Helping faith centered
purpose driven women succeed, USA

16:10-16:30



Looking Good and Feeling Good Inside and Out

Jacquelyn Bhone

MPA/MHA BSN RN CEN, USA

Presenters Local Time; 10:30-10:50

16:30-16:50



How Women's Brains Function and the Remarkable Power of the Female Mind An In-Depth Exploration...

Chithra Kannan

Founder & CEO Skin Centrick, USA

Presenters Local Time; 10:50-11:10

16:50-17:10



Breathe, Rest, Reflect The Art of Self-Care

Dr. Claudia B.-Walter, Ph.D, CMC, CTC

Managing Partner-Holistic Pastoral Counselor
of Son Rise Counseling Agency (M-D-V), Author

Presenters Local Time; 11:10-11:30

17:10-17:30



How Much Is Your Peace Worth? (Peace Over Solipsism)

Dr. YoVanda Brown

Workforce Development Specialist III, USA

Presenters Local Time; 11:30-11:50

17:30-17:50



Leading with God, Passion and Purpose

Dr. Iris Wright

Author Iris Wright & Publishing Newport News, VA, USA

Passionate Entrepreneur, Healthcare innovator, and social justice advocate, USA

17:50-18:10



Inclusion of Women's Mental Wellness in Leadership through Technology

Dashana Jefferies

CEO & Founder, A Passport 2 Breathe, USA

Presenters Local Time: 11:10 AM

18:10-18:30



Green Tech Women

Virginia Mijes Martin,

Green Cross, UK

18:30-18:50



Empowering Women to Unlock Their Leadership Potential

Azita Alavi

Founder, The Center for Leadership Excellence,

The Center for Youth Leadership, USA

Presenters Local Time: 18:50

18:50-19:10



7 Ways to turn your pain into purpose

Dr. Brenda Sawyer

Founder, CEO, GIRLS WALKING WITH INTEGRITY

EMPOWERING FOR DESTINY (GWWI)®, USA

19:10-19:30



Unlocking Resilience: Practical Mental Health Strategies for Women to Thrive in This Fast Paced Society

Perpetua Nkiruka Igwebuike

Self Esteem Coach, Mental Health Practitioner, UK.

Empower Mental Drive Foundation(Nig)

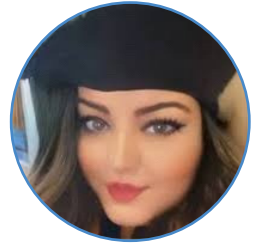
Presenters Local Time: 18:30

19:30-19:50



Dr. Marjan Assefi
International speaker, USA
Presenters Local Time: 13:50-14:10

19:50-20:10



Empowered Minds: A Healthy Workplace

Nacho Ruiz Hens
Bipolar | Mental Health Advocate | TEDx Speaker | High
Performance Coach | Tech and Social Entrepreneur |
Renewable Energy Investor, USA
Presenters Local Time: 15:10-15:30

20:10-20:30



**Love Yourself Completely Without Compromising: a mental
health perspective**

Allison Rose Clark
Australia

20:30-20:50



Heart and Health Connection for Well-Being

Dr Reetu Verma
Senior Lecturer, University of Wollongong
Transformational Life Coach
Founder, Healing Health Happiness, Australia
Presenters Local Time: 10:30 PM

20:50 -21:10



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

NOVEMBER 08-09, 2024

Hotel Medium Valencia, Spain

Join the Global Women Leaders and
Renowned Entrepreneurs

**SPEAKER
PRESENTATIONS**

DAY 1

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Learning Objectives:

This presentation aims to describe a solution to leadership development that optimizes leadership design and execution in an innovative, collaborative, and dynamic partnership with the next generation of leaders.

Abstract Details:

Traditional leadership models are cracking under the weight of changing expectations. Millennials and Gen Z, poised to take the reins, crave more than hierarchical structures and top-down directives. They seek partnership, empowerment, and a platform to utilize their unique talents. Exploring options that ignite a new leadership approach for the next generations of leaders is timely. Leadership renovation in a framework of empowerment and partnership for future leaders is imperative for organizational survival, yet it remains unchanged. A solution is a new approach- EmPartnership: The Blueprint of Leadership Development for the Next Generations of Leaders.

At the heart of EmPartnership are vital keys for producing excellence in the next generations of leaders:

- Starting with Integrity
- Developing Courage to Lead
- Developing the Soul Intellect
- Prioritizing inspiration
- Co-ownership
- Sincerity
- Arena with the lack of judgment

This workshop will go beyond traditional leadership development approaches and offer effective ways to shape the leaders of tomorrow. It will push beyond professional boundaries and disclose a groundbreaking method for those who want to coach and develop others to lead... and lead well. Whether you're a coach, manager, supervisor, or anyone passionate about leadership development, this workshop is for you

Leading with Heart and Legacy: Dr. Sheila Renae Trapp

LET THE NEXT LEADERS LEAD INTEREST AREAS: LEADERSHIP, LEADERSHIP DEVELOPMENT, & FUTURE LEADERS

Dr. Sheila R. Trapp

Owner, S Renae Consultant Group, USA

Dr. Sheila Renae Trapp isn't just a leader; she's an orchestra conductor of leadership intelligence (LQ). Balancing cherished roles as wife, mother, grandmother, and friend, Dr. Trapp finds purpose in nurturing the next generations. She says her grandchildren remind her of her legacy's enduring impact - a sentiment that fuels her passion for leadership development.

Those who know her describe Dr. Trapp as authentic, passionate, and intentional. For over 32 years, she's translated that passion into impactful leadership application across various roles, from Program Manager to Executive Director.

A prolific writer and educator, Dr. Trapp's days are a harmonious blend of creation and instruction. Whether crafting a grant proposal, writing a book, or captivating a room with her knowledge, she thrives on sharing her expertise. This dedication extends to her three core missions:

1. Inspire the world through writing: Dr. Trapp's books and articles leave a lasting impact on readers.
2. Empower through education: She shares her wisdom as a teacher, Leadership Coach, and Doctoral Student Mentor.
3. Orchestrate success: Dr. Trapp guides teams and individuals toward achieving their full potential.

Dr. Trapp's credentials include a Doctorate in Management specializing in Organizational Leadership, Master's degrees in Organizational Management and Theological Studies, and a Certified Public Manager certification. She is a sought-after international speaker and role model for aspiring leaders.

Through it all, Dr. Trapp's unwavering focus remains on developing the next generations of leaders. She seeks to build bridges between the leadership landscapes of yesterday, today, and the future, instilling hope and optimism in authentic, lasting leadership.

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(EDITION 7)****NOVEMBER 08-09, 2024** | Hotel Medium Valencia, Spain

INTRODUCTION / BACKGROUND: Dr. Debra is a transformational leader and dramatic speaking coach who speaks from her heart to help others shatter the lies that have kept them from achieving their dreams. Having overcome learning problems, abuse, cancer, and trauma, she uses the principles from her studies in Transformational Leadership and learning to aid others in uncovering their unique superpowers to live victorious. Her degrees in communication, Sociology, and Education and a doctorate in Transformational Leadership give her a base to assist others in unleashing their superpowers and becoming the heroes and heroines of their own stories. She is proud to be a speaker and workshop leader for Blissful Living, Disrupt Aging Classroom, AARP workshops, Changing the Narrative, Optimal, Show Me, ASA aging Summits, women empowerment summits, Leo, WELS and LOSD Global Research Conference and Skills Live. She uses her talents to coach others to speak powerfully and dramatically to own the stage from the beginning at sheroars.live. She is the proud receiver of the LOSD Excellence Awards 2024 for Media and Communication.

AIM / OBJECTIVE: Learn how to:

1. Identify things that have previously stopped you from using all your gifts.
2. Understand the steps to unleashing your gifts powerfully.
3. Understand the importance of teamwork and supporting others.

RESULTS / DISCUSSION: We all have superpowers that have gone undiscovered, limiting our potential to achieve, solve problems, and become all we are meant to be. Too often, we feel like we have nothing special to give. There is nothing further from the truth. We will work together to explore ways to uncover and release your superpowers so that you can become the heroine of your own story. In this fun interactive presentation, discover your superpowers, confront what stops you from using them, and brainstorm together how to put together a team that will enable continued support and development of

**“BECOME” UNLEASH YOUR
SUPERPOWERS TO BECOME
THE HERO OF YOUR OWN
STORY****Dr. Debra Mrock**

CEO Resound LLC

Director of She Roars Boldly

Internationally awarded Dramatic Coaching and Speaking, USA

your superpower squad.

CONCLUSION / SUMMARY: Changing the narrative regarding our past will change our future and we will become more confident, powerful, and strong. 2) Critically reflecting on past beliefs will reveal truth and practical solutions 3) learn to communicate and collaborate, with others who have superpowers different than us to form impactful teams.

KEYWORDS: professionals, education, service provision, high quality, practical, cross-sectoral, interdisciplinary, multidisciplinary, frontline, workplace, future challenges, capacity building, management, resilience, mental health, achievement, empowerment, fulfillment, women-empowerment, lifestyle, achievement, lifechanging

Biography

Dr. Debra is an international speaker who speaks from her heart to help others shatter the lies that have kept them from achieving their dreams. Having overcome learning problems, abuse, cancer, and trauma, she uses the principles from her studies in transformational leadership; she aids others in uncovering their unique superpowers to live victorious. Degrees in Communication, speech, and drama, a Master's in Education, and a Doctorate in Transformational Leadership give her a base to assist others in unleashing their superpowers and becoming the heroines of their own stories. She has worked as a drama coach and director for over 20 years in schools, community theatre, and churches for all ages. She is proud to be a speaker and workshop leader for Blissful Living, Leo International conferences, WEL Women Empowerment Conferences, Global Research Conference Cambridge England, LOSD Skill Live, Disrupt Aging Classroom, and AARP workshops, Changing the Narrative, Optimal, Show Me, and ASA aging Summits. She's a dynamic coach who helps women own the stage from the beginning by speaking dramatically.

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In the dynamic landscape of entrepreneurship, women are emerging as powerful change-makers and innovators. However, the path to success is often met with resistance and skepticism. Female entrepreneurs are breaking barriers, leading innovation, and driving change across industries. Yet, they often face unique challenges and biases that can feel like the world saying “no.”

This workshop will encourage and empower female entrepreneurs to shatter ceilings, break boundaries, and redefine success on their own terms, all while staying firmly connected to vision and purpose, and skill-building. This workshop is designed to equip women in business with the knowledge, strategies, and resilience needed to thrive in the face of challenges and adversity while staying true to their vision and purpose.

Discuss:

1. Clarity of Vision and Purpose:
2. Navigating Obstacles:
3. Building Resilience:
4. Creating a Supportive Network:

Say “yes” to empowerment, resilience, vision, and purpose. Say “yes” to a future where female entrepreneurs thrive and make a meaningful impact in the world.

Biography

Tonya L. Whiteside, Vision Catalyst for The Whiteside Group, is a wife, mother, military veteran, educator, and credentialed high school counselor. She holds master's degrees in both education and human services, and a bachelor's degree in criminal justice. Tonya is the author of: “Change The Atmosphere with Encouraging Words”, “Rebuilding Life after Trauma”, “I Am More Than My Hair” coloring book, and the newly released “Focus: A 31-Day Journal”. Tonya is dedicated to women who are rebuilding life after experiencing trauma. She shares her experience as a military veteran, victim, and survivor, through keynote speaking and creating customized workshops.

WHEN THE WORLD SAYS NO: EMPOWERING FEMALE ENTREPRENEURS TO TAP INTO COURAGE

Tonya L. Whiteside

The Whiteside Group LLC, USA

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Dogs have been present in the life of humans and have managed to survive all our historical periods since we became Homo Sapiens. They have been the subject matter of countless studies, several of which discuss the importance of this species in helping us be who we are today.

We can learn from the dog just how valuable teamwork can be if all team members have the same goal and work hard to achieve it, all the while recognizing and being aware of their strengths and limitations, both intrinsic and extrinsic.

The woman, like the dog, is another example of survival. Women do not speak the language of men (as the great Meryl Streep once remarked during a television interview), much like the dog does not speak the language of humans. (By language we refer to the ways of communicating, feeling and expressing those feelings.) However, both have learned to coexist and communicate in order to achieve our goals, i.e. the survival and proliferation of the species on the part of one and the recognition of rights on the part of the other.

Thanks to our emotional intelligence, us women have been able to adapt to our environment, mold ourselves and persevere after every setback, taking advantage of the most tense and difficult situations. This is why female leaders have empathy, resilience and humility, abilities ideal for making the best of every situation.

Throughout my life and career of more than 20 years dedicated to a masculine and I would even say sexist sector such as the dog training sector, I have learned that, just like the dog, silent, disciplined and proactive work can lead us to fulfill dreams that we never thought would come true.

Dogs have taught me how to be the best leader I can be over decades of observing them and their interactions, witnessing up close how they are capable of adapting to our world and society, while keeping intact some parameters of their own species such as their own language.

THE SURVIVAL OF A LEADER

Sonia Villalba

Founder, En Kanstak Educación Canina, Spain

I have been able to learn how leadership is associated with negotiating, having empathy, listening and creating new ideas in order to reach our goals. I have also understood that leadership relationships should not be rigid and hierarchical, but flexible and collaborative. Female leaders must continue to demonstrate that hard

work, discipline and the willingness (and humility) to be and do better are key resources when it comes to reaching our goals.

Owing to millions of years of experience, dogs demonstrate to us on a daily basis what THE SURVIVAL OF A LEADER looks like.

Biography

Sonia Villalba Tudela has a BA in Public Relations and Advertising and an MA in Digital Media. She is a certified dog trainer and behaviorist, Member of the Association of Professional Dog Trainers, and has studied dog behavior for three decades in Spain and abroad. She holds an Animal-Assisted Therapy Certificate and is accredited for the treatment of cynophobia. She specializes in the modification of unwanted behaviors in dogs, especially canine aggression, through the daily study of the incidence of overstress and motivation, investigating the bases of human psychology to establish comparative studies between the two species. She is the author of "Relationship between Serotonin Levels and Aggressive Behavior in Dogs". A qualified life coach, she is especially interested in motivational tools to achieve the best results in her work. She has appeared in several radio and television programs in Spain as an expert in dog behavior. She is also the chairman of Kanstak Sport, an association for dog sports and "Asociación Internacional para el bienestar humano y canino", association dedicated to the research of human and canine well-being through comparative psychology. Sonia Villalba Tudela is the founder and CEO of Kanstak Educación Canina (Kanstak Canine Education)

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As the world becomes increasingly interconnected, women entrepreneurs are playing a critical role in shaping the future of global business.

Leadership Redefined: Empowering Women Entrepreneurs for Global Impact explores how women are transforming traditional leadership models by embracing collaboration, empathy, and inclusivity, traits that are essential in navigating today's interconnected world.

Historically, leadership has often been framed through a male-centric lens, emphasizing competition and control. However, women entrepreneurs are pioneering a more holistic approach to leadership—one that fosters innovation, sustainability, and social responsibility. This approach is particularly critical in global markets where cultural sensitivity, adaptability, and emotional intelligence are key to building successful and resilient enterprises.

The discussion focuses on how women leaders are overcoming systemic barriers such as limited access to capital, underrepresentation in leadership positions, and cultural biases. It highlights how, despite these challenges, women entrepreneurs are leveraging technology, global networks, and mentorship to scale their businesses internationally and create meaningful, lasting impact.

Through examples of successful women-led ventures, this article will explore how entrepreneurial leadership is being reshaped by women who balance business acumen with purpose-driven goals. These entrepreneurs are not only contributing to economic growth but also addressing pressing global issues such as social inequality, environmental sustainability, and community development.

This redefinition of leadership represents a shift in the global entrepreneurial ecosystem, where women are not only leading but also creating new paradigms of success that prioritize social impact alongside financial performance. As more women take on leadership roles, their influence will

LEADERSHIP REDEFINED: EMPOWERING WOMEN ENTREPRENEURS FOR GLOBAL IMPACT

Amb (Dr) Abhnash Bains

Ishkama Ltd, UK

continue to shape the future of entrepreneurship, fostering inclusive growth and driving positive change across borders.

Biography

Amb (Dr) Abhnash K Bains, an award-winning philanthropist, acclaimed Reiki Master, Hypnotherapist, Counsellor, is the Founder/CEO of Ishkama Ltd, KIA Beauty Salon, BHI Homes Ltd, IGC Magazine, and Ishkama Radio. With over 40-year experience within civil service, private and volunteering sector and PDG of Lions International, she seeks to establish a global platform to nurture leadership and empower impactful leaders worldwide.

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You are not what you eat - you are what you think! Or rather the lies you keep telling yourself! Intrigued? Join Aneta's session to learn powerful tool for rewriting your story at any point of your life to unleash your full potential, whether to become a successful entrepreneur or reach for your personal dreams and desires

Description

So the 5yrs of studying psychology and 20yrs of practicing it made me realise that humans operate on 2 terms and between them. And these terms are depression and anxiety

I agree, why wasting 5yrs on a psychology degree and 20yrs on practicing it? What do you think?

My name is Aneta Grabiec

Im the award-winning author of these 2 books; Shortcut To Your Fertility and How To Be Good Enough, acknowledged by The King of England. Im a Psychologist-Nutritional Therapist, Hormonal Wellbeing Expert, and work with female entrepreneurs. I've been on BBC, Forbes, NYC Journal, countless conferences, podcast interviews and magazines.

Further to this, I recently spent a day at the fascinating lecture at University of Central London, studying Neuroplasticity and the research confirms that human brain on average spends HOW MUCH TIME DO YOU THINK IN % we spend in the present moment?

Only 2% . Yes. Just the 2. So that means that 98% of our life, we spent elsewhere. Where do you think it is?

In the past and / or in the future

So why am I talking about it?

Because, simply speaking, depression is created when we refer/re-live in our body and mind the events of the past or wishing what would/should have been instead of that past

Whereas anxiety is worrying about the future,

THE LIES WE TELL OURSELVES

Aneta Grabiec

Award winning author, Aneta Grabiec, MA, Psychologist, Nutritional therapist, UK

what might happen.

So its like watching our life from a prison cell, which is either the past or the future

And letting go off what wasn't meant ours is basically working on our mental health resilience

Mind body is one so letting go off is also healing your body, optimising your hormones, reducing your wastline as emotional eating often goes in pair with anxiety or depression So that all sounds inspiring but the question remains how to? Well, firstly it would be mean not keeping up with the Joneses nor anyone on instagram. It means there is no code of rules/achievements body appearance you need to aspire it. You only need to aspire to be you! Uniquely unapologetically you!

And that's the hardest It goes with accepting and owning your wrinkles, pigmentation mark, weight gain, biological age as a woman, feeling lazy, having a need to nap, watch netflix, eat ice cream or gluten sometimes :)

That's is the real art of letting go, living in the moment and inviting freedom. No, I m not saying is allowing yourself to let go and visit McDonald's 5 times a week - no, I mean to opposite. I mean practicing joy, and living joyfully in the moment! Having dreams, ambitions, striving for healthy BMI, fat percentage, or actually forget it as when it comes to health, it is all about stable glucose and minimal inflammation but let's keep nutritional preaching for some other occasion

These days, National Health System diagnoses 30% of their patients with anxiety or depression. That's every 3rd person. 1 in 3. Let this number sink in

This sounds like our greatest pandemic (with no disregard to covid and its aftermath that we're still dealing with)

In my humble observation and practice, most of this emotional uneasiness so caused by comparison. There is this new term introduced by this Australian influencer (thats the word you use to describe someone who has billions of followers on instagram)?

She came out with the term COMPARISONATIS and I love it because it sounds like a disease. It sounds serious and it should be because that nurtured mind set of keeping up with someone else, chasing the unrealistic looks/size of the photo shopped magazine cover models will deprive you of your time, joy for life, your hobbies, passion for life and your personality!

Let the idea that we're supposed to be someone else and be elsewhere or live different lives die once and forever.

Let's approach our reality with acceptance and with that empowered awareness we can take our lives onto new meaningful and enjoyable level

Knowing yourself and your life, owning it, you can confidently move onto. I reckon being aware of our own BS would help us to liberate greatly.

What does BS stand for? Believe System

Imagine if someone attached electrodes to your brain, so everyone could see/hear whats our internal chatter - how embarrassing would be that! OMG, I bet many of us would rather be physically naked in front of the crowd than to share what's going on in our head. Haha.

The way we speak to ourselves So with this in mind, lets have an exercise on THE LIES WE TELL OURSELVES; sit comfortably and close your eyes. Visualise an onion. Yes. Onion. As we know, working with the onion in the kitchen very often implies an emotional response, similarly to this exercise.

Look at the layers of the onion and lets start peeling them off!

The first layer is your height, size, skin/eye colour, all the externals that are not dependent on you. Peel that layer off and let it go. Next layer is your social identity: the gender, age, social position, your job title, your bank statement, the neighbourhood you live in, the car you drive...that's also not you so let go off this layer. Let's move onto the next one which represents the relationship you have with

yourself and others; sometimes we get into certain family dynamics that we know are toxic and not serving us but out of unawareness or awkwardness, we continue with them...think of the people and situations that you said yes to others which clearly but heavily meant saying NO to yourself

And again, let go off this year.

Now lets move closer onto the layer that represents you. The truer you. Look at this person. Look them in the eyes, hold their hand or give them a hug - who do you see? How do you feel meeting them? What do they need from you? How willing are you to offer this to them?

How far is this true version of self from the reality? How good/comfortable and at home it felt to see them for who they are?

Although Im a nutritionist, I dont believe in the saying " you are what you eat". Do you know this saying?

I believe that YOU ARE WHAT YOU THINK, because your thoughts create your habits and opinions. So your thoughts dictate what's on your plate and how you see yourself - what stories or rather lies you're telling yourself

Reflection; think of something in your life that you're currently not happy about it

Now think of it from the perspective of the time.

How did you look at it 5yrs ago?

How will it matter in 5yrs time?

What's your answer?

My answer is acceptance.

Creating the vision of a calm ocean, the idea of a calm ocean is as temporary as the choppy waves. Neither will last forever and neither we can control it.

So why not accept it?

Acceptance is hard. Right? Is that neutral ground for something we give a damn about but if you ask yourself, do you really have to give a damn about the weather every time bank holiday proves to be miserable! Every time the politicians come up with another nonsense or someone close to you acted in their own predictable way?

Accept it. Let's use the wisdom. After all have been around for a while and have some decades of life experience in us, don't we?

What is it that you could let go of about yourself today that will improve the quality of your life?

And I'm not standing today here in front of you because I know it all and therefore I wrote 2 award-winning books! If anything, I'm just sharing my learnings and how peeling the onion exercise, literally daily, helped me to write a book in a foreign language in 3 days! And how at age 40 I decided to take up snowboarding and soon will become a qualified snowboarding instructor

I'm not here to brag about me but to motivate you, show you that you and your lies are the only limitations to your personal potential so when you go with the acceptance,

because fighting is no longer needed, because you feel at peace with yourself and can live with or without it, you can achieve ANYTHING

So what will you accept? What can you accept?

Thank you for your attendance and active participation

I wish you a lot of success with your daily acceptance letting go of what doesn't serve you

if you have any questions or would like to get a signed book from me, I'll be here for a little while, Thank you again

Biography

Aneta Grabiec, MA, psychologist, nutritional therapist, Hormonal Wellbeing Expert, Award-winning author of: Shortcut To Your Fertility, acknowledged by the Royal Family for How To Be Good Enough, seen on BBC, mentioned in Forbes and NYC Journal. Public speaker (available on demand), hosted on countless podcasts and interviews, authored many wellbeing programs and articles, Aneta works with individuals and couples on their emotional, physical wellbeing and fertility. Aneta Grabiec is the mentor female entrepreneurs.

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

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



As female leaders, we are increasingly shaping the future, and understanding our unique strengths and proclivities is essential to maximising our impact. This session invites you to embark on a transformative journey, exploring how women can harness their inherent qualities and energies to align with roles that amplify their influence within organisations. We will delve into a dynamic framework that reveals the power of recognising and leveraging individual and team proclivities. By identifying where you and your team can create the most significant impact, you will learn to convert potential into impactful achievements. Expect to be inspired by powerful insights demonstrating how this approach empowers women to lead with unwavering confidence, drive remarkable organisational results, and cultivate a vibrant, collaborative work environment. We will uncover ways to recognise and harness your unique leadership strengths, align your natural inclinations with your roles for maximum effectiveness, and enhance team performance through strategic alignment. We will explore how to generate new opportunities for growth and success on your leadership journey—redefining women's leadership together and unlocking the full potential for impact within each of us.

Biography

Ángela Quiñones Terán is a Transformational and Leadership Coach with a proven track record of combining expertise in education and coaching to spearhead impactful change across both corporate and educational sectors. With 25+ years' experience as a teacher, mentor, trainer, consultant and more than 7 years dedicated to coaching and leadership development, Ángela is a catalyst for positive transformation and the driving force behind The Education Hall. As the Founder and Director of The Education Hall Ltd, Ángela is at the forefront of leading transformative change by providing CPD courses, cutting-edge tools, frameworks, and knowledge to cultivate a dynamic leadership and wellbeing culture within organisations. Her initiatives elevate performance across corporate and education sectors, whilst aligning seamlessly with Corporate Social Responsibility (CSR) agendas. Throughout her earlier career, Angela held impactful teaching positions at

WOMEN'S LEADERSHIP REDEFINED: MAXIMISING OUR IMPACT

Angela Quinones-Teran

Executive and Leadership Coach Founder Director The Education Hall Ltd, UK, Top 15 coaches (London 2024)

renowned institutions, including roles as an English Coordinator, Internal Auditor, and Mentor. Her journey reflects a deep commitment to education, organisational development, and fostering growth across various pathways. In the corporate world she worked with Pearson LatAm as coordinator of Special Programs for the Public Sector and for DK- Penguin Random House she worked for over 5 years as Publishing and Licensing Manager for Latin American market. With academic studies that include an MBA in Educational Leadership, Master in Applied Positive Psychology, EMCC Professional Coach, ICF member and a background in Psychology, Ángela's multifaceted approach is further enriched by her ongoing pursuit of excellence. Her recent completion of the Yale University Managing Emotions course and the Oxford Women's Leadership Development Programme supports to her ongoing commitment to harness personal and professional growth.

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This abstract explores the transformative potential of gratitude psychology in empowering individuals, with a focus on personal experiences overcoming trauma, anxiety, and depression. It aims to provide insights into the role of positive self-talk and affirmations in enhancing self-esteem and well-being, drawing from both research findings, and lived experiences.

Introduction: Empowerment encompasses a journey of self-discovery and resilience, particularly in the face of adversity. Gratitude psychology offers a pathway to empowerment by cultivating a mindset of appreciation and self-affirmation. This study aims to examine the impact of gratitude practices on personal growth and empowerment, weaving together research insights and personal narratives of overcoming trauma, anxiety, and depression.

Materials and Methods: The methodology combines empirical research and personal storytelling. Research findings on gratitude psychology, positive self-talk, and affirmations will be presented through PowerPoint slides, synthesizing key concepts and empirical evidence. Additionally, personal experiences of navigating trauma, anxiety, and depression will be shared to provide a firsthand perspective on the transformative power of gratitude practices.

Results: Research findings elucidate the benefits of gratitude practices in enhancing self-esteem, resilience, and overall well-being. These insights are complemented by personal narratives, which highlight the role of positive self-talk and affirmations in overcoming adversity and fostering personal growth. Together, they offer a comprehensive understanding of the transformative potential of gratitude psychology in empowering individuals to thrive amidst life's challenges.

Conclusion: The synthesis of research findings and personal experiences underscores the profound impact of gratitude psychology on personal empowerment. By embracing gratitude

JOURNEY TO EMPOWERMENT: INSIGHTS ON GRATITUDE PSYCHOLOGY

Cindy Yu Ota

Figmentum Coaching, Japan

Founder of: Figmentum Coaching with Cindy Ota

practices and cultivating a positive mindset, individuals can transcend adversity, reclaim their sense of agency, and embark on self-discovery and resilience.

Keywords: Gratitude psychology, Personal Empowerment, Positive self-talk, Affirmations, Trauma Recovery, Anxiety, Depression

Biography

Cindy Ota is a dedicated life coach passionate about guiding individuals, including expatriates and multicultural leaders, towards discovering their inner strength and reaching their highest potential. Through her coaching, Cindy empowers clients to navigate life transitions and cultural adjustments while fostering profound self-discovery. With a holistic approach, she supports clients in overcoming language barriers, embracing new environments, and managing significant life changes effectively. Her personalized guidance enables clients to cultivate meaningful relationships, address challenges confidently, and craft fulfilling life narratives rooted in empowerment and authenticity. Her coaching journey encourages clients to tap into their inner resources, enhance emotional resilience, and embark on a path toward self-actualization and fulfillment. Through her transformative coaching process, she empowers clients to embody their true selves and thrive as resilient, empowered individuals on their journey toward personal and professional success.

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In today's fast-paced world, the pressures of high-stakes environments can be overwhelming for anyone—but for those living with PTSD or c-PTSD, these pressures can become a profound struggle. My journey through childhood trauma, marked by emotional and physical abuse, set the stage for a professional life where triggers were ever-present. From demanding roles at companies like Apple, Accenture, and Airbnb, I learned firsthand the challenges—and triumphs—of navigating complex trauma in the corporate world.

Together, we will delve into the often-misunderstood realities of PTSD and c-PTSD, exploring how these conditions manifest in daily life and the workplace. Through personal anecdotes and psychological insights, I will shed light on the deep impact of trauma on decision-making, relationships, and self-worth. More importantly, I'll share strategies for transforming these triggers into triumphs.

Attendees will gain a deeper understanding of how to create supportive work environments for individuals with PTSD and c-PTSD, fostering inclusivity and well-being. Whether you are a leader, team member or someone suffering from PTSD yourself, you'll walk away with practical tools for not only thriving in even the most demanding environments but also creating a supportive workplace.

Join me for a thought-provoking session that blends personal narrative with actionable insights, and discover how we can all contribute to a workplace culture that empowers every individual to thrive, regardless of their past.

Biography

Daniela Elster is a psychological coach and the visionary behind Sunrise Delight Coaching. Having navigated a childhood marked by trauma and a career in demanding environments like Apple, Accenture, and Airbnb, Daniela understands the profound impact of c-PTSD on both professional and personal life. She is dedicated to helping others break free from the cycle of stress and trauma, embracing self-love and resilience. Through her coaching and speaking engagements, Daniela offers actionable insights into thriving in even

FROM TRIGGERS TO TRIUMPHS: NAVIGATING PTSD AND THRIVING IN THE FAST LANE

Daniela Elster

Sunrise Delight Coaching, Spain

the most high-pressure settings, making her an influential voice in mental health and leadership.

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INTRODUCTION: Self-Love is a journey not a destination. It is the ultimate road trip that will cause individuals to explore the decisions that caused delays, poor choices that led to heavy traffic, the traumatic experiences that created road blocks, and the failures that hindered their personal reconstruction. This very transformative journey leads individuals to traffic the unknown territories of their heart, and the vast regions of their mind, and to learn how love themselves unconditionally.

AIM: Participants will understand that self-love is an ongoing process. There is no quick fix, however, with time, effort, and commitment individuals can understand themselves with efficacy, receive the healing needed to move forward, and improve their performance in every area of their life.

- Participants will identify barriers to positive thinking.
- Participants will release toxic thoughts, people, and situations.
- Participants will learn how to love themselves unconditionally.

MATERIALS AND METHODS: Based primarily on divine inspiration, personal life experiences, ongoing work with marginalized and disenfranchised youth, as well as, the 25+ years of mentoring/coaching teens and women between the ages of 12-75. The 5-Step Self-Love Plan, a method created by Dr. Donna Lindsay, provides guidance to individuals seeking to embark upon their self-love journey.

RESULTS: Experience has shown that when individuals employ the 5-Step Self-Love Plan they discover things about themselves that have been suppressed, unaddressed, avoided, or unidentified. Oftentimes, the breakthroughs have led individuals to become reacquainted with themselves, address things once avoided, and to foster a greater appreciation and love for self.

CONCLUSIONS: When individuals take the time

EMBARKING ON THE TRANSFORMATIVE JOURNEY OF SELF-LOVE

Dr. Donna Lindsay

Donna Lindsay Coaching & Consulting, LLC., USA

to do the work that the self-love journey requires, they reap the benefits of greater peace, joy, and love. As a result, their ability to relate to others, extend grace, and love without condition is improved tremendously. These same individuals are now readily available to love their neighbor as they love themselves.

KEYWORDS: Self-love; self-love strategist; self-love enthusiast; women's empowerment; improved relationships; unconditional love; overcomer; liberation; investing in yourself; self-esteem; positive thoughts; treat yourself; transformation; self-compassion

Biography

Dr. Donna Lindsay, certified professional coach, author, speaker, founder and CEO of Donna Lindsay Coaching & Consulting, LLC., is nationally and internationally known as the Self-Love Strategist. For the last 15 years, she has instrumentally engaged individuals, groups, and organizations in empowerment sessions using principles of love to enhance their overall performance in all areas of their lives. Dr. Lindsay's strategic approach to individual empowerment, group coaching, and organizational restoration have positioned her to become pursued as a coach, consultant, and speaker.

As a thought leader around self-love, Dr. Donna Lindsay believes that a person's ability to love themselves without condition impacts how they relate to others. Her work as a Self-Love Strategist was birthed out of her many go her own inspiring and educating life experiences. Dr. Lindsay is the creator of the Love Me First Masterclass, which assists individuals in identifying barriers to their self-love journey, releasing toxic people, thoughts, and situations, and learning how to love themselves unconditionally and unapologetically. Her iconic Leading in Love: Heart Driven Leadership Workshop creates a safe space for leaders and their teams to acknowledge thoughts and recognize actions that hinder organizational growth. By igniting self-awareness, teams can overcome challenges by engaging in transformative conversations that ultimately lead to positive, productive, and loving environments.

Dr. Lindsay has authored four books, including Self-Love: A Journey Not a Destination and her recent release Leading in Love. She holds multiple degrees, including a doctorate in pastoral psychology from Maranatha Christian College and University. Dr. Donna Lindsay enjoys traveling, training, serving in her community, and most importantly spending time with her family, as she thoroughly enjoys being a wife, mother, and grandmother.

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INTRODUCTION: In this session, we will explore practical strategies for enhancing your online presence, building a strong personal brand, and connecting with your audience.

Whether you're an entrepreneur, professional, or content creator, mastering virtual visibility is crucial for success in today's digital landscape.

AIM:

- **Optimize Your Online Presence:** Ensure your website, social media profiles, and digital content are professional, up-to-date, and reflect your brand to attract and engage your target audience.
- **Leverage Digital Marketing:** Use SEO, social media marketing, and email campaigns to increase your online reach and visibility and drive more traffic to your platforms—focusing on the value of analytics.
- **Engage Consistently:** Regularly interact with your audience through in-person and virtual events. Focus on scheduling posts for social media platforms to free up time and maximize your visibility and engagement in the digital landscape.

MATERIALS AND METHODS: I will do a PowerPoint Presentation that shares my story of resilience and success. I will also offer an opportunity to invest in virtual and in-person speaking opportunities and podcast interviews, giving entrepreneurs access to email lists, profitable relationship building, and increased visibility in their industry.

Entrepreneurs and attendees can meet with me by scheduling a 30-minute Meet-and-Greet Session at [Calendly.com/PatRogers/LetsChat](https://calendly.com/PatRogers/LetsChat) or by visiting my website at DrPatriciaRogers.com.

RESULTS: Attendees will be inspired to be more visible on social media platforms, make networking a criterion for building profitable relationships, and understand that challenges set the platform for success.

VISIBILITY IN A VIRTUAL WORLD

Dr. Patricia Rogers

Unity In Service, Inc.
CEO, Where People Need People, USA

Being Seen

Being Heard Increases Brand Awareness

CONCLUSIONS: I aim to connect with the audience of participants, giving them tips, strategies, and processes to enhance their skills and take their businesses to the next level.

KEYWORDS: #Branding #Engagement #Content #Networking
#Social Media #Consistency #Analytics

Biography

"Unity In Service" is committed to creating speaking opportunities for business owners worldwide and takes pride in its efforts to support the global business community." Dr. Patricia Rogers organizes virtual and in-person events to significantly boost your brand's visibility, products, and services and open new avenues for recognition and growth! After a distinguished career spanning 29 years in law enforcement and 12 years in the US Army, Dr. Rogers has transitioned to a new role. She now trains and empowers entrepreneurs, offering them the unique opportunity to excel in their businesses with her guidance and influence. Dr. Rogers has positioned herself as a renowned 2x International Winning Public Speaker | 2x International Best-Selling Author | Business Coach | Social Media Marketer & Event Host & Organizer. "Unity In Service" hosts virtual events for entrepreneurs to "Speak While They Fill Their Seats". Its mission is to assist business owners in raising their level of authority by speaking to the masses. Dr. Rogers has spoken on over one hundred fifty (150) speaking platforms, inspiring and energizing attendees around the globe. Her energy inspires you to Get Up, Suit Up and Show Up! Organizations: Women's Prosperity Network | International Power team USA | Women with Vision | "Dedicated Entrepreneurs" | Co-Author five (5) Anthology Books | Achievements & Awards: | Business Icon Award | Uncommon Leadership Award | 2x Speech Competition Award | Women of Achievement Award | World Women's Conference & Award | Honorary Doctorate of Humanity Award | Jean Lynch Lifetime Achievement Award | 100 Successful Women In Business Award | Shining Star Award | She Inspires Me Award | Who's Who Award | Celebrate You Award.

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Women are some of the most powerful beings on this Earth. As women, we want to do it all because we have been told that we couldn't for so long. We want to be superheroes. Expecting women to show they 'can do anything' has come with some costs. As we empower ourselves to identify issues, set boundaries that will support our goals, personally and professionally, and encourage each other, we as women, will be the true superheroes of our lives. We have the knowledge, the skills and know the path forward; we can do this.

So, are you ready to branch out? To take a leap of faith? To love yourself and others fully? To let go of whatever no longer serves you? Then listen to this presentation carefully. My goal is to help you grow into a new season of your life; to stop assuming that the grass is greener on the other side. To energize and excite you to power up your passionate dream that sets your soul on fire. By the end I hope I have equipped, empowered, and enlightened you so you can be yourself, for yourself. Get ready to build powerful and intentional roots to live it up, love it up and let it go!

Biography

Erica Gifford Mills is an international empowerment coach, international speaker, award-winning author, podcast host and a breast cancer survivor. Recognized by Apple and Google News as Top 10 Coaches of 2023, Erica is the founder of Balanced Symmetree, created to help busy women open their hearts, let go of their pasts, and find their passions to build and grow rooted lives. Erica's speaking engagements, books, and podcasts include topics such as leadership, finding and creating balance, living one's passion on purpose, accepting change and handling transition, and women's empowerment. Erica believes each woman should be heard and always live it up, love it up and let it go.

THE ROOTED LIFE: LOVE, LOVE, LET GO!

Erica Gifford Mills

Balanced Symmetree; International Empowerment Coach, Speaker, Author, Talk Radio Host, USA

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The frenetic pace of modern life has driven a wedge between us and the natural world. This growing divide, which has become more pronounced over the past decades, is contributing to an imbalance in our lives, affecting both our well-being and our performance in the office and in other environments. In response to this challenge, this presentation will introduce the concept of Biophilia— the innate human affinity with nature—and offer it as a transformative solution to bridge this gap. By understanding and embracing Biophilia, we can rethink how we design and interact with our environments. One powerful application is Biophilic Design, a forwardthinking approach that integrates natural elements such as light, greenery, and organic materials into our built spaces. Far from being a mere aesthetic choice, biophilic design has been shown to enhance well-being, boost productivity, and foster creativity. In this talk, strategies for incorporating biophilia into organisational spaces will be shown. The importance of open-plan spaces, individual preferences in office layouts, access to natural light and greenery, the psychological impact of colours, cultural influences, and the need for quiet areas in the workplace will also be explored. Esther Robles

THE POWER OF BIOPHILIA FOR EMPLOYEE WELLBEING AND PERFORMANCE

Esther Robles

Conscious Enterprises Network, Sweden

Biography

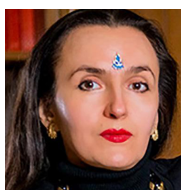
Esther Robles is one of the Conscious Enterprises Network (CEN) co-founders as well as being its lighthouse. Her energy and enthusiasm, especially in the realms of wellbeing and sustainability, are enormous. She is also excelling as a visionary and as such, she brings clarity and care to the concepts of these leadership required qualities. She has been studying different holistic practices to understand the human condition and various health practices such as Chinese Medicine, Ayurveda, Somatic Bodywork, Yoga, and Qigong. She is enthusiastic about supporting others to take the same journey of self-discovery and inner connection

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What is the Act of Affirmation? It happens truly each and every moment of each and every single day with each and every single breath you take!

Many people still do not consider their mind the unceasingly, ceaselessly voracious and utterly dynamic, highly transformational function that it is, they behave as if, for a good part of the time, it was, instead, completely switched off or on standby, ignoring that contrary to what they seem to assume, their mind is constantly and perpetually running like an engine at full power.

What those folks have switched off is their conscious awareness which they keep in standby mode for most of the time to the point where they often lack the ability to intentionally operate the full functionality of their conscious mind which is why they remain the victims of their own semi-conscious, unconscious and subconscious conditioning instead of consciously and intentionally conditioning it.

The Act of Affirmation literally tears apart your habitual brain fog. Bob Proctor loved to say that most people would be shocked if they realized what they were thinking, though he also pointed out that mental activity does not necessarily equate to thinking.

Most people don't think. I would argue that they would not be shocked by what they are thinking, but they would be shocked once they realize that they are not thinking at all, but merely reiterating their subconscious conditioning.

In this context, the Act of Affirmation comes into play. Every conscious Act of Affirmation has the potential to transform your life.

Franca Borgia

Global Speaker, High-level Leadership Coach and Founder of R.A.R.A. International

Biography

An artist, musician and thought leader with a passion for painting, graphics, and the written word, Franca

THE ACT OF AFFIRMATION – THE SILENT THUNDERBOLT

Franca Borgia

Artist, Writer, Performer, Masterthinker, High Level Leadership Coaching, Fashion Designer, Italy

Borgia has given talks at major thought-leader events, meeting with fellow motivational speakers, including Bob Proctor. Her interest in philosophy extends to its practical application in the fields of personal growth and leadership.

In her book, *Personalize your Paradigm through the Metabolism of the Mind*, she brings together her interest in art and philosophy, and introduces a path-breaking new terminology that takes the concept of personal growth to a whole new level. Examples of this terminology are the subconscious collective paradigm, the metabolic mindset, the metabolism of the mind, and half-hearted logical thinking.

This book was followed by a still-running F.A.Q. Making You Think series of short books each of which examines in detail a particular aspect of personal and collective paradigms.

"In today's world, the only revolution is that of conscious awareness."

Franca Borgia is a Venetian revolutionary.

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Are you ready to create positive change and live an abundant life?

James' life story exemplifies resilience. Discovered alone under a bed at just one-year-old, he endured abandonment, foster care, and the severe traumas of sexual, physical, and emotional abuse leading to a life scarred by racism, bullying, and suicidal thoughts.

Despite these numerous obstacles, James overcame them all, applying the principles he now teaches to achieve unparalleled success and abundance against all odds.

His journey shines as a beacon of hope, illustrating that thriving is possible regardless of the challenges faced. James' life demonstrates that no matter where or how you begin, you can rise above and create a life of abundance.

Now a renowned author, international speaker, and transformation trainer, with over 20 years of expertise in sales and personal development.

His rise to the top 10% of earners in the UK, despite his challenging past, underscores his commitment and proficiency in transforming lives.

Biography

James is a highly accomplished author, global speaker, and transformation trainer, with over 20 years of experience personal development who empowers entrepreneurs and professionals to create positive change to live an abundant life. With a burning passion for personal development and business excellence, James has dedicated his career to helping individuals and organizations achieve their highest potential.

TRANSFORM YOUR LIFE

James Dean Sewell

Author, Speaker, Trainer, UK

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Life Interrupted Grief Recovery

Resilience Strategies

Slide 2

Story

I want to share how I live resilient after life's interruptions.

My recipe is simple... 4 things

Slide 3

My mental thoughts needed to change from negative to positive, hiding behind the mask,

My Physical— can you climb the mountain? Do you want to climb the mountain? When we think of physical these are on the forefront of our minds. I just want to know, can I get out of bed and bathe.... Some days it's as simple as that. Expound

My Emotional— How you respond to

things that happen to you, Now does this mean you are not resilient if you curse the driver out on the way to work, no, it just means you need to focus on the root cause of the interaction. Expound, relationships, children,

4 My Social - Introvert/Extravert How do you handle the crowd? Expound with examples

Covid

Football games

Movies

Church

Work

Slide 4 – 3 R's

Rediscover who you are: Slide 5

Forgotten or ignored... What does rediscovering your life look like? When you want to live a resilient life you should focus on yourself, FIRST make a list ...

Plan a New Journey

Go back to school.. Tell the story about law

RENEW YOUR JOY

Karen Mckoy

TedX Speaker, Master Resilience Strategist, Grief Counselor, Art Therapy Coach, Resilience Speaker, USA

school/LSAT

Travel ... give the story of places I want to go or have gone... (Paris is my place and every time I go I set new locations outside of tourist spots, to see the beauty of the city).

Renew your joy: Slide 6

To start again, replace an area that is broken.

Ask yourself this question.

What is broken in my life? What do I need to replace in my life?

Write down the answers on a piece of paper pros and cons (Examples of how I renewed my journey after the death of two children)

Reclaim your life: Slide 7

Retrieve or recover.

Let's start with one question... What do you want to recover in your personal space? Just think about you, it can't be attracted to anyone just you...

Slide 8 Action Items

1 Hopefully, you have written down answers to the questions I asked, if so then now you will put action to the answers.

Here on the slide are some examples of HOW... remember being resilient is all about living life forward... not giving up deciding for your own life.....

Rediscover, Renew, and Reclaim your joy is the overall objective.

Just as I mentioned earlier, we have four areas that help with living a resilient lifestyle...

Mental, Physical, Emotional, and Social keep us balanced.

Biography

Karen Mckoy is an award-winning international speaker who shares her wisdom with thousands of listeners on being resilient in the face of adversity in life and finding joy on the journey. A speaker who shares her struggles after the death of two children and a granddaughter. The speaker counsels mothers about the personal journey to renew joy after the loss of a child. Upon earning a Bachelor of Science degree in Business Management with a concentration in Leadership, the speaker earned a Master of Arts in Religious Studies. With those formal degrees, the speaker has earned a doctorate in navigating through the tragic vicissitudes of motherhood as life is the best graduate school. As a Resilience Strategist, the speaker assists women in discovering God-given gifts through the tragedies suffered in life following the loss of a child and knowing there is still joy even after the inconsolable pain of death's heartbreak. Karen McKoy resides in Clayton Alabama, with her husband William, and six lovable Rottweilers, Lauren Ruth, Boaz, Lilly Rose Buster Rhymes SieAnna Grace and Brandy. The mother of seven children, two of which have their earthly home in their parents' hearts, as well as two bonus children. She loves reading good books and occasionally watching funny movies. The speaker desires mothers having lost children by tragic death to know there is life after the death of a child and to live those following years as much as is The Will of The Almighty, by humbling to His purpose only.

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Join the Global Women Leaders and
Renowned Entrepreneurs

**PANEL
PRESENTATIONS**

DAY 2

Panel Discussion

'Life Long Learning' in different sectors from the perspectives of Education, Health, Entrepreneurship and Innovation.

Panel Chair



Carmen pellicer iborra

President, fundacion trilema,
ashoka fellow 2016, directo, cuadernos de
pedagogia, social entrepreneur, innovative
education, spain

Biography

"Carmen has set out to change the education system in Spain by identifying and empowering leading teachers who can ensure a transformation of their schools and their education processes", Ashoka. Carmen Pellicer is the president of Fundación Trilema and a theologian, educator and writer. Fundación Trilema was founded in 1998 and is dedicated to research, lifelong learning, innovation and change management in educational centers. It also has the ownership of seven educational centers in Manises and La Pobla Llarga (Valencia), Madrid, Soria and Zamora. Since 2016, Carmen is also one of the referent social entrepreneurs in Ashoka's global network in the field of education. Currently, Carmen directs 'Cuadernos de Pedagogía'. Throughout her career she has taught at different high schools in Valencia and the Balearic Islands, at Fitharry's School in Oxford, at the Business University in Valencia, at the Instituto CC Religiosas in Valencia and at the ISCRD San Agustín in Madrid, and Coordinator and TOK teacher of International Baccalaureate. She has participated in different programs at Project Zero, Harvard, where she conducted a program on Multiple Intelligences. She leads numerous training programs for teachers and managers both in Spain and abroad. Together with José Antonio Marina, she founded the 'Cátedra de Inteligencia Educativa' at Nebrija University. She directs the Master Learning Leaders for the training of leaders in innovation from the Cardenal Spínola CEU University of Seville. She chairs AECOPE, the Spanish Association of Pedagogical Coaching and Educational Evaluation, and with her team has been carrying out Coaching and Professional Development programs in more than 3,000 schools. Carmen has written numerous short stories, books and teaching materials. She is the co-author of 'El Libro Blanco de la Profesión Docente' (The White Book of the Teaching Profession), 'Papeles para el Pacto Educativo' (Papers for the Educational Pact), 'La Inteligencia que Aprende' (The Intelligence that Learns), 'Pedagogías Ágiles para el Emprendimiento' (Agile Pedagogies for Entrepreneurship) y 'Evaluación de la Educación Infantil' (Evaluation of Early Childhood Education). She directs the Project 'How to Educate Entrepreneurial Talent' of the Fundación Princesa de Girona. She has produced and scripted 'Profes' and 'La Otra Educación', the first feature films of the trilogy 'La Buena Educación'. She is a frequent contributor to many media and regularly publishes didactic materials in different publishing houses.

Panel Discussion

'Life Long Learning' in different sectors from the perspectives of Education, Health, Entrepreneurship and Innovation.

Panelists

Biography



Ana María Farré

Director, Ibercaja Campus of Fundación Ibercaja,
Zaragoza, Spain

Ana María Farré, Director of the Ibercaja Campus of Fundación Ibercaja, located in Zaragoza (Spain), She began her academic studies with a degree in Geography and History at the University of Zaragoza. Years later she obtained a degree in Humanities and Cultural Management at the University of Navarra and finally, she obtained a degree in Marketing, Advertising and Public Relations at the University of San Jorge. Always restless and constantly adapting to change, she has completed other complementary studies such as the Advanced Management Program at IE Business School.

In the last 25 years, she has developed her professional career at the Ibercaja Foundation, where she is dedicated to socio-cultural management to directly improve people and the territory. Together with the Foundation's teams, she has held management positions and successfully led numerous social, educational and cultural projects.

She is currently leading the design of a training offer in digital transformation and new business models aimed at companies and professionals with the aim of helping them to be more competitive and sustainable in these times of unprecedented global change.

Biography



Beatriz Álvarez

Director of Projects at Trilema Group
(Valencia, Spain)

Beatriz Álvarez, Director of Projects at Trilema Group (Valencia, Spain) Degree in Mathematics, Expert in Educational Centre Management from the UCM and Master's Degree in Personalised Education from UNIR, trained in Project Zero at Harvard and the National Thinking Center USA, coach by the British consultancy Independent Thinking. She has 25 years of experience in teaching, school management and educational consultancy. She has promoted and accompanied transformation processes in schools.

She has worked in school management positions, has extensive experience in pedagogical consultancy, in educational innovation and in training teachers and schools towards educational improvement.

She currently directs the Projects area, coordinating the development team of national and international initiatives in the field of education and health.

Panel Discussion

'Life Long Learning' in different sectors from the perspectives of Education, Health, Entrepreneurship and Innovation.

Panelists

Biography



Rebeca Doubtfire, MA

Secondary Coordinator at Trilema Manises
(Valencia, Spain) | Specialist in Second-Language
Learning

Rebeca Doubtfire, MA, Secondary Coordinator at Trilema Manises (Valencia, Spain) | Specialist in Second-Language Learning

She works as a teacher in one of the Trilema Schools. Their mission is to cultivate an educational environment where students are empowered to take ownership of their learning journey, fostering both academic and personal growth. Collaborating with dedicated educators and innovative leaders, they design and implement forward-thinking strategies that enhance student engagement, critical thinking, and overall educational outcomes.

As a Secondary Coordinator, she spearheads initiatives that bridge curriculum development with student-centered approaches, ensuring that their educational practices meet the diverse needs of our learners. Her extensive experience in both national and international schools across Spain and the UK has provided her with a deep understanding of various educational systems.

These efforts contribute to a more inclusive, dynamic and effective learning environment, preparing students to thrive in an increasingly complex world. Through these initiatives, they are shaping the future of education to be more adaptive, equitable, and focused on the holistic development of each student.

Biography



Sara Sadeghi

Biotechnologist & Reproductive Scientist, Project
Manager, Trilema Salud, Valencia, Spain

Biotechnologist & Reproductive Scientist | Project Manager at Trilema Salud (Valencia, Spain) | Expert in Digital Health Innovation and Patient Empowerment Sara works as a project manager in Trilema Salud, a business area that is part of the Trilema Group. At Trilema Salud they prioritize the patient as the focal point of their healthcare journey, transforming them into active participants in managing their own health. Collaborating with top-tier hospitals across Europe and the Middle East, they design and implement cutting-edge digital health solutions that empower patients, enhance self-care, and improve overall health outcomes. She leads strategic initiatives that integrate advanced technology with healthcare delivery. These efforts foster greater patient autonomy and represent a paradigm shift in healthcare—making it more accessible, efficient, and patient-centered. Through these initiatives, they are redefining the future of healthcare to be more proactive, connected, and responsive to the needs of every patient.

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**SPEAKER
PRESENTATIONS**

DAY 2

WEL EURO AMERICA 2024**21st CENTURY WOMEN'S
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The idea of overcoming pre-set identities to acquire authentic self-awareness is pursued in this paper. The self-perception of ourselves is shaped by social conditioning from early ages through family, education, and media, hence we may experience an identity crisis in case we do not distinguish between our desires and the ones imposed on us. The process of self-discovery entails meditative self-reflection, Journaling, questioning societal norms, and exploring personal passions through new experiences ways to do this can be even enhanced by surrounding oneself with supportive individuals and seeking guidance from mentors or professionals. Albert Einstein is such a good example. Even though he had to overcome discouragement at first, it was through his persistent pursuit of knowledge in physics and mathematics that he came up with ideas never heard before in science. In conclusion, the significance of being oneself in opposition to socially accepted roles. We could live more satisfyingly by following personal interests in doing so our abilities are developed to the maximum possible and we become able to avoid these pitfalls that hinder our progress.

Biography

AI West is a critically acclaimed and internationally published author who specializes in self-help literature. The recipient of the PeerCite award, his expertise lies in guiding individuals to embark on an introspective journey of identifying their true identity. His writings are a reflection of his own life experiences and the diverse interactions that he has had the opportunity to have.

Underscoring the often neglected everyday struggles of individuals, which inadvertently affect their psychological, emotional and physical well-being, his books have been reviewed by critics as a gentle yet enduring source of healing for people. Notably, his publications "A Mouthful of Masterpieces" and "Mind: Poetic Power Principles" exemplify his distinctive poetic writing style, reflecting his well-thought-out choice of vocabulary and phraseology aimed at encouraging individuals to challenge preconceived identities and defy the status quo within their minds and bodies. He follows the motto of manifesting the best possible outcome and living a life indifferent to the judgments of others.

On a personal front, Mr. West has also found success

**OVERCOMING PRE-SET
IDENTITIES FOR AUTHENTIC
SELF AWARENESS****AI West**

Peercite Awarded International Published Author,
Poet, Entrepreneur, Motivator, Designer, USA

as an entrepreneur. He firmly believes in prioritizing people in business and is dedicated to changing the prevailing focus on profits in entrepreneurship. His progressive thinking and eagerness for new, innovative ideas enable him to connect with the younger generation effortlessly. He enjoys spending his leisure time in nature, appreciating the simple things in life and considering that embracing optimism is essential for personal and professional growth. He is open to collaborating with like-minded individuals. For more information, visit his website: <https://amouthfulofmasterpieces.com/>.



In modern society, concepts like living in the moment, mindfulness, and positive thinking have become key points for personal growth and well-being. But what do these ideas truly mean, and how can we maintain a positive mindset when bombarded by constant distractions? With anxiety produced by future uncertainties or past memories, staying present can be challenging.

Distractions come not only from the external environment - people and surroundings - but also from within, as our thoughts are often consumed by future plans, causing us to lose connection with the present. The most common distractions, however, are technology. Every day we are flooded with information, and our brains work incessantly to process it.

From checking the weather as soon as we wake up to scrolling through Instagram or Twitter before bed, people have become dependent on digital tools. During the presentation we will explore the psychological and emotional effects of constant digital engagement and discuss strategies for cultivating mindfulness amidst the technological noise, allowing us to reconnect with the present and regain control of our attention and well-being.

Biography

With over seven years in the tech industry, I have honed my skills in driving digital transformations and leading complex projects. My background as a Business Development Specialist and Project Coordinator, coupled with a fervent passion for technology, innovation, and sustainable business practices, enables me to revolutionize business operations. Specializing in devising strategies for product expansion and digital adoption across various industries, I emphasize the importance of digital technologies as tools for growth and innovation. Upon defining the development strategy, I also lead the entire process of new product creation and deployment, ensuring alignment with business-specific needs. I want to make a positive societal impact and contribute to a company that values social and environmental responsibility. I understand the role of human factors, so I put a strong focus on change management practices to ensure collaborative spirit within a team and comfortable tech integration.

LIFE IN THE MOMENT IN THE WORLD OF DIGITAL DISTRACTION

Anastasia Miadzvedziava

Digital Specialist | Business Development, Poland

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Many entrepreneurs have a love-hate relationship with money, finding themselves trapped in a cycle of under-charging and over-delivering for their services. They are sick and tired of inconsistent cashflow, trading dollars for hours, compromising their well-being and time freedom, and feeling overwhelmed. If you are an entrepreneur who craves more impact, influence, and income - you're not alone! Creating wealth and abundance is a part of our spiritual mission.

We all have a wealth blueprint based on our identity, belief systems, and from the messages and experiences we received very early in our lives about our ability to receive, earn, save, and spend money. Unfortunately, many of those messages were disempowering and limiting. Why is this important? Because how we "do money" is how we do EVERYTHING!

If you are ready for a transformational breakthrough in your relationship with money, 2024 can look dramatically different from the previous year when you decide to play at the highest level creating wealth in your life and business!

This session helps participants uncover the power of their money mindset, rewrite their rules to up level their money blueprint to have an abundant relationship with money, and spark intentional wealth creation. Now is YOUR time to shine!

Biography

Carmen Croonquist is a Master Money Mindset Business Mentor & Keynote Speaker who helps heart-centered coaches and wellness entrepreneurs "crack their money code" to create confidence, cash, time freedom – while aligning with their Divine Purpose! Drawing from her humble beginnings on a Minnesota farm, she overcame ingrained limiting beliefs about wealth creation and worthiness that were tied to struggle and hard work. With a rich background that includes three decades of executive coaching, leadership, international speaking, and writing,

Carmen's work is a beacon for women entrepreneurs aiming to transcend financial barriers to redefine their relationships with money –and create meaningful

CRACK YOUR MONEY CODE TO BECOME INTENTIONALLY WEALTHY

Carmen Croonquist

Intentionality LLC – Hudson, Wisconsin

impact and legacy. She holds the belief that when one has clarity about their true intentions, they can live their truth and own their worth at the highest levels. President of Intentionality LLC, Carmen is based in Hudson, Wisconsin and Dunedin, Florida. She holds a Master's Degree in Counseling Psychology, along with coaching certifications in Business. Executive Leadership, Personal Branding, Law of Attraction, Career/Life Management, and is a ThetaHealing & Energetic Magic Transformational Healer.

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Many potential business owners today believe that starting a business is easy and will make them financially independent in a year or two, or even sooner. The answer lies within you: "How hungry are you in terms of making it work?"

Others believe that just about anyone can start a business. Once you have filled out a few forms in your State, get the permits or licenses needed, pay the State fee, offer a great product or service, advertise your services/product, and build a website..... Then you are a business owner. (True ___False ___)

Growing up as a young girl in the Caribbean, my mother always had her own business. In those days working at home for yourself you wouldn't be recognized as a business owner, but in today's world. You are a business owner!

Running a successful business is entirely different than working a 9-5 job. In running a business, there are no timeclocks to punch in/out, no lunch break, leave exactly five o' clock, no managers or supervisors, no 15 min breaks, you are pretty much running the show. Running a business is totally your responsibility to make things work out right, which includes looking at your profit or bank statement monthly.....or however you set up your long-term goals and vision.

I will discuss how long and short-term goals are critical to the success of your business, meeting deadlines, what business success looks like, focusing on the customer experience, offering value to your customers, being consistent on quality product or services, network development, sales and marketing, hiring the right dream team, collaborating with other B2B, and what makes a business successful? We will also touch on: "The Seven Pro Tips for Running a Successful Business.

Being in business for over twenty years, running a successful business takes more than an idea, a product or service, permits or a license, website etc... It takes a lot more than that. Entrepreneurs/business owners need to invest time, energy, money, research your competitors, build the right

SEVEN PRO TIPS FOR RUNNING A SUCCESSFUL BUSINESS IN TODAY'S COMPETITIVE WORLD

Dr. Gloria Trueh

Founder, CEO, United Women Leaders Global Network, Inc., USA

team and some networking in order to ensure that your business succeeds.

It is crucial to understand some of the key factors that can make your business successful. The world is changing quickly, so some of the strategies and habits that worked in the past don't guarantee your success today.

Revenue, gross profit, cash flow management, and teamwork impact the present and future of every business. In order to create and sustain value, businesses need to visualize their own definitions of success.

You can enjoy your dream or the American dream by being authentic, have a great business plan, work smarter not harder, be resilient, focus on your business goals, and offer the best product or services to your customers or client. Offering value and excellent customer service to your customers, can reel in (25% more profit) for your business. Then you will be on the road to becoming a successful business.

Biography

Dr. Trueh is a dynamic force in the business world, known for her resilience, innovation, and trailblazing spirit for breaking barriers building bridges for women globally to become business owners. She helps women transition from the corporate world to becoming a successful and profitable business owner.

Dr. Trueh is a Business Coach and Consultant, International Best-Selling Author, International Speaker, Mentor, Entrepreneur, Pastor, and Overseer of Strength of a Woman Marketplace Ministry which she started during the COVID-19 Pandemic. She is enthusiastic, dedicated, and passionate about helping women live and experience the American dream, which has given her the title of Start-Ups Queen.

Armed with a background of entrepreneurship, and 20 plus years of experience in business and leadership training, facilitating business workshops, seminars, summits, conferences, and virtual platforms for women to be seen and heard. Dr. Trueh is on a mission to change women's

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mindsets, empower and educate them on how to break free from the constraints of their 9 to 5 jobs.

Dr. Trueh holds a B.S in Business Administration, a master's in leadership and business management, and an Honorary Doctorate in Divinity. Received a Woman of Excellence Award, Women in Leadership Award, a Global Ambassador Award, an International Missions Award, Global Speakers Award, the President's Lifetime Achievement Award for public services and community work, along with various Certificates of Humanitarian services.

Dr. Trueh philosophy in life and business is encapsulated in the belief that "the sky is not the limit, only a stepping-stone," to boundless ambitions and new endeavors. She founded Light of the World Youth Center while in college where she held business workshops and seminars on campus every Saturday to help the youth understand their purpose in life, and to reach for the stars.

Before coming to the United States, from the beautiful Island of Barbados, Dr. Trueh the fifth of nine children always dream of traveling the world empowering women to use their God-given gift to make an impact on society. Upon arriving in the U.S.A., her goal was focus on working with women in her community, building relationships, establish rapport, and cultivate mutual trust and respect that would enable an overall network of collaboration in her surrounding community.

Dr. Trueh has Co-authored two Best-Selling books: Called to Intercede, and Joy 365 Devotional. She just launched her first solo book: 180 Powerful Prayers that Bring Breakthrough and Move the Hand of God and is currently working on another book titled: Eight Reasons Why Women Are Leaving their Corporate Job to Start their own business, which will be available in early Spring 2025.

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Facebook: <https://www.facebook.com/@www.unitedwomenleaders.org>

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This presentation examines how manipulation and sabotage impact workplace dynamics, offering practical strategies to identify and counteract toxic behaviors. Key tactics used by manipulators—such as gas lighting, withholding information, and exploiting power imbalances—are highlighted, alongside actionable advice for building strong alliances, asserting boundaries, and maintaining professionalism. Attendees will learn how to navigate office politics effectively, fostering resilience and advancing their careers in challenging environments. The goal is to empower individuals to not only survive office politics but to outsmart and overcome those who manipulate for personal gain.

SURVIVING OFFICE POLITICS: OUTSMARTING MANIPULATORS AND SABOTEURS

Gladian Rivera

Servant Leader, Program Creator, Coach, USA

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In today's dynamic and rapidly evolving world, leveraging the latest neuroscience insights can significantly enhance both the personal and professional success and well-being of women entrepreneurs, offering unique advantages and a competitive edge by elevating capability, confidence, and overall effectiveness.

This presentation explores the intersection of neuroscience and entrepreneurship, providing insights on how understanding our brains, biology and environment is key to unlocking transformative change to achieve our innate potential in all areas of life.

Hannah will share real-world applications and success stories, illustrating how to optimize brain function through targeted neuroplasticity exercises and lifestyle strategies. These enhancements help boost cognitive processes such as problem-solving, emotional intelligence, and stress management. These examples will include how diet, exercise, and sleep contribute to peak executive brain function, thereby enhancing energy, focus, and endurance—essential for entrepreneurial success to thrive not only in today's competitive business environment but in all areas of life.

The session will highlight some key neurobiological and hormonal differences that can affect women's performance and discuss practical strategies to leverage these insights for improved leadership, effectiveness, and well-being, transforming cognitive, emotional, and physical intelligence into strategic advantage.

This engaging session promises to inspire and empower women entrepreneurs to harness the potential of their greatest asset — their brain and biology — to lead vibrant and effective businesses and enhance energy, focus, and endurance.

Biography

Hannah is recognised as a successful business leader, learning and leadership development strategist and entrepreneur, specialising in neuroscience-based personal, professional and organisational

THE NEU MINDSET - NEUROSCIENCE FOR CREATING AND ELEVATING SUCCESSFUL WOMENPRENEURS AND WOMEN IN BUSINESS

Hannah Conkey

Founder and CEO
Mind Pilot, Melbourne, Australia

effectiveness. Her expertise spans psychology, neuroscience, biopsychology, NLP, and business strategy, cultivated over her 25+ years of experience in corporate business, leading organisational transformation and people strategy. Hannah co-founded Physique Dynamics, a thriving health, fitness and well-being venture in 2006 and launched Mind Pilot in early 2024, demonstrating her commitment to holistic neurobiological business optimisation and entrepreneurship. She has a unique passion for inspiring, engaging and empowering women around the globe to develop the capability and confidence needed to feel strong, vibrant, and achieve what may seem impossible. Her approach is grounded in the belief that understanding our brains, biology, and environment is key to unlocking transformative change and elevating personal and professional success to achieve our innate potential in all areas of life. A sought-after podcast guest, keynote speaker, leadership and learning advisory board member, she is recognized amongst the Top 100 L&D Professionals globally, highlighting her impact and influence in the field. She is grateful to spend time with her family and friends, learning, exercising, traveling, and exploring local markets to cook up a feast.

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Life's tragedies, whether they come in the form of personal loss to death, adversity, or unexpected changes, often shake our sense of selfworth, purpose, and joy. This journey of healing requires intentional steps toward rediscovering who you are, reclaiming your life, and renewing your joy. (ex: My loss of two children)

First, rediscovering who you are is essential after loss. Grief and hardship can blur our identity, leaving us feeling lost. It's vital to reconnect with your core values, passions, and strengths. This process of self-reflection allows you to uncover hidden resilience and redefine your identity apart from the pain.

Next, it becomes crucial to reclaim your life. Tragedy often leaves a person feeling powerless and disconnected from the life they once envisioned. However, by taking proactive steps toward healing and embracing the present, it is possible to regain control. This stage involves setting new goals, cultivating self-compassion, and making intentional choices to build a life that honors both the past and the future. Reclaiming your life means moving forward with purpose and reshaping it in ways that align with your authentic self.

Finally, renewing your joy is the key to long-term healing. While loss can dull life's vibrancy, it is possible to reignite joy through small, meaningful experiences. Embracing moments of gratitude, fostering connections, and rediscovering passions can breathe new life into your spirit. By nurturing joy, you allow yourself to live fully once again, even amidst the pain.

Together, these three pillars – rediscovering, reclaiming, and renewing – provide a foundation for rebuilding a life marked by strength, purpose, and a renewed sense of joy after enduring life's deepest hardships.

Biography

Karen Mckoy is an award-winning international speaker who shares her wisdom with thousands of listeners on

RENEW YOUR JOY

Karen Mckoy

TedX Speaker, Master Resilience Strategist,
Grief Counselor, Art Therapy Coach, Resilience Speaker, USA

being resilient in the face of adversity in life and finding joy on the journey. A speaker who shares her struggles after the death of two children and a granddaughter. The speaker counsels mothers about the personal journey to renew joy after the loss of a child. Upon earning a Bachelor of Science degree in Business Management with a concentration in Leadership, the speaker earned a Master of Arts in Religious Studies. With those formal degrees, the speaker has earned a doctorate in navigating through the tragic vicissitudes of motherhood as life is the best graduate school. As a Resilience Strategist, the speaker assists women in discovering God-given gifts through the tragedies suffered in life following the loss of a child and knowing there is still joy even after the inconsolable pain of death's heartbreak. Karen McKoy resides in Clayton Alabama, with her husband William, and six lovable Rottweilers, Lauren Ruth, Boaz, Lilly Rose Buster Rhymes SieAnna Grace and Brandy. The mother of seven children, two of which have their earthly home in their parents' hearts, as well as two bonus children. She loves reading good books and occasionally watching funny movies. The speaker desires mothers having lost children by tragic death to know there is life after the death of a child and to live those following years as much as is The Will of The Almighty, by humbling to His purpose only.

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

Biography

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

THE FEMALE FORMULA FOR SUPER POWERED PRODUCTIVITY

Kylie Bonnor

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

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

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

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

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

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

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

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

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

Jolanda Busscher

Inner Reveal, Netherlands

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

Biography

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

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Biography

The Best Business sector PR professional of the year! Lithuania, 2021, PR Impact awards Creative, collaborative, result-driven PR professional, skilled in corporate and product communications, media relations, work with stakeholders. 20 years of experience in media, communication agencies and in-house PR. I do believe in value which PR brings to business through credible advocacy, capturing storytelling and smart ideas. Membership and professional activities: - European Association of Communication Directors (EACD); - National Ambassador for Lithuania at The International Association of risk and Crisis Communication; - Member of the Jury in the Digital Communication Awards (Berlin, Germany) since 2017.

Laura Dabulyte

Founder, PR agency COMMS on DUTY, Baltics Europe

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The fight against sexual and gender based violence is what I sing every day when I wake up in the morning because it is rampant in my community. I sing it by empowering women and girls economically day by day. Women Empowerment is a burning issue globally. It refers to the creation of an environment for women where they can make decisions of their own for the benefit of the entire society. Girls are sexually abused for exchange of sanitary towels; women are sexually exploited for food for their children. In fight against gender-based violence, LEC Organization is empowering women over the years, which has created positive impact to the society. Empowering women is increasing and improving social, economic and legal strength of the women, LEC has made strides in ensuring equal rights to women and gaining their confidence to claim their rights such as; having equal social status in the society, determine financial and economic choices, get equal opportunity for education and have the right to get their voices heard. Women constitutes 50% around in my community and they suffer a lot whereby they experience gender-based violence due to retrogressive cultural practices, and the high level of poverty in the community among others. Women empowerment is the right path to create conducive environment to all and end sexual exploitation. Empower a woman and the whole community is empowered.

Biography

My name is Leah Nyalobo from Kenya. I am the Founder and Executive Director of LEC Community Organization. I have a background in community development, Social work. I studied Women Studies and Women in Leadership at Aga Khan Holding a Degree in Gender and Development Studies from the University of Nairobi (Kenya). I believe in society where women and children are empowered for access to equal opportunities in the society. As a result, LEC COMMUNITY ORGANIZATION focuses on projects that enhances women's and girls spaces in the community. Through my leadership at LEC as the Executive Director, we have implemented several projects in ending Gender Based Violence. Among them; 1. Women economic empowerment project that

SEXUAL AND GENDER BASED VIOLENCE IN KENYA

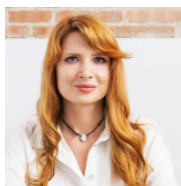
Leah Nyalobo

Founder, Executive Director, LEC Community, Kenya

target equal vulnerable women from the slum of Mathare and rural area of Busia with life skills including business skills that enhances their economic capacities to be able to meet their needs and those of their children. 2. Elimination of sexual Exploitation of children project, which focuses on preventing children from sexual abuse by empowering them with preventive messages and awareness raising. The project also responds to victims of sexual exploitation, provision of psychosocial support such as counseling, legal aid and supporting them go back to school to continue with education, 3. Education sponsorship programs for girls that has enhanced vulnerable girls from the slums of Mathare and the rural area of Busia with educational opportunities to enable them achieve their career dreams.

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How will my speech help others?

It will help others to get more empowered and believe that they can have a huge impact on their reality, society, politics, business etc.

Conforming to the standard norms can be very dangerous and indeed hinder the growth and the evolution of humanity.

We do indeed need more conscious leaders. What do I mean by that?

Those who: lead with intention, are more in tune with their emotions, curious, courageous, challenge status quo in an intelligent way, operate on high level of integrity and aware of their impact on others and the world.

Everyone can be a conscious leader and I will present a technique that will help to attune with your consciousness.

My speech will consist of 4 blocks.

1. My story
2. My methodology that I will present during the speech
3. External references that I will incorporate into the speech
4. Call to action

Biography

I am a Career, Business & Mindset Coach, an Entrepreneur, 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 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 :)

EVERYONE CAN BE A CONSCIOUS LEADER - YOUR MICRO-ACTIONS CAN DO MIRACLES!

Magdalena Tatarczewska

Phoenix Coaching, Spain

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Sustainability cannot be realized in a world where inequality persists. The presentation "Sustainability: Leave No One Behind!" explores the essential connection between sustainability, equity, and inclusion. It emphasizes that no action is neutral; Neglecting specific issues can inadvertently reinforce the status quo.

Green Cross UK, the British chapter of the international NGO founded by Nobel Peace Prize laureate Mikhail Gorbachev, is dedicated to promoting sustainable development through a holistic approach. Recognizing the complexity of sustainability, Green Cross UK has initiated programs and initiatives that underscore the importance of leaving no one behind.

Key initiatives like GreenTech Women and Atumbuka play a vital role in advancing sustainable development. Green Tech Women seeks to bridge the gender gap in sustainability and technology, empowering women to assume leadership roles in these crucial fields. In parallel, Atumbuka addresses menstrual health, addressing an often-overlooked aspect of women's rights that is integral to broader sustainability discussions.

It is essential that all voices are recognized and valued in our collective pursuit of a sustainable future.

Biography

Maria Luz Peire is a dedicated Environmental Engineer and Sustainability Specialist with a strong passion for advancing sustainable development practices. With a diverse background that spans over ten years in the public sector, private industry, and non-governmental organizations, she has honed her skills in developing and implementing innovative environmental solutions. Maria's expertise encompasses a wide range of areas, including environmental management, sustainable audits, community development, and compliance with environmental regulations.

Throughout her career, she has successfully contributed to numerous projects aimed at enhancing sustainability and reducing environmental impacts. Currently, as a Senior Coordinator at Green Cross United Kingdom, she oversees sustainable

SUSTAINABILITY: LEAVING NO ONE BEHIND!

Maria Luz Peire

Senior Coordinator, Green Cross UK

infrastructure projects within the Climate Positive Sustainable Infrastructure Program (CPSI), focusing on project evaluation, monitoring, and strategic implementation. Maria also serves as an External Consultant for EQA Spain, where she conducts technical evaluations across various environmental sectors.

Her commitment to sustainability is complemented by her certification as an Envision Sustainability Professional from the Institute for Sustainable Infrastructure, which underscores her proficiency in sustainable audits.

Additionally, Maria operates as an independent Environmental Consultant, providing advisory services to minimize ecological footprints and streamline compliance with municipal and provincial regulations. Her extensive experience in environmental analysis, community engagement, and regulatory frameworks positions her as a valuable asset in the field of sustainability.

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Introduction: In 2016, amidst working for the federal government in Hanover, MD, I seized an opportunity to pursue a job in Milan, Italy. Little did I know this decision would thrust me into a whirlwind of challenges and self doubt. Upon arrival, I faced an overwhelming workload and daunting responsibilities, triggering feelings of insecurity and questioning my competence. Yet, through harnessing the power of mindset transformation, I navigated this adversity and emerged triumphant, achieving career milestones and personal growth. This experience ignited my passion to share the transformative journey of overcoming self-limiting beliefs and empowering others to unlock their true potential.

What is your impact?

My message serves as a beacon of hope for individuals grappling with low self-esteem, lack of confidence, childhood trauma, and negative self-image. By sharing personal insights and practical methodologies, I aim to guide the audience towards healing, resilience, and self-empowerment. Through the lens of psychiatry principles and real-world experiences, I provide a roadmap for navigating life's challenges with confidence, determination, and renewed self-worth.

Aim: Through my speaking engagement, I aspire to inspire and empower individuals to elevate their mindsets, expand their horizons, and explore their inner strength. By sharing my transformative journey and the tools that propelled me towards success, I aim to instill confidence and resilience in my audience, encouraging them to overcome self-doubt and embrace their limitless potential.

Speaking Engagements: Coaching women to overcome low self-esteem, negative self-image, and trauma.

Offering a community for like-minded woman to elevate, expand, and explore their mindset.

A course that guides women on how to overcome self-doubt, low self-esteem, and trauma.

SOARING W/O LIMITS: HOW TO ELEVATE, EXPAND, AND EXPLORE YOUR MINDSET

Monique S. Pearson

International keynote speaker, Best-Selling Author
Mindset coach & Travelogist, USA

Conclusions: As I recount my journey from doubt to triumph, I invite each audience member to reflect on their own moments of self-doubt and resilience. I urge them to never count themselves out, for within each of us lies the power to overcome adversity and soar to new heights. Let us embark on this journey together, embracing the power of mindset transformation and unlocking our true potential.

Keywords: Mindset Transformation, Overcoming Adversity, Self-Empowerment, Resilience, Personal Growth, Triumph, Potential, Self-Reflection.

Biography

Monique is also a visionary recognized for her leadership, commitment, and contributions to her community and the next generation. She has received the Presidential Lifetime Achievement award and numerous military honors, has been recognized in Marquise Who's Who and is a recent graduate of the Executive Leadership Development Program. Her work has been featured on prominent media platforms such as ABC, NBC, FOX, and CBS and in leading talk shows, radio segments, podcasts, newspapers, and magazines, including Becoming Her, Goal Setters International, Icon-Weekly.com, and Pretty Women Hustle Magazine, where she was featured as one of "20 Women to Watch in 2024." Monique dedicated her life to empowering high-achieving women to tap into the reservoir of strength, wisdom, and creativity bestowed upon them, let their God-given gifts shine, and lead a life of fulfillment and impact.

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Why Building Authentic Relationships Matters When Developing High-Impact Teams & Strategies.

The talk will cover how female leaders can create real impact through empathetic leadership, and what it takes to enable impact at scale through a marketing strategy focusing on core values and relationship building.

The rise of AI and the fast development of technology has caused many female leaders to rethink and refocus their daily work. We are being asked to achieve high goals with a tight budget. We often find ourselves focused on obsessing over numbers, and last-minute firefighting, neglecting our core values and own needs, to make a positive impact for those around us.

Speaking from my own experience working directly with global brands, founders, and CEOs, the bigger picture and holistic approach to moving a business forward is often overlooked. Short-term gains are prioritized over long-term strategy. A lack of cross-departmental collaboration leads to silo building, which creates a toxic work environment and a long-term decline in revenue as the bigger picture and human factor are neglected. Furthermore, we are facing the shocking number of over 50% of the US population experiencing burnout.

So how can we, as female entrepreneurs have a positive impact on these situations?

The talk will focus on creating an inclusive work environment and safe space for employees, using empathy to foster collaboration and generate impact, while staying true to your boundaries and core values as an empathetic leader.

It will also focus on combining emotional intelligence and big-picture thinking, to create impactful global brand and marketing strategies, aiding the development of a natural "deeper" understanding of people to create customer insights.

THE REAL IMPACT OF EMPATHETIC LEADERSHIP

Ines Hubmann

Owner, Profect Marketing

Biography

Ines Hubmann is the owner of Profect Marketing, and a fractional CMO that helps international companies in the social impact space and brands with a greater purpose increase brand awareness, building international momentum. She offers customized 1:1 training and workshops for founders and CEOs, helping to integrate empathetic leadership in the workplace. She strongly focuses on using empathetic skills to support collaboration and change in the workplace. Ines equips leaders with the right tools to enable inclusive environments in high-impact companies.

For the past 10+ years, she has worked for and with leading startups and corporations, covering marketing strategies in over 9 countries. Her love for travel and curiosity to discover new places has led her to live in 4 countries and travel to over 30 countries. Her creative nature led her to study film and publishing. She is passionate about empowering other leaders to thrive through kindness and appreciation, while bringing her curiosity, open-mindedness, and creative storytelling skills to her daily work.

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In today's fast-paced world, the importance of holistic approaches to personal empowerment and healing cannot be overstated. This presentation explores the profound synergy between the power of words—specifically empowering lyrics—and intuitive movements as a transformative method for personal growth and emotional healing. Words hold an intrinsic ability to influence our thoughts, feelings, and actions. Empowering lyrics can inspire individuals, fostering a sense of motivation and resilience. When combined with intuitive movement, this verbal empowerment takes on a new dimension, allowing individuals to physically express and release emotions, facilitating a deeper connection to their true selves. Intuitive movement encourages participants to tune into their bodies, promoting awareness and mindfulness, which are essential for emotional healing. This session will guide attendees through a unique experience that harnesses the dynamic interplay between uplifting lyrics and expressive movement. By engaging in this practice, participants will discover how to transmute stagnant energy and old emotional patterns into empowerment and vitality. Through practical exercises and reflective dialogue, attendees will learn to embrace their authenticity, unlock their potential, and cultivate a deeper understanding of their emotional landscapes. Ultimately, this approach not only uplifts and motivates individuals but also fosters a community of support and connection, inspiring participants to carry these insights into their daily lives. Join me in this transformative journey where the synergy of words and movement unlocks pathways to healing, empowerment, and self-expression.

Biography

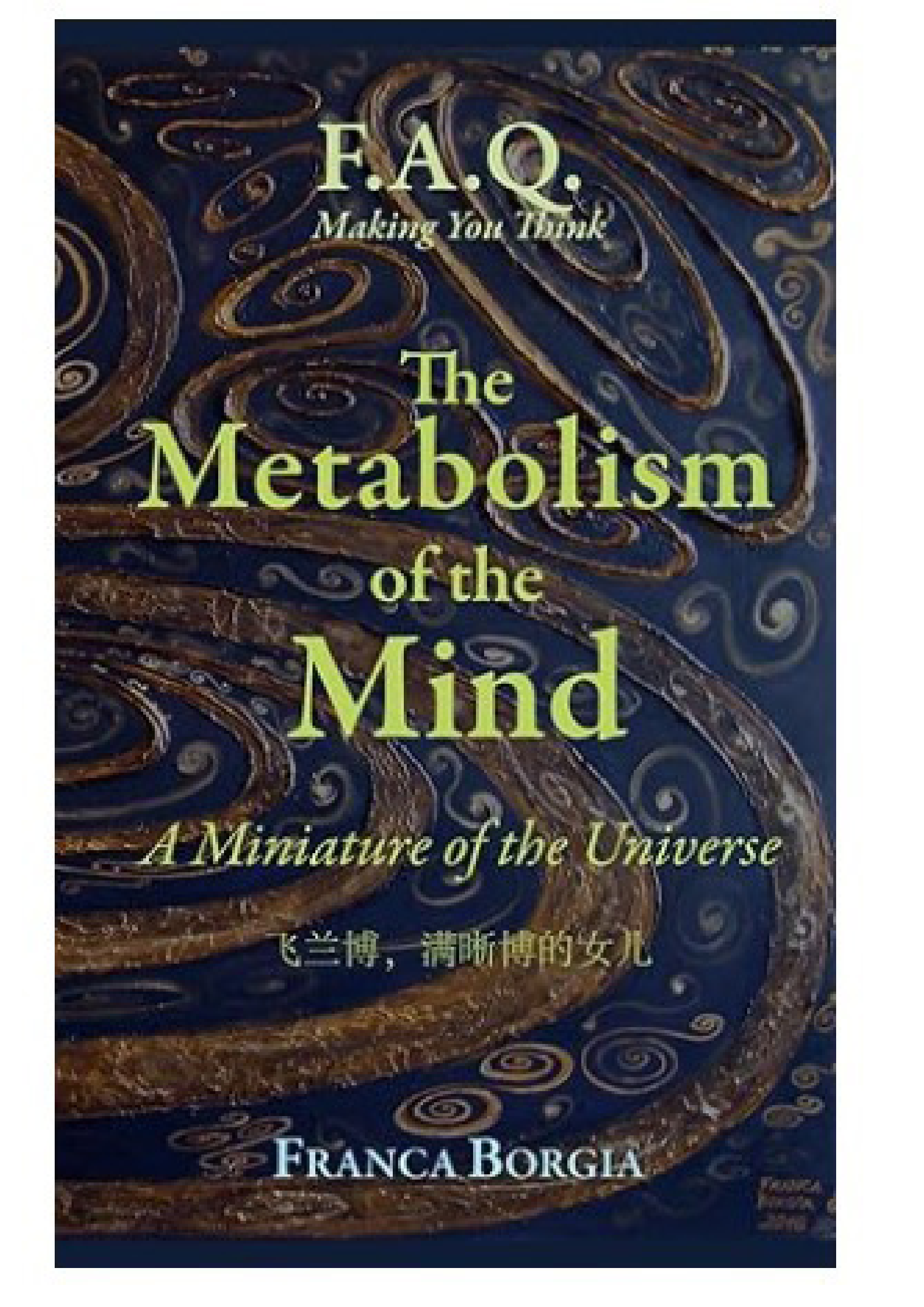
Shel Marie is a passionate Empowerment Coach and Motivational Speaker dedicated to uplifting and inspiring positive change in people's lives. By combining the transformative power of words with intuitive movement, she offers a holistic approach to personal development, guiding individuals to align with their true selves and unlock their full potential.

THE TRANSFORMATIVE POWER OF WORDS AND INTUITIVE MOVEMENT

Shel Marie

Passionate Empowerment Coach, Motivational Speaker, UK

With over 11 years of experience as an international educator, Shel Marie has empowered the younger generation to express themselves through the Creative Arts in diverse locations, including Dubai and Peru. Her engaging speaking style leaves audiences ready to take action toward their personal and professional goals



F.A.Q.

Making You Think

The
Metabolism
of the
Mind

A Miniature of the Universe

飞兰博，满晰博的女儿

FRANCA BORGIA

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Join the Global Women Leaders and
Renowned Entrepreneurs

**VIRTUAL
PRESENTATIONS**

DAY 3

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Exploring the Potential of Women's Minds is an effort that all women should participate in to improve their understanding and raise awareness of the cognitive strengths and abilities of women. The goal is to delve into the distinct neurological and psychological features that set women's brains apart from men's, highlighting the unexplored potential in women's intellect and creativity.

As females, we frequently demonstrate expertise in emotional intelligence, juggling multiple tasks, and effective communication. Unlocking the Power of Women's Brain seeks to encourage women to leverage these strengths in both personal and professional contexts. Through intentional efforts, we aim to offer resources and assistance to empower other women in enhancing their abilities, fostering a community of confident individuals prepared to take on leadership roles in diverse fields.

How we can keep it empowered by involving in the correct program like workshops, seminars, and interactive sessions led by experts. explore practical applications of these insights, and gain tools to promote our cognitive strengths. Our comprehensive approach not only enhances individual capabilities but also fosters a supportive environment for collaboration among women like us.

Furthermore, the main goal of Unlocking the Power of Women's Brain is to challenge existing stereotypes and societal norms that often limit the potential of women. By increasing awareness and encouraging conversations about the diverse capabilities of women's brains, this initiative aims to shift perceptions and foster a more inclusive and supportive environment where women's contributions are not only recognized but also celebrated. By highlighting the unique strengths and talents that women bring to the table, we can create a more equitable society that benefits from the full range of human potential.

In addition to individual benefits, the broader implications for society. By empowering women

UNLOCKING THE POWER OF WOMENS BRAIN: A NEW INITIATIVE TO ENHANCE COGNITIVE STRENGTHS

Chithra Kannan

Founder & CEO Skin Centrick, USA

and promoting gender equality, unlocking the 'Power of Women's Brain' contributes to a more balanced and equitable world. This recognizes that when women thrive, entire communities benefit, leading to improved social, economic and cultural outcomes.

Unlocking the Power of Women's Brain involves not only recognizing the challenges that women face in today's fast-paced and ever-changing world but also understanding how important it is to focus on mental health, wellness, and cognitive development. By identifying these challenges and taking proactive steps to address them, we can empower women to prioritize self-care and personal growth. This holistic approach emphasizes the crucial role that mental well-being plays in achieving success and fulfilment in all areas of life. It is essential for women to nurture their minds and bodies to reach their full potential and lead fulfilling lives.

Biography

Chithra Kannan, with a background in analytics from Harvard, has been exposed to all areas from the corporate world to entrepreneurial culture. She has paved a way for herself and, as a Chief Operating Executive, is successfully running several learning academies in the Dallas area where she is supporting women and striving hard for women empowerment as a mentor. A year ago, she launched her own beauty line brand called Skin Centrick and is taking it global. Skin Centrick, an emerging provider of beauty and skincare solutions, is dedicated to championing female entrepreneurs and supporting their ventures. Recognizing the significant potential and often overlooked talent of women in the business world, Skin Centrick prioritizes empowering women within the beauty industry. Aware of the unique challenges faced by female entrepreneurs, Chithra is actively involved in creating a platform that helps women survive and thrive in the competitive business landscape. "I've been there. It can be a tough uphill battle, considering how little support women get as entrepreneurs. That's why I'm using the full weight of Skin Centrick to back my fellow business owners," she says.

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Azita Alavi is passionate about one core truth: Every individual has untapped greatness within. As a certified Leadership and brain health professional, Azita draws on the latest research to demonstrate how the brain's plasticity and adaptability at any age make profound personal transformation not just possible, but attainable.

Azita believes that most people are held back not by a lack of ability or opportunity, but by deeply ingrained beliefs that limit their potential. Through her extensive experience in teaching, mentoring, and coaching, she has seen firsthand how powerful the mind can be when individuals are equipped with the right tools and awareness.

In her work, Azita combines practical, proven strategies with a deep understanding of brain health to help people break free from habitual thinking patterns, unlock their potential, and take control of their own growth. She is driven by the belief that transformation is within reach for anyone willing to challenge their mindset and embrace the journey of self-discovery.

At the heart of Azita's message is hope: the hope that no matter where we begin, change is possible; the hope that every person has the ability to live a life of fulfillment, success, and purpose; and the hope that by nurturing a healthy mind, we can overcome limiting beliefs and step into the future with confidence and clarity.

Biography

As the founder of The Center for Leadership Excellence and The Center for Youth Leadership, Azita Alavi is a seasoned leadership coach, behavioral trainer, and international speaker dedicated to helping individuals harness their innate potential. With many years of experience mentoring leaders across the globe and serving as a faculty at Maxwell Leadership Francophonie, Azita has trained leadership coaches, trainers, and speakers worldwide.

In her dynamic and empowering talks, Azita shares her insights on breaking through limiting beliefs, transforming mindset, and cultivating the habits necessary for both personal and professional growth. Drawing on her certification in Brain Health, her professional experience in public service and not for

EMPOWERING WOMEN TO UNLOCK THEIR LEADERSHIP POTENTIAL

Azita Alavi

Founder, The Center for Leadership Excellence,
The Center for Youth Leadership, USA

profit businesses, a mentor in leadership development, and an entrepreneur, Azita offers practical tools to help women redefine their success and thrive in today's rapidly changing world. She addresses the unique challenges women face in leadership roles, offering strategies for unlocking their full potential and creating a fulfilled, purpose-driven life.

Azita's message is rooted in the belief that every woman has greatness within her, waiting to be unleashed. Through stories of transformation, actionable insights, and the science behind neuroplasticity, Azita provides an inspiring roadmap for women looking to elevate their leadership, grow their mindset, and live with intention. Whether navigating career transitions, seeking personal growth, or stepping into leadership for the first time, Azita empowers women to embrace their strengths and lead with confidence.

Join Azita Alavi as she shares her passion for empowering women to reach new heights and build the life and career they deserve.

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

<https://azitaalavi.com> <https://bit.ly/3ZrB75x>

<https://www.hersacredsantuary.net/>

<https://www.hersacredsantuary.net>

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

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

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

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

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

INCLUSION OF WOMEN'S MENTAL WELLNESS IN LEADERSHIP THROUGH TECHNOLOGY

Dashana Jefferies

CEO & Founder, A Passport 2 Breathe, USA

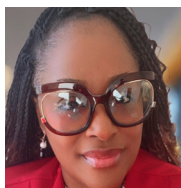
Biography

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

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Biography

Born and raised in Durham, NC, DeVonnda Shantel McCormick is a testament to resilience and determination. Raised by a single parent, she was instilled with a strong faith and a refusal to settle for ordinary. DeVonnda holds a B.A. in History from Elizabeth City State University and an M.S.Ed. from Capella University. As a Regional Manager at IQVIA, she leverages her professional expertise to drive impact and build leaders. Beyond her corporate role, DeVonnda is a dedicated mentor, motivational speaker, and Self-esteem coach. She has received recognition as one of North Carolina's 100 Most Successful Women (2013) and won the Master Coach Award (2022). DeVonnda's debut book, "Heal Your Mind and Soul Through Self-Work" (2022), shares her journey and offers a step-by-step guide to healing and self-love. Her follow-up journal collaboration, "A Journey Within" (2022), further explores self-care and empowerment. As a Self-Esteem Coach, DeVonnda aims to redefine beauty standards and inspire women to embrace their unique beauty. Her mission is to empower women from the inside out, providing tools for living with purpose and power. Words from DeVonnda: "I've learned that I am who I am for a reason. God made no mistakes in creating me. He only made one me, so why would I try to be someone else?" Join DeVonnda on her journey to spread self-love and empowerment globally.

TRAUMA AND RESILIENCE: HEALING AND GROWTH

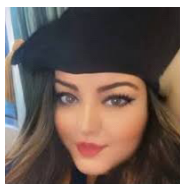
DeVonnda Shantel McCormick

Empowerment Leader & Self-Esteem Coach, USA

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Dr. Marjan Assefi

Medical Science Liaison, Author & international speaker, USA

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

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Why is it important to understand, "How Much Is YOUR Peace Worth?" As a woman/leader/entrepreneur, learning the worth of my peace, cost me everything by being trapped in solipsism. To the point of counting it is a privilege to be in my right mind in peace.

Therefore, it is my mission to empower women because my wounds; turned into wisdom. My pain turned into my passion. My drama turned into deliverance. My trauma turned into triumph and now I equip women to face their lack of self-awareness. We all have vicissitudes/blind spots in life when it comes to comprehending ourselves. Solipsism/lack of self-awareness/being selfish has hidden barriers to our personal growth and our flourishing relationship with others. I actively support women to know how much their peace is worth with boldness and confidence.

According to Forbes in 2022 between July 7 and August 2, a new study showed that burnout is an international crisis. The study on burnout shows a global impact consisting of 11 countries including Australia, New England, China, India, Japan, France, Germany, United Kingdom, Brazil, Canada and the United States. The reality is there isn't much hope for the international crisis ending any time soon concerning the challenges, pressures and problems we face today and the new difficulties, circumstances, situations and issues we

may face tomorrow and days to come. Our hope must be in strategically knowing our burnout clues and knowing the worth of our peace!

Many situations, circumstances and/or vicissitudes were designed to keep the woman silent and in solipsism, however, it is with positive actions that I speak to ensure women that their peace has power. Not only are women to survive, but the key is we must thrive in radical shifts, altered perspectives, new beginnings, shifts in thinking, fundamental change, overarching transformation, revolutionary change, metamorphosis, advancements, total change,

HOW MUCH IS YOUR PEACE WORTH? (PEACE OVER SOLIPSISM)

Dr. YoVanda Brown

Chavah/ Maryland, USA

Spirit of Truth Institute/Virginia, USA

internal evaluation, ongoing growth, adaptive development, and

life-altering shifts. World Women must be transformational because "Women, Our Peace Has Power!"

Dr. YoVanda Brown, founder of Chavah. She is a Transformational Coach, who is dedicated to restoring a healing process of life qualities that will boost positive energy from a negative mindset.

Dr. YoVanda is certified in Unlocking Emotional Intelligence (EQ) and speaks on an action plan (EQ-in-Action) for using emotional intelligence in daily life.

Dr. YoVanda is certified in Kinesics, she speaks & trains how your body communicates with the atmosphere around you. As a Body Language Expert, she teaches you skills to "read" everyone around you, including yourself.

Dr. YoVanda is certified in Psychological First Aid (PFA). Chavah's motto is: Your Choices Control Your Climate.

Biography

Dr. YoVanda Brown is a Transformational Coach, Motivation & Inspirational Speaker, Emotional Intelligence (EQ) and Nonverbal Body Language Expert who is dedicated to restoring a healing process of life qualities that will boost positive energy from a negative mindset. She is known for helping people reach their individual ah ha and realize that their old patterns can be broken. Her gifts of divine clarity serve as a position of power when watching people's mindsets change right in front of her. With the gift of divine clarity, she helps individuals see what their mistakes are - like what did you take your eye off concerning you. Then in hindsight see all the moments you could have noticed in your life. So now that they have an eye on it, it really doesn't matter what others think. The truth is, the individual didn't pay attention and didn't want to see what was there. Therefore, the voice of truth speaks and then the person/people can "F" it - Face it, Fix it and Forge forward. She is also known for encouraging others to challenge themselves and face their fears. Fear is unanswered questions and when you answer the questions the fear will diminish: 1. When was the last time you did something for the first time? (Always be in pursuit of first-time

journeys!) 2. What will you come alive doing? (Dig deep within yourself and find your answer) 3. Where you are, you are, so where are you? (Feel, think & act - these three words are interchangeable and can be done in any order, and you must know where you are - at all times and at any time!)

Dr. YoVanda is certified in Unlocking Emotional Intelligence (EQ) and speaks on an action plan (EQ-in-Action) for using emotional intelligence in daily life. Empower individuals to embrace the journey of self-discovery through cultivating self-awareness. Commission people to connect with themselves and others by means of active listening, adopt and adapt to fostering authentic relationships and practicing empathy.

Dr. YoVanda is certified in Kinesics, she speaks & trains on the ways in which your body communicates with the atmosphere around you. As a Body Language Expert, she teaches you skills you need to "read" everyone around you, including yourself. She encourages people to be present in their pain because the pain is the answer. She has learned to lead and lean with the pain. Being present in their presence is a present! Body language speaks involuntarily, so nonverbal is everything!

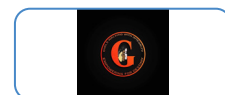
Dr. YoVanda is certified in Psychological First Aid (PFA), she is equipped to help people cope with uncertainties, how to recognize and manage stress and how to lend support during and following COVID-19. Helps others to practice safety, confidence and clarity in crisis & noncrisis situations/circumstances/vicissitudes. She extends hope with facts: Assess & approach, listen non-judgemental, give assurance, encourage appropriate professional help and encourage self help and other support strategies.

Dr. YoVanda is the founder of Chavah that provides care, counseling, crisis management services, candles and more. Chavah's motto is: Your Choices Control Your Climate.

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Pain is an inevitable part of life, that will require a totally changed mindset and the manner in how we respond to it. We can choose to either respond positively or negatively. It can be an indicator that something is wrong physically, mentally or emotionally. I am going to provide you with seven steps to turn your pain into purpose.

1. Self-Reflection, Identifying and Understanding The Pain:
2. Understand The Experiences, Events, or Challenges That Have Caused This Pain:
3. Define Your Values and Beliefs:
4. Align Your Purpose With These Values:
5. Embrace Your Pain As The Teacher:
6. Seek Support And Healing:
7. Set Specific Goals:

These steps, will help you identify the pain and gain a better understanding of how to handle it, through prayer and Scriptures references.

Biography

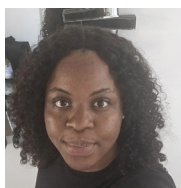
Dr. Brenda Sawyer, a Native New Yorker comes from humble beginnings and currently resides in Philadelphia with her daughter Natia. She is a retired educator, international best-selling author of Encouraging Words For The Mind, Spirit And Soul and an inspirational speaker. As a mentoring strategist and The Write Way Coach®, Dr. Sawyer's passion is to impart knowledge to individuals, unlock their potential through guidance and encouragement. Dr. Sawyer holds a second Master's Degree in Elementary Education and holds an Honorary Doctorate Degree in Christian Humanities. She is the Founder and CEO of GIRLS WALKING WITH INTEGRITY EMPOWERING FOR DESTINY (GWWI)®, where she mentors and equips Christian women ages 45-65 to transform their lives through Biblical principles, while leaving an indelible legacy for posterity and confidence. Additionally, Dr. Sawyer heads God Wants To Get The Glory From Your Story® where she hosts Zoom interviews for individuals to share their stories of faith and miracles. When she is not mentoring, coaching, being featured in magazines, anthologies and being a guest on podcasts, you can find her on Clubhouse for

7 WAYS TO TURN YOUR PAIN INTO PURPOSE

Dr. Brenda Sawyer

GIRLS WALKING WITH INTEGRITY EMPOWERING FOR DESTINY (GWWI)®, USA

inspiring faith-building sessions such as TESTIMONY TUESDAY and The Power of The Tongue.



UNLOCKING RESILIENCE: PRACTICAL MENTAL HEALTH STRATEGIES FOR WOMEN TO THRIVE IN THIS FAST PACED SOCIETY

Perpetua Nkiruka Igwebuike

Self Esteem Coach, Mental Health Practitioner, UK.
Empower Mental Drive Foundation Foundation (Nig)

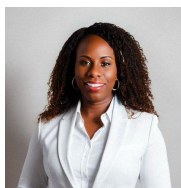
Biography

Perpetua Nkiruka Igwebuike graduated with a First class Honours in Nursing at the University of Maiduguri, Nigeria. She later obtained an MSc in International Public Health from Liverpool John Moores University, UK. She equally bagged a certificate in Health Management from the University of Washington, USA. Perpetua currently specializes in Mental Health Nursing, and works as a mental Health Practitioner at the Forensic and secure services Psychiatry in the NHS, UK. She has built her expertise in public health, through determination and resilience, and worked in diverse capacities in some international non-governmental organizations, including Medecins San Frontiers (MSF) and CARE international. She is passionate about creating awareness about mental health problems and substance misuse, and believes that awareness creation helps build capacity in its prevention. She is equally fascinated by the idea of mentoring and empowering young women and girls in the area of mental health issues, and constantly advocates for mental health promotion and prevention among them, especially those in the global south. Perpetua is guided by the belief that huge impact can be made in the fight against mental health issues through self awareness.

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I am Jacquelyn Bbones, also known as Nurse Jackie, owner of Greater Elevations LLC, and I proudly take my place as 'The Transformalist.' With over 20 years of experience in nursing, beginning in 2004, my career reflects my unwavering passion and commitment to wellness and servitude. From the age of 12, I've had a profound gift for serving others, actively caring for my family, friends, and community. Nursing was more than a career choice for me; it was my calling. My passion for nursing drives every facet of my work, propelling me to excel and inspire.

Throughout my career, I have worked in a variety of departments, including intensive care, emergency care, surgical services, and hospice. I have had the privilege to serve patients and families, from welcoming new souls into the world to holding the hands of those transitioning from this life. I have also served in upper management and high-level administrative positions, such as manager, supervisor, and executive nursing director.

The Covid-19 pandemic marked a significant turning point in my career, highlighting the reliance of the United States on a 'sick model' of healthcare. I noticed a troubling trend: expanding hospitals, increased lifespans, yet a prevalence of preventable conditions like diabetes, hypertension, and high cholesterol. This realization spurred a shift in my healthcare approach. Adopting a 'Wellness model,' I moved beyond hospital walls to serve my community in a more holistic manner. My mission is straightforward yet profound – to help individuals feel and look good, both inside and out. I believe that health is a wealth more valuable than any currency. My approach transcends treating or preventing diseases; it's about enhancing overall well-being.

My mantra, "Your Body is My Passion," is more than just words. I infuse my wisdom, skills, and compassion into every client I work with. My unique approach combines scientific knowledge with a deep understanding of the human spirit, ensuring that my services are not just effective

YOUR BODY IS MY PASSION

Jacquelyn Bbones

The Transformalist, Looking Good and Feeling Good Inside and Out
Jacquelyn Bbones, The Transformalist MPA, MHA, BSN, BBA, RN,
CEN, Texas, USA

but profoundly impactful. My transformative work extends beyond physical health. I am committed to igniting the spirit, fostering a synergy of mind, body, and soul wellness. My clients often share their experiences of holistic transformation – a journey that goes beyond the physical to touch the very essence of their being. In a world fixated on external appearances and quick fixes, I stand as a beacon of holistic health and genuine care. My dedication to transforming lives, one individual at a time, is deeply inspiring. My goal is to be recognized not just as a healthcare professional, but as a visionary. As a true Transformalist, I am dedicated to sculpting bodies, igniting spirits, and transforming lives with unwavering passion and dedication. My story serves as a reminder that in health and wellness, the greatest wealth is living a life dedicated to serving oneself and others.

Join me, Jacquelyn Bbones, as I bring my message of health and healing to women across the globe. Together, we can embrace a future of holistic wellness and transformative care.

Biography

Working towards achieving the "Greater Good" from within to ensure "Health, Happiness, and Hope" for all, Nurse Jacquelyn Bbones stands tall in the medical profession with over 20 years of experience. Dynamic, well-qualified, and empathetic, she has proven herself in all facets of medical care. Known for her dedication and rich experience, she provides comprehensive nursing care to patients of all ages in various settings. Nurse Jackie is a solution-oriented professional who excels through thorough analysis of patient records and medical conditions.

With a problem-solving approach, she implements effective strategies and treatment plans, adding an extraordinary personal touch to every patient. Her excellent leadership, communication, and interpersonal skills enable her to build strong rapport with patients, families, staff, and physicians. She uses her critical thinking abilities in high-pressure, deadline-driven environments, ensuring superb patient management and customer service.

Nurse Jackie's extensive skill set has amplified her career in nursing. She is an accomplished author of several books focusing on health and wellness, emphasizing transparency, which is sorely missing from our current healthcare environment.

Nurse Jackie has worked in high-profile hospitals across Arkansas and Texas, serving in various roles such as Healthcare Educator, Director of Nursing, Nursing Supervisor, and Nurse Manager. With rich experience

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in project management, she has assisted physicians in establishing small hospitals and free-standing emergency rooms. As a certified CPR instructor with the American Heart Association, she has trained individuals, groups, healthcare workers, non-healthcare individuals, and youth organizations such as the Boy Scouts and Girl Scouts of America.

Nurse Jackie continuously works towards fulfilling her mission for the Greater Good: Health, Happiness, and Hope. Committed to treating every client with empathy and compassion, she exemplifies the perfect combination of mind, body, and spirit in her nursing practices.

Masters in Public Administration, Master's in Health Administration, Bachelor's in Nursing, Bachelors is Health Care Management, Registered Nurse, Certified Emergency Nurse, Houston, Texas

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Brilliance—often thought of as a rare and unattainable gift—holds deeper mysteries than most imagine. Is it something we are born with, or something we can awaken? This speech invites you to explore brilliance as a journey rather than an elusive trait, shrouded in mystery and waiting to be discovered by those willing to venture into the unknown.

What truly ignites brilliance within us? The answer lies not in immediate flashes of genius but in the subtle, often unseen processes that unfold in the mind. This journey is far from straightforward—it weaves through uncertainty, struggles, and quiet moments of insight. Hidden within this complexity is something magical, an unfolding brilliance that appears in the most unexpected places.

If you've ever wondered what makes some people stand out, what fuels those rare moments of clarity, or how we can all tap into this mysterious force, then this presentation will leave you intrigued. Rather than offering simple answers, it will pull you deeper into the questions themselves, revealing just enough to spark your curiosity—and leave you eager to discover more.

Step into the unknown and join us as we uncover the secret beauty of brilliance, the mystery of the mind, and the potential waiting within us all.

Biography

Maria is a powerful force in life transformation, blending over 20 years of financial sector expertise as an FCCA with a deep passion for empowering others to break free from limitations and embrace their brilliance. As a certified HRDA trainer and accredited Senior Practitioner Coach (EIA), she specializes in Endurance and Accountability coaching. Maria's unique approach blends intellect with creativity, guiding people to a purpose-driven life. By tapping into the brain's inherent brilliance, she inspires others to transcend traditional measures of success and take real-time actions, thriving in a life of fulfillment, resilience, and innovative thinking.

THE HIDDEN PATH TO BRILLIANCE - UNVEILING MYSTERY AND POTENTIAL!

Maria Evangelou

EIA Senior Practitioner-EMCC Global
Professional Coach AC – Endurance & Accountability Coach | HRDA
Trainer, FCCA.

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The Human Thought Process

This document delves into the complexity of human psychological processes, emphasizing that life is not merely black and white but filled with shades of gray. It highlights the importance of self-care in managing the various areas of energy that affect us, including home, work, family, community, society, environment, health, wellness, and relationships. These areas draw from our physical, mental, emotional, and spiritual energy. The text underscores the necessity of replenishing these energy reserves, especially during crises, to prevent depletion. It advocates for intentional practices such as purposeful breathing, resting, and reflecting to strengthen and rejuvenate these areas. The document stresses that self-care should be a priority in our daily lives to maintain balance and well-being.

This document explores the importance of self-care through the practices of breathing, resting, and reflecting. It emphasizes the interconnectedness of these activities and their impact on our physical, mental, emotional, and spiritual well-being. The text highlights the necessity of replenishing our energy in various areas of life, such as home, work, family, and community, to avoid depletion during crises.

Breathing: Intentional breathing fosters mindfulness and deeper reflection. By focusing on our breath, we anchor ourselves in the present moment, which helps us become more aware of our thoughts and feelings. Proper breathing techniques can alleviate anxiety, improve mental clarity, and enhance emotional stability. Deep breathing allows us to take in more oxygen, which is essential for energy production and overall health.

Resting: Rest is crucial for the body and mind to repair, grow, and recharge. It involves giving ourselves a break from physical and mental activities. Sleep is a vital form of rest, during which our brains process the day's events, and our cells and tissues undergo repair. Without adequate rest, we risk burnout and decreased productivity. Incorporating regular rest periods

BREATHE, REST, REFLECT

Dr. Claudia b.-walter

P.H.D, CCPC, CTC SON RISE COUNSELING AGENCY
MANAGING PARTNER, HOLISTIC COUNSELOR AND COACH,
CLERGYMAN, CONSULTANT
PhD, Son Rise Counseling Agency, USA

into our daily routine can improve our overall well-being and resilience.

Reflecting: Reflection provides invaluable insights into our lives. It allows us to examine where we are, where we've been, and where we're going. Through reflection, we gain clarity, resolve, and direction. It helps us identify areas that need improvement and recognize our achievements. Reflecting on our experiences can lead to personal growth and a deeper understanding of ourselves.

The Importance of Self-Care: Self-care is essential for maintaining a balanced and fulfilling life. By prioritizing self-care, we can enhance the quality of our relationships, improve our mental and physical health, and increase our overall happiness. Integrating practices such as breathing, resting, and reflecting into our daily routines can help us manage stress, prevent burnout, and promote a sense of well-being.

Practical Tips for Self-Care:

Breathing Exercises: Practice deep breathing exercises daily. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth. Repeat several times to calm your mind and body.

Resting: Ensure you get enough sleep each night. Take short breaks throughout the day to rest and recharge. Consider incorporating relaxation techniques such as meditation or yoga into your routine.

Reflecting: Set aside time each day for reflection. Journaling can be a helpful tool for organizing your thoughts and gaining insights. Reflect on your goals, achievements, and areas for improvement.

By embracing these self-care practices, we can lead more balanced, healthy, and fulfilling lives. Remember to pause, breathe, rest, and reflect regularly to nurture your well-being.

Biography

Dr. Claudia B.-Walter is an influential voice for community advocacy and development in the State of Maryland, the metropolitan area, and internationally. She is a graduate of Calvary Theological Seminary and graduated Summa Cum Laude with a Bachelor of Arts in Christian Education

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and Counseling. She has obtained her Doctoral in Humanities from Christian Theological Seminary an affiliate of Onabisi Onabanjo University Ogun, Nigeria She serves as the Pastor (Senior Servant) and Community Leader of The Power Alliance Christians Group Ministries, INC. (PAX), and its affiliate branches. This season has brought her ministry of service, companies, and its affiliate branches to practical evangelism by way of establishing Community Outreach Development Programs to serve local communities, regions, and districts by way of intrinsic community programs and community partnerships. As a social entrepreneur, pastoral counselor, and consultant she aids in developing intrinsic programs to deliver a holistic approach to education and community. Her voice of advocacy and community development has provided humanitarian aides and various resources to meet needs of food insecurity, mental health, amongst other social and personal needs of the individuals she and her team serves. They're mission to create and by product of community resiliency and sustainability for the children and families they serve. Vocation and Career She serves in several leadership capacities of the affiliate branches of PAX and as President of Resources Un-Limited (R.U.L.). RUL is a company dedicated to customized Premier Business and Consultation Services for businesses, ministries, grass-root organizations, and individual clients. Her company provides customized services tailored to "Bridge the Gap between the client and the RESOURCES needed." Her company's services provide community and housing advocacy, professional team development, and capacity training to aide in the development of programmatic solutions to underline social needs in identified communities, regions, and countries. She aides them to learn and implement strategic solutions, professional development trainings, and systemic tools to aide in capturing program outcomes, record data, and aide in expansion and growth. She believes each organization is a living organism, and at its core must be an intrinsic team of leaders carrying out its mission. As the face of The Faith Based Collaborative Outreach Group (FBCOG-The Collaborative), the outreach branch of PAX, Dr. B.-Walter serves as the Chairman and CEO. Along with the company's Executive Team and Support Team, she leads a team of dynamic leaders serving alongside them to oversee the daily operations of all programs located in partner schools. These partnerships aide schools to become service hubs to deliver "A Holistic Approach to Education & Community" by providing intrinsic programs to address the underlying social needs of the communities, addressing the effects of food insecurity, and aiding them in becoming access points for families to receive support services. Along with her team she ensures that all programs are structured to address the identified needs to provide supportive aides to address the health and well-being of those it serves. The goal is to provide supportable and sustainable services, provide access to nutritious food items, and aide those served in their daily living, personal, professional, and educational goals. The Mission is to "To empower one family at a time through a Holistic Approach to Education and Community." Dr. Claudia B.-Walter is a certified Temperament and Christian counselor. She serves as the managing partner of Son Rise Christian Counseling Agency & Institute, LLP. In this role she utilizes the skills she has gained to aide many in their personal and professional development, and aide them holistically along their healing journeys to provide holistic mental health tools and supports. This "Global Enterprise" comprised of holistic branches serves all of mankind fostering a mindset of "Transformation through Unity" which in-turn breeds sustainable outcomes for all it serves. She believes community partnerships promote a cohesiveness of service to Reach- Touch-& Teach those the corporation serves. Her corporate motto is "GOD's Word provides light to your path..." (Psalms 119:105). Credentials: • Ordained Pastor • Certified Temperament Counselor • Humanitarian Advocate • Consultant Contact Information: Ms. Claudia B. – Walter Phone: 301-407-5605 or Email: claudiabw18@gmail.com

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Rosemarie Schmidtke was born with the gift of Healing. It is the first time that she reveals her true gift openly.

Biography

She specialise in Mental Health re Bipolar, Severe Depression, Anxiety etc. She has never touched a course on the subject in her life. Her healing is performed with passion and dedication. Her proof of work is shown on her Instagram page being results driven. She happens to be a true inspiration.

SMALL MIRZACLES PRFORMED BY RENOWNED SPIRITUAL HEALER, EXORCIST, PSYCHIC SURGEON & CLAIRVOYANT

Rosemarie Schmidtke

South Africa

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With rapid increase in stress, anxiety and various other health issues worldwide, there is an urgent need for effective solutions. Dr. Reetu Verma explores a potential solution: "Could it be our heart?"

The heart is not only a vital organ for sustaining life but also a cornerstone of overall well-being. While it is well-known that lifestyle factors such as nutrition, exercise, sleep, stress and loneliness significantly impact our health and well-being, emotions also play a crucial role. This session focuses on the emotions that originate from the heart, exploring their connection to heart health and overall well-being.

Modern research indicates that the heart is more than just a physical organ that pumps blood. It has its own complex nervous system, often referred to as the "heart-brain," which communicates with the brain and influences our emotions and cognitive functions.

Positive emotions can greatly improve heart health and overall well-being, whereas negative emotions such as chronic stress and anxiety can have detrimental effects on our well-being.

Ancient wisdom suggests that the heart is the seat of the soul and the core of our being, providing life force energy to the body. Traditional practices view the heart as the cornerstone of holistic health. For example, in Ayurveda, the heart is seen as the home of both emotional and spiritual well-being, crucial for maintaining balance and harmony. Similarly, traditional Chinese medicine considers the heart as the emperor of the body, an important organ, governing both physical and mental health.

This session aims to bridge the gap between modern scientific understanding and ancient wisdom, highlighting how a holistic approach which includes heart health can enhance overall well-being. By integrating lifestyle changes, emotional regulation, and spiritual practices, we can cultivate a deeper connection with our hearts, resulting in better health and improved quality of life.

HEART AND HEALTH CONNECTION FOR WELL- BEING

Dr Reetu Verma

Senior Lecturer, University of Wollongong
Transformational Life Coach
Founder, Healing Health Happiness, Australia

Biography

Dr. Reetu Verma, founder of Healing Health Happiness, is a senior lecturer and transformational life coach committed to promoting health and well-being. Her mission is to empower individuals globally, helping them heal to achieve greater health and happiness. Healing Health Happiness envisions a world where people live in harmony with each other and the environment. By guiding individuals on their healing and transformational journeys, they aim to create a positive ripple effect that benefits families, communities, and the world. They believe that each healed, healthy, and happy person contributes to a healthier, happier planet.

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AI-DRIVEN BUDGETING: ANALYZING MONTHLY SPENDING TO IDENTIFY SAVINGS AND IMPROVE FINANCIAL HEALTH

Silper Pesa

Kenya

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The importance of commercial legal consultants cannot be overstated. Legal issues can suddenly develop in today's dynamic and complex business landscape, frequently with serious repercussions. Having a commercial legal consultant allows you to make informed decisions, reduce the risk of facing legal problems in the future, protect your business interests, optimize your business structure and create solid business agreements.

A few female commercial legal consultants stand out as role models for the next wave of female professionals in their field. One of these guiding stars is Agata Smolarek, the CEO and founder of Global Business & Law Ltd. With her practice in Poland, Agata is a lawyer with more than 25 years of legal expertise. She oversees a group of domestic and international attorneys and specializes in several fields, including Economic and Commercial Law, Environmental Law, Intellectual Property Law, and Personal Data Protection Legislation.

Through Global Business & Law Ltd., Agata offers FLAT (Finance, Law, Accounting, and Tax) consulting services to businesses and investors. She is looking for investors in real estate, renewable energy projects (wind farms, photovoltaics), and other sectors. Her firm helps clients set up businesses and investments especially in Poland and Dubai with company formation, trade licenses, and investment opportunities. Leadership plays a crucial part in propelling organizations toward success. Global Business & Law Ltd. has become a highly renowned firm under Agata's astute guidance.

Biography

Agata holds several leadership positions in addition to her role as CEO of Global Business & Law Ltd. These include the President of WEFA Poland, a business partner with international partners. She was the business partner of the British Legal Centre till 2023. She is the founder of Da Vinci Art Caffè & Business Club, owner of Global Empower & Mastermind Group, Vinci Power Global HUB, business partner of Dubai Business Group of Companies

PIONEERING THE NEXT WAVE OF FEMALE COMMERCIAL LEGAL CONSULTANTS, ENTREPRENEURS AND HUMANITARIANS

Agata Smolarek

CEO, Global Business & Law Ltd, President of WEFA, Poland

(ninetyninegroupofcompanies), and founder and goodwill ambassador of the project: Pro Human Global Future. She is passionate about the area of Humanization of Education. Moreover, she is the Founder and Chief Editor of Global Business & Law Ltd., Scientific Publishing House, Wrocław, Poland and Fenix Publishing.

Since education is essential to nation-building and has a major impact on a nation's social, economic, and political growth, Agata's contributions to the sector are commendable. As an expert of the University of Warsaw's Stakeholder Council, she provides advice on political science and international studies curricula to make sure they meet contemporary socioeconomic demands. She is an advocate for educational change and wants to foster conditions that are compassionate and inclusive for coming generations.

Agata's involvement in several international and humanitarian endeavors is a testament to her profound empathy and dedication to improving the lives of others. As the African Diaspora's Royal Peace Ambassador and the African Kingdom's Global Goodwill Ambassador, Peace Ambassador and Advocate for Change, she advocates for sustainable development, moral leadership, and humanitarian issues.

Through her role as a global ambassador of the Art for Peace Award Dame Munni Irone and Trading Company, she promotes meaningful employment, boosts tourism, and advocates for global healing with strategic initiatives engaging communities for sustainable development. She represents the renowned Polish artist YLO violin as its ambassador and serves as the Federation of World Cultural and Art Society Singapore's (FOWCAAS) Global Affairs Legal Advisor (Poland). Her efforts to use her legal expertise to combine business with human rights, peace, and educational reform set her apart from others in her industry.

Agata works with company owners across the world, in the EU, UK, US, Asia, and Africa. In her capacity as WEFA Poland President, she has been invited to participate in the next Trans Africa Investment Summit, which is sponsored by WEFA and organized annually by Pilot International. High-ranking top executives, CEOs, managers, investors, the business community, government organizations, exporters, and SMEs from a range of economic sectors in Africa and the Diaspora will all be present. The summit, which will be held on 7-9 November 2024, in Kampala, Uganda, will focus on four

main subthemes: Mining and Value Chains, Infrastructure Development, Agriculture and Value Chains, and Renewable Energy. These subthemes require immediate attention in order to significantly raise the African Economic Development Index.

Agata's accomplishments are too much to list here. She is a global networker and connector who has aided several businesses in growing to a global level. She currently promotes the well-known product 7 Wonders Water. This demonstrates how highly relevant she is on a global level.

In addition to the esteemed Mother Teresa Memorial Award, Agata has been recognized with multiple accolades, including the Institute of Peace and Development's (INSPAD) 2021 Ambassador of Peace designation, the British Legal Center's "Power Woman" designation for her outstanding work with women and peace initiatives, and the Global Diamond Ambassador for the Women of Heart Awards (WOHA).

Empowered women empower other women. Agata's story—who began her profession in 1995, fought hard, and overcame many hurdles to become the lady she is today—has become a great source of inspiration for young women all over the world.

Commercial legal consultants are in great demand, even in today's fiercely competitive market, and they have a wide range of employment opportunities in both the public and private sectors. For professional development, role models are crucial because they offer examples of how to set objectives, overcome obstacles, and achieve success.

Without a doubt, Agata's versatility and outstanding professional accomplishments have made her a role model for the next wave of female entrepreneurs, humanitarians, and commercial legal consultants. She is a heart centered leader, and her core values are peace, love and harmony. She lives by the philosophy, "Be the change you want to see in the world." Ghandi, Mahatma. Agata is the owner of the project: Well Be & BeWell

This is a passion educational, scientific and business project. Agata is also the member of the Social Health Network and she was nominated to SHN Awards. She advocates for health and wellbeing. Moreover, she is the Goodwill Ambassador of the Medical Wellness Network.

WEL EURO AMERICA 2024

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

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



Dr. Iris Wright will share her powerful journey of healing from the pain of injustice, transforming her experiences into a foundation for growth as a serial entrepreneur, best-selling author, and inspiring speaker. In her talk, Dr. Iris will outline the key steps she took to heal from deep personal hurt, emphasizing the transformative power of writing as a tool for recovery. She firmly believes that "hurt people, hurt people," and that true healing is essential for personal growth and breaking cycles of pain.

Dr. Iris's story is one of resilience: by allowing herself to heal, she discovered her passion and identity, a journey encapsulated by her saying, "When a woman finds her strength, she finds her identity." She will discuss the pivotal moment when she decided to leave her job, start her own business, and become a vocal advocate for social justice. Through vulnerability and self-discovery, Dr. Iris found the courage not only to rebuild her life but to elevate it beyond her previous limits. Her insights serve as a beacon for anyone looking to turn their pain into power and elevate themselves to new heights of purpose and fulfillment.

Biography

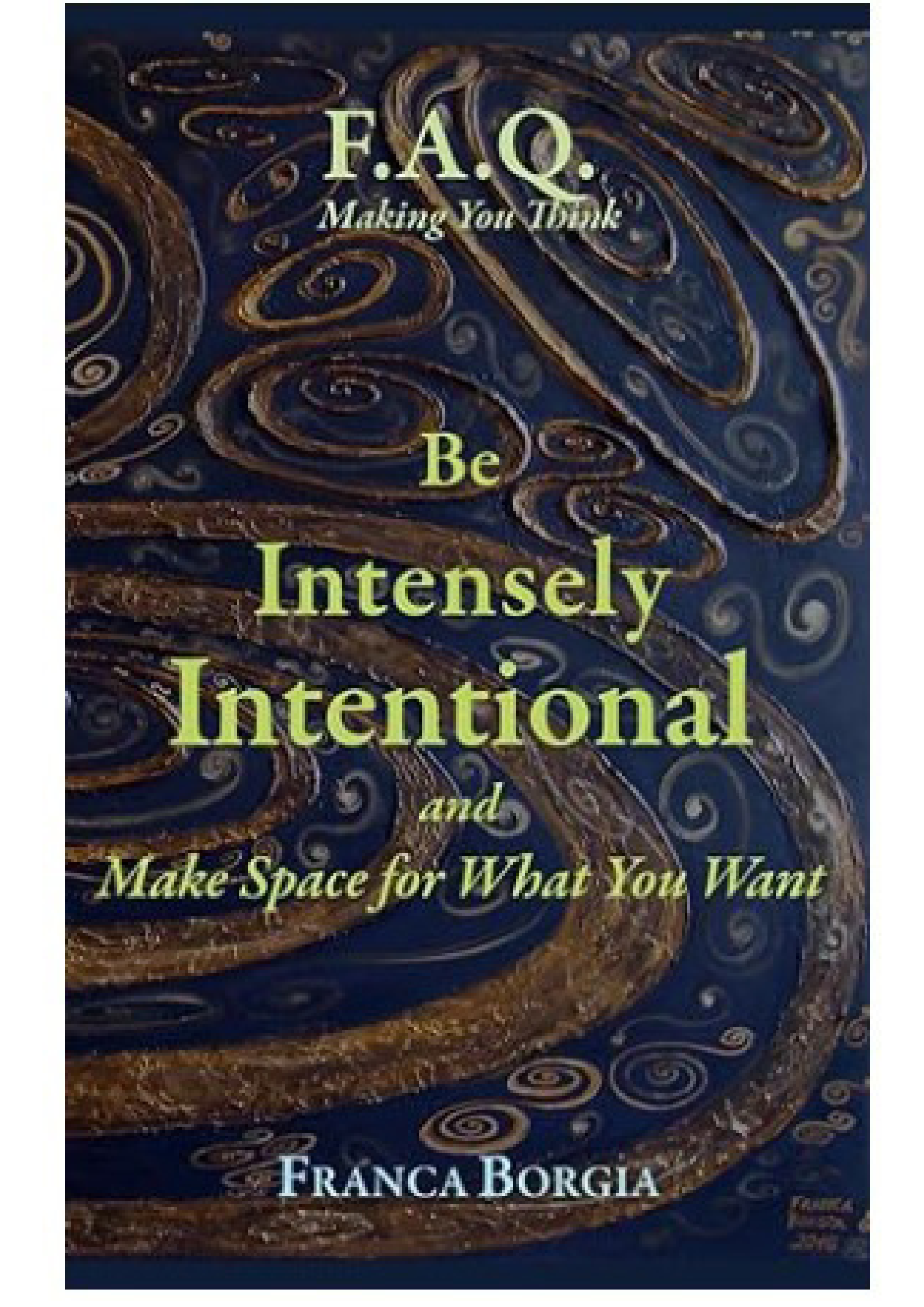
Dr. Iris Wright (He, She) is a passionate entrepreneur, healthcare innovator, and social justice advocate. As the founder of Caring Hearts Telecare, she champions affordable home care and has earned recognition through a Best Home Care nomination in Newport News, VA. Inspired by Steve Harvey's "Jump," Dr. Wright transitioned from restaurant management to healthcare at 28, driven by her dedication to improve community well-being. Her Injustice Movement supports wrongly accused individuals, while her impactful speaking engagements inspire others to pursue their dreams. Honored with multiple accolades, including honorary doctorates, Dr. Wright's mission continues to spark positive, transformative change.

[Website](<https://www.iris-wright.com>) | [Facebook](<https://www.facebook.com/authoririswright>) | [Instagram](https://www.instagram.com/author_iris_wright)

LEADING WITH GOD, PASSION AND PURPOSE

Dr. Iris Wright

Author Iris Wright & Publishing Newport News, VA, USA



F.A.Q.
Making You Think

Be

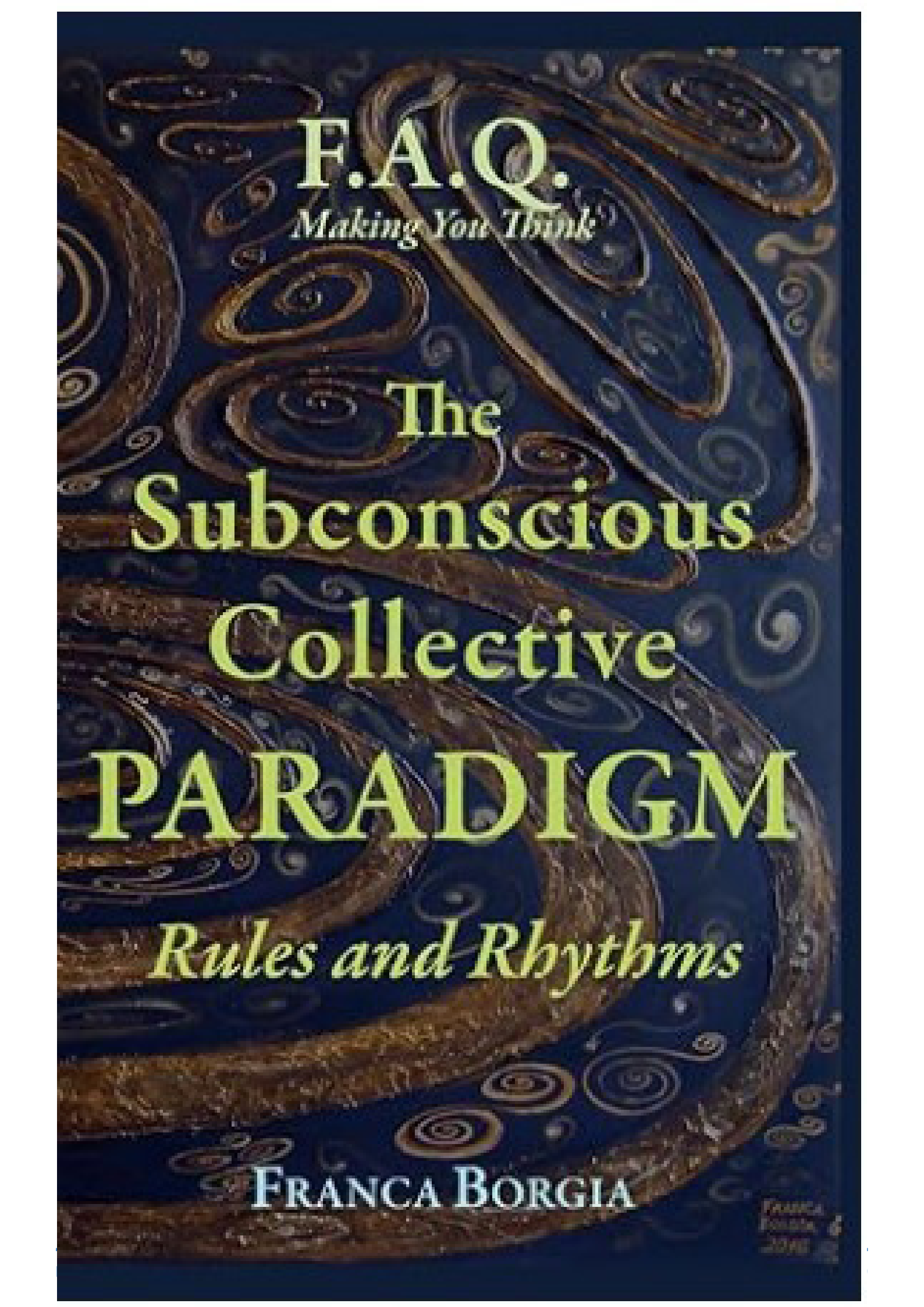
Intensely
Intentional

and

Make Space for What You Want

FRANCA BORGIA

Franca Borgia
2019



F.A.Q.

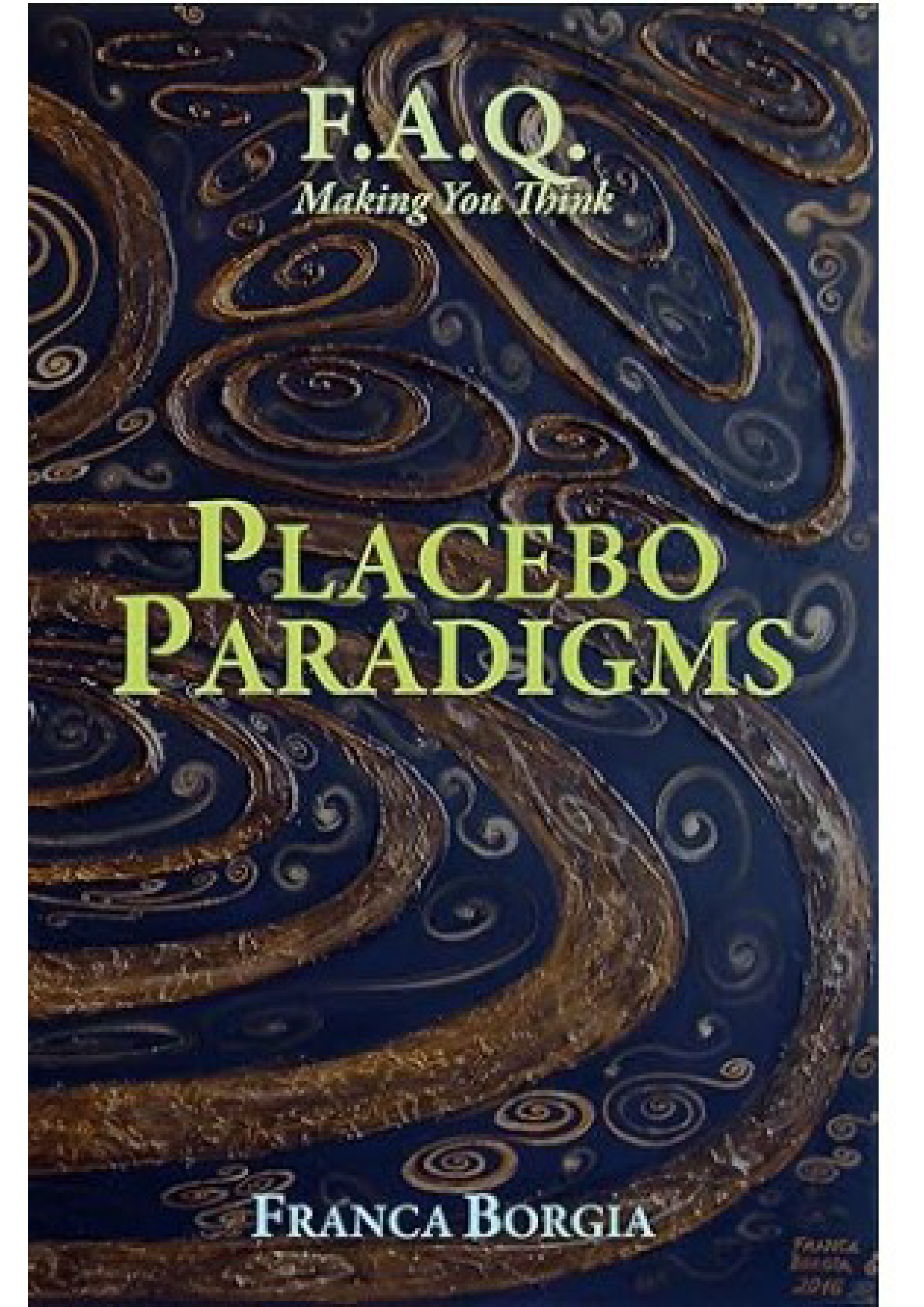
Making You Think

The
Subconscious
Collective
PARADIGM

Rules and Rhythms

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2018



F.A.Q.
Making You Think

PLACEBO PARADIGMS

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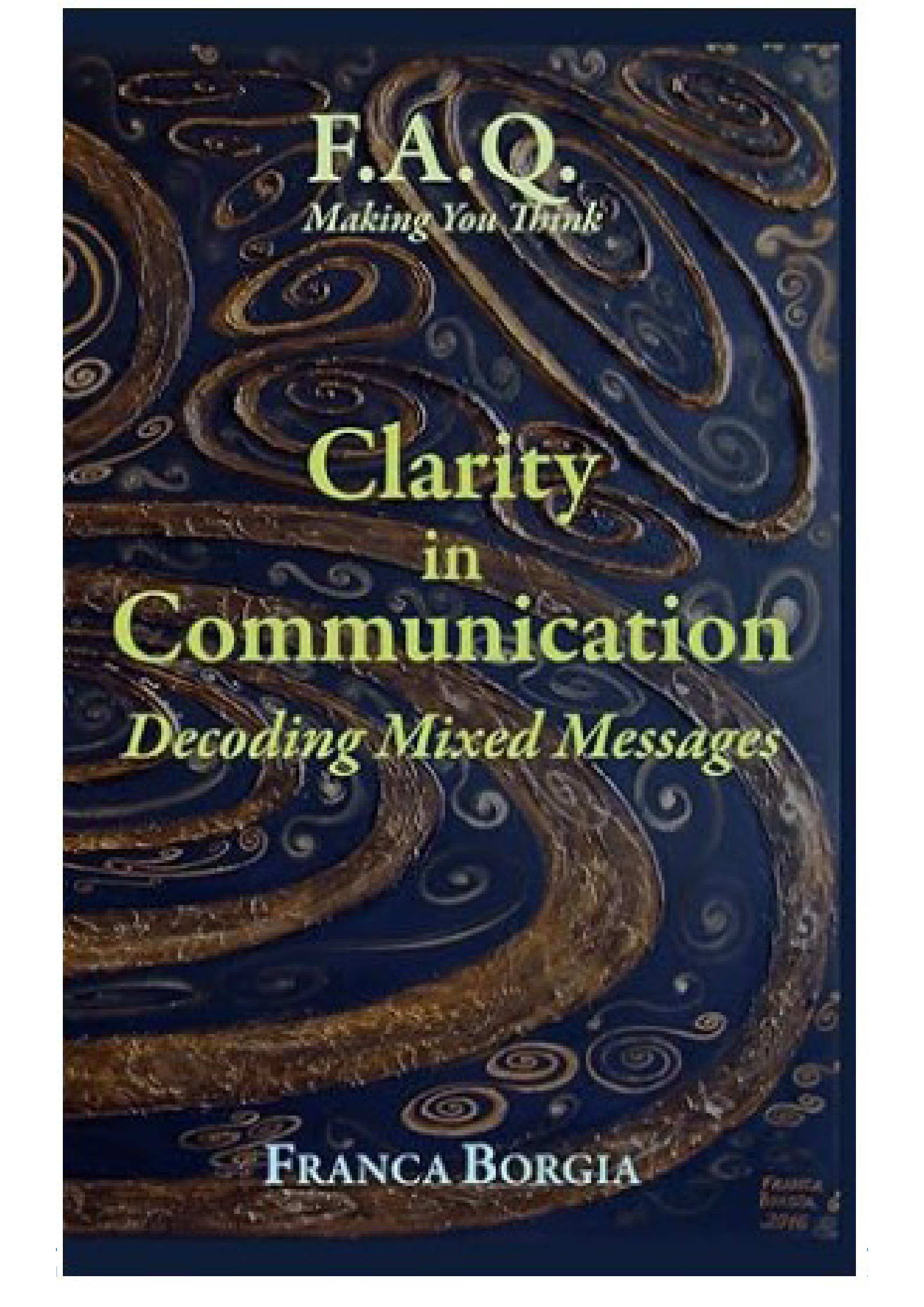
*Personalize
your*
PARADISE

THROUGH

The
Magical

and cast your own magic spell!

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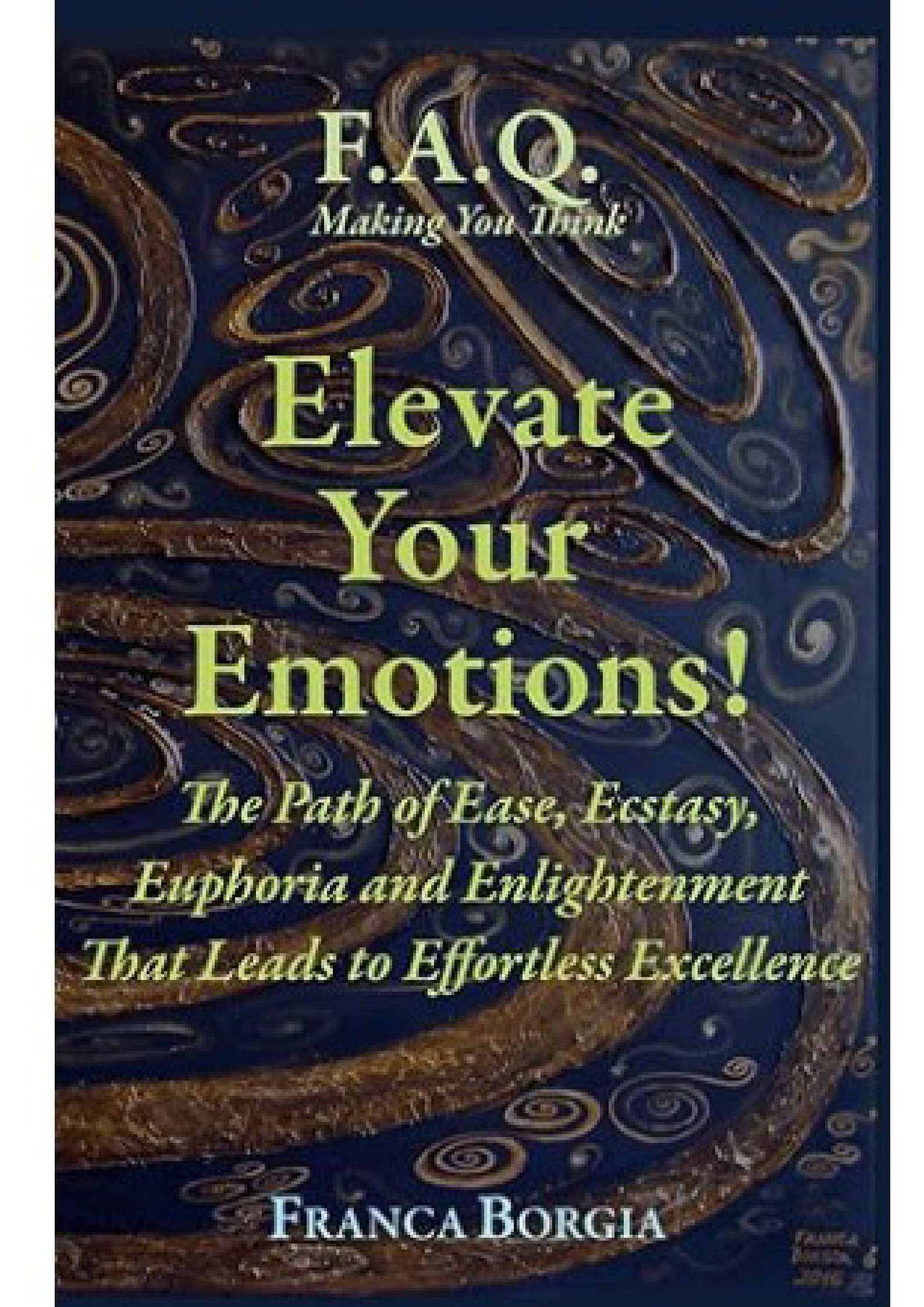
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Clarity
in
Communication
Decoding Mixed Messages

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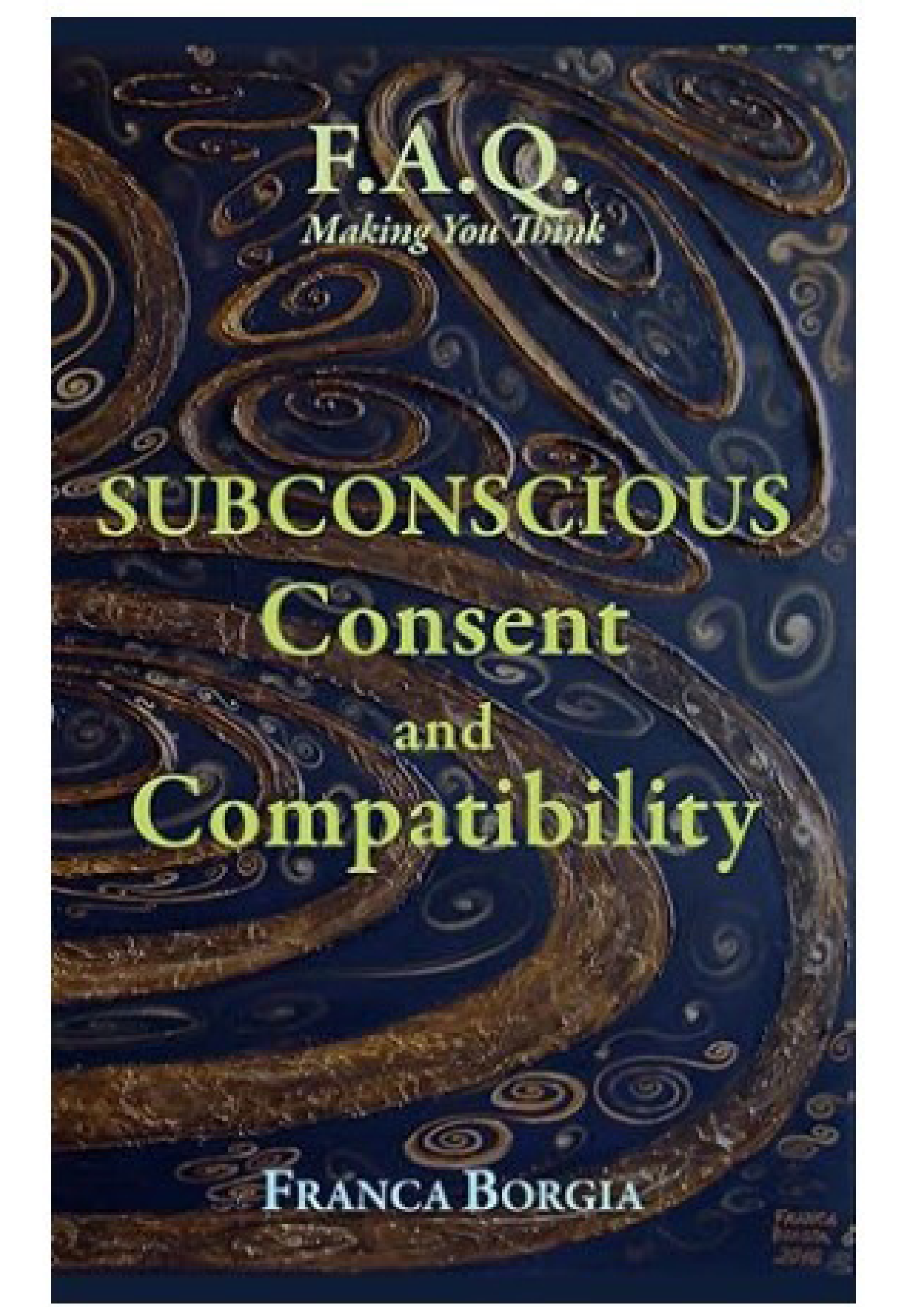
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Elevate Your Emotions!

*The Path of Ease, Ecstasy,
Euphoria and Enlightenment
That Leads to Effortless Excellence*

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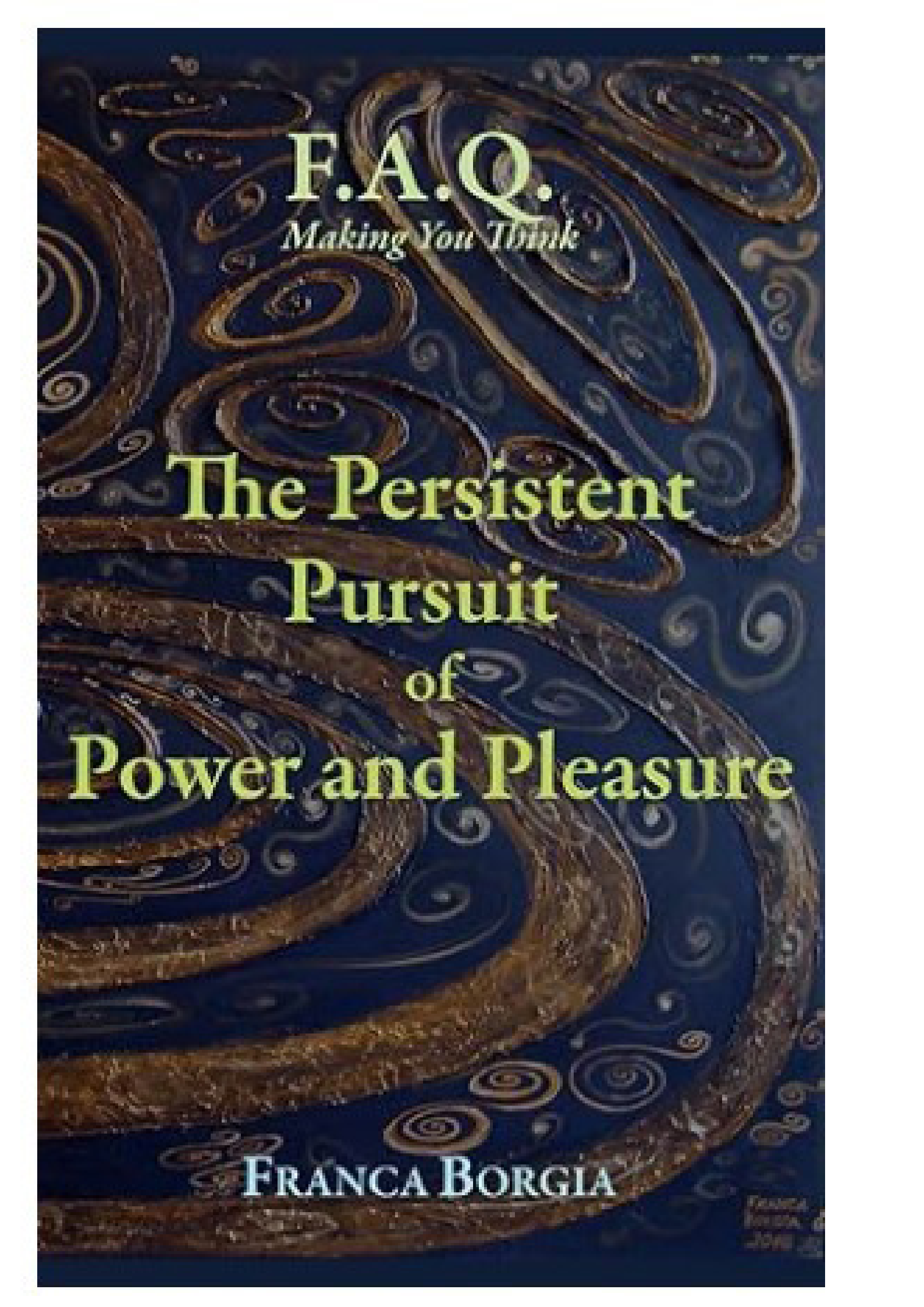


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SUBCONSCIOUS
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and
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The Persistent
Pursuit
of
Power and Pleasure

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GLOBAL CHANGE



TRAILBLAZER: POLITICAL LEADERSHIP!

Page 3

Championing Inclusive Education through ESTUDIAZ INC.

Page 4

There is Light at The End of The Tunnel of Loneliness!

Page 10

Feminists Effort for Women's Rights

Page 11



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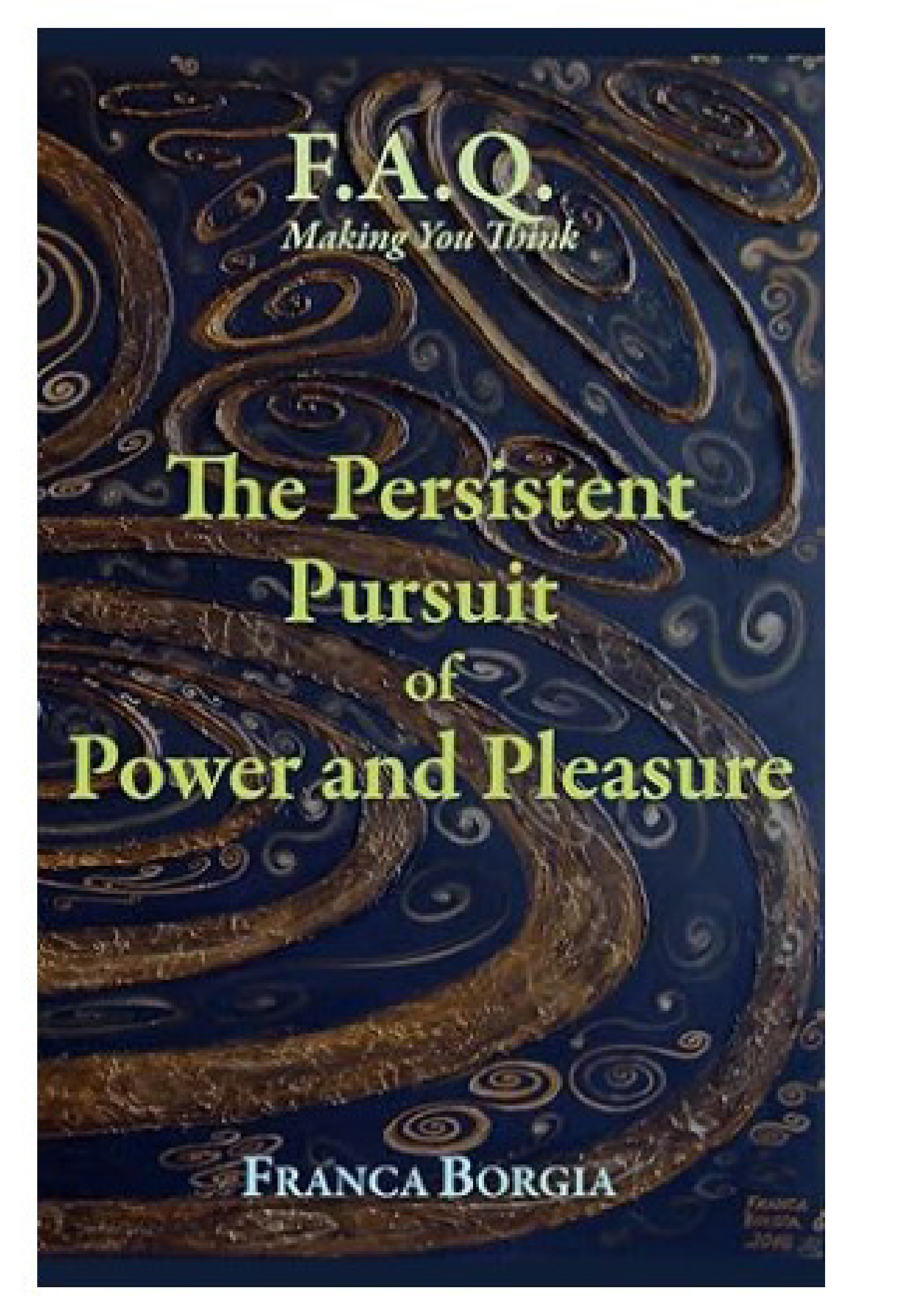
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MIND

Poetic Power Principles





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The Persistent
Pursuit
of
Power and Pleasure

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Aneta Grabiec

Aneta Grabiec is an award winning author, psychologist, wellness educator and nutritionist

How To Be Good Enough: A Practical Book On Living Joyfully has helped many with such dilemmas as: subconscious programming, unresolved trauma patterns, nervous system dysregulation, psychological conflict, environmental toxins, poor diet, unhealthy lifestyle, poor sleep, information overload, lack of joy, overworking, toxic relationships, destructive thinking patterns and lack of self-worth.

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Learning How to Love Yourself Unconditionally

Self-Love

A Journey
Not A Destination



Dr. Donna M. Lindsay

LEADING ^{IN} LOVE



HEART DRIVEN LEADERSHIP

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THAT BRINGS BREAKTHROUGH

And move the hand of

GOD



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21st Century Tips, Strategies & Processes



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DR. PATRICIA ROGERS, CEO

DR. SHEILA R. TRAPP

LET THE NEXT LEADERS LEAD

LET THE NEXT LEADERS LEAD

*A Blueprint for Developing the
Next Generations of Leaders*

DR. SHEILA R. TRAPP



The importance of physical appearance, mental and emotional health, mindfulness, relationships, passions, and self-care cannot be overstated when it comes to our overall well-being and happiness. These areas of our lives play a vital role in helping us achieve success in both our personal and professional lives. This e-book is designed to provide you with practical tips and techniques that you can use to improve these areas of your life. Whether you're looking to improve your physical appearance, cultivate positive relationships, or incorporate more self-care activities into your daily routine, this e-book has something for everyone. By implementing these strategies, you can create a happier, healthier, and more fulfilling life. This e-book was created not to focus on making you feel better but to make you feel GOOD, inside and out!

LOOK GOOD & FEEL GOOD INSIDE AND OUT!

Q & A book with bonus tips



Millionaire Mindset for Women



Eight Essential Elements to Greater Wealth

May K. Li, Ph.D.

Do you find yourself facing financial challenges despite your personal achievements and efforts?

Dr. May Li had a lifelong desire to empower others and leave behind a legacy of generational wealth. Despite her academic credentials, she struggled financially to raise two sons as a single parent. She failed at several business attempts and was grateful to even have a job.

Driven by an insatiable curiosity, Dr. May Li delved into the world of financial success, conducting interviews with millionaires, investing in programs, and applying newfound knowledge. The revelation was profound: It was her own limiting beliefs that stood as barriers to prosperity. As her mindset expanded, so did the landscape of profitable opportunities and lucrative income sources.

In this empowering narrative, Dr. May Li unveils the secrets to success—nurturing a powerful mindset. Millionaire Mindset For Women lays bare the transformative journey that led her to this realization, inspiring women from all walks of life to pursue their multimillionaire dreams, no matter how daunting they may appear.

In this book, you will learn:

- Understand the mindset of millionaires and how you can easily acquire the same.
- Ways to overcome self-limiting beliefs holding you back from achieving your dreams.
- How to unleash your feminine power and passion as fuel for your journey to wealth.
- Simple habit and behavior tweaks to explode your trajectory to wealth.
- How female entrepreneurs disrupted the industry and you can, too.

Through her insights and experiences, she empowers readers to break free from limiting beliefs and embrace a mindset that paves the way to financial abundance. Get a copy now!



Dr. May Li grew up in Monroeville, a small town on the outskirts of Pittsburgh, Pennsylvania making outfits for her dolls and riding her bike around the neighborhood. Her family emphasized education as the key to success in life, and throughout middle school and high school, encouraged her to excel in math and science. Eventually, she completed studies at three Ivy League universities, earning a PhD from Columbia University in molecular biology.

Dr. May Li currently lives in Dallas, Texas. In addition to writing, she coaches millionaire mindset clients and travels locally and internationally as a motivational/transformational speaker.

ISBN 9798891097964



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Passage2Pro was founded with the intent of helping PhD Students Bridge the gap between academia and industry.

Seeing the lack of support for people transitioning from academia to industry, Tina founded Passage2Pro which is built on the principle that every client can benefit from customised professional development coaching for professional growth. Now, we offer a diverse range of services, including career coaching for those preparing for career advancement, leadership development for aspiring leaders, and team building strategies for organizations. Our services are ideally suited for professionals in academia and research sectors who are looking to transition into industry roles, as well as individuals and organizations seeking to develop strong leadership skills and build high-performing teams. We take a holistic approach to our clients' needs, so we don't simply offer a one-size-fits-all program. Instead, we work with each person individually to craft a roadmap that's tailored specifically to their needs.

How Passage2Pro can help you

Are you struggling to figure out how to transition from academia to industry? Or maybe you're just finding that the job you want doesn't seem to exist. If so, you're not alone.

Are you a manager who wants to better understand your own needs, and use your natural strengths to reach your full potential? We hear you!

Do you want to create an organisation where ideas can flourish and empower individuals to take responsibility for their actions? You are in the right place!



From her own experience, she has developed simple but effective ways to become a more effective leader. Tina grew up in a non-academic home, so it took a leap of faith and a lot of hard work to become a PhD student. She went on to finish her studies, start a successful business, and build up a long list of achievements. As an inspirational speaker and leadership coach, she now hopes to pass these experiences and lessons on to others, along with some tips aimed at helping professionals navigate the path to becoming great leaders.

<https://www.passage2pro.com>

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CAREER COACHING
LEADERSHIP COACHING
TEAM COACHING

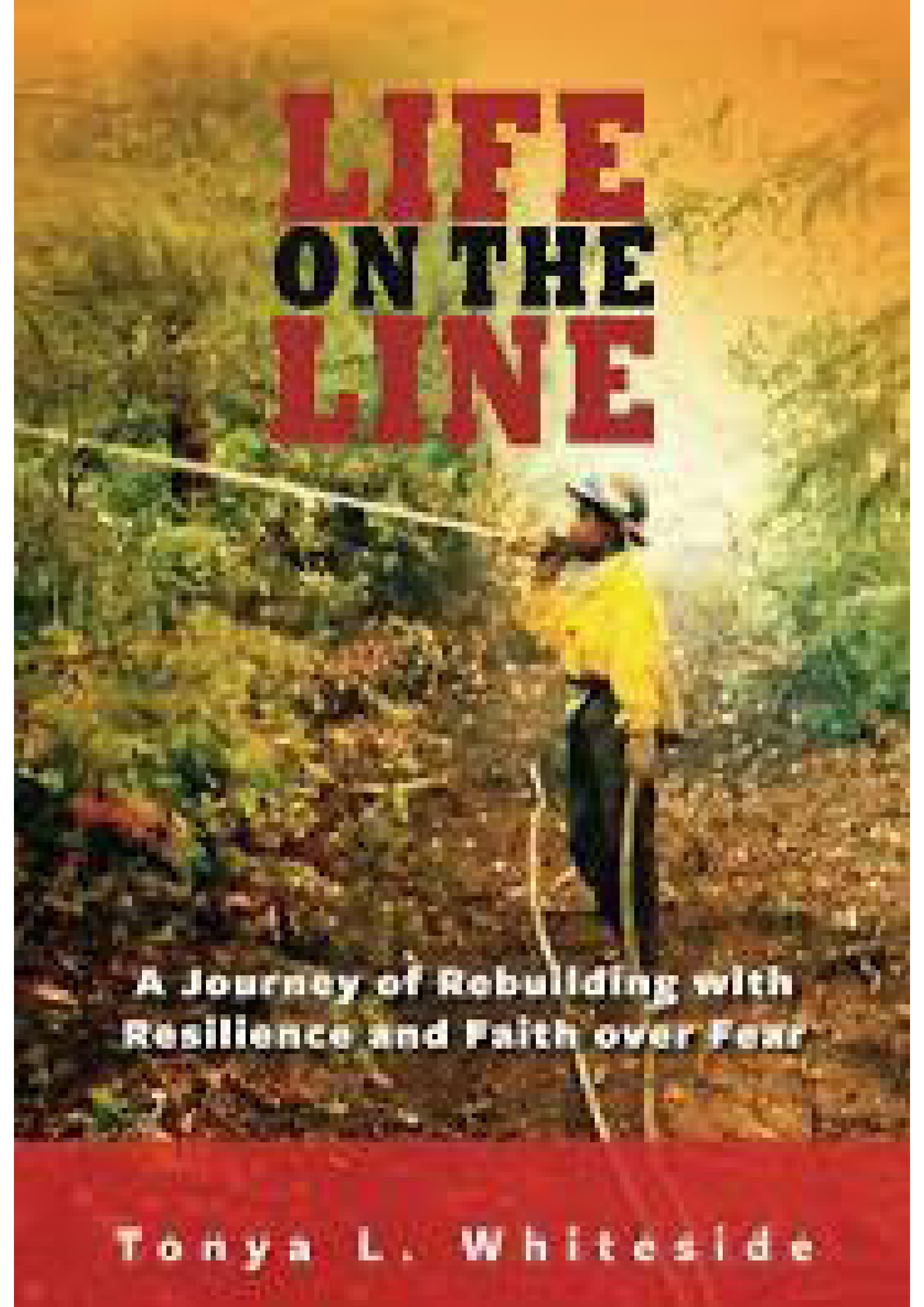
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PHD. CAREER COACHING
PHD. CAREER STORIES

CHANGE THE ATMOSPHERE CHANGE THE ATMOSPHERE WITH ENCOURAGING WORDS



Award
Winning
Author and
Bestselling
Poet

Terry L. Whiteside

A person wearing a yellow shirt and dark pants is rappelling down a rope in a wooded area. The background is filled with green foliage and trees. The title 'LIFE ON THE LINE' is overlaid on the top half of the image.

LIFE ON THE LINE

**A Journey of Rebuilding with
Resilience and Faith over Fear**

Tonya L. Whiteside

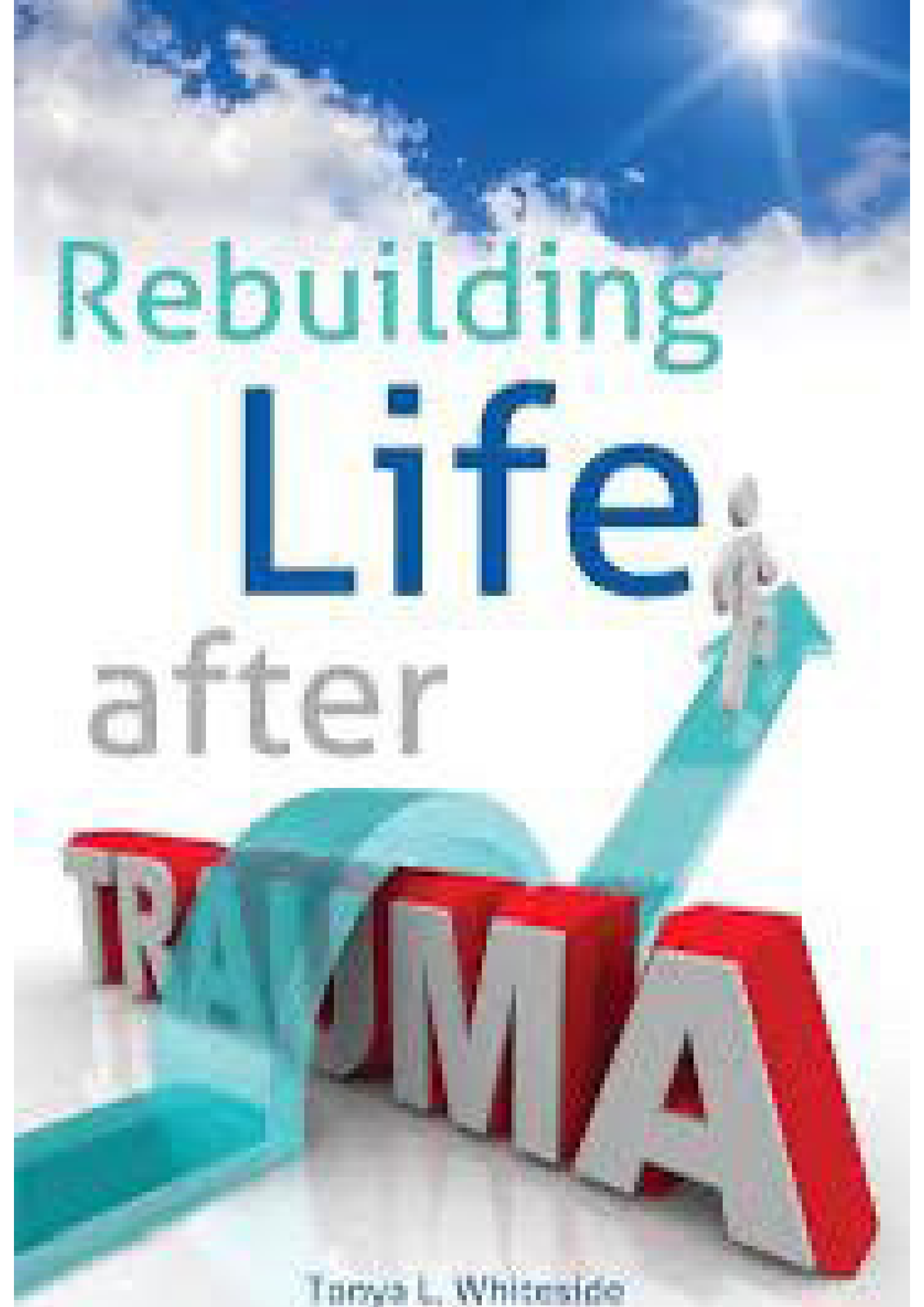
FOCUS

A 31-day Journal

**Building Vision with
Clarity and Purpose**



Tonya L. Whiteside
Vision Catalyst

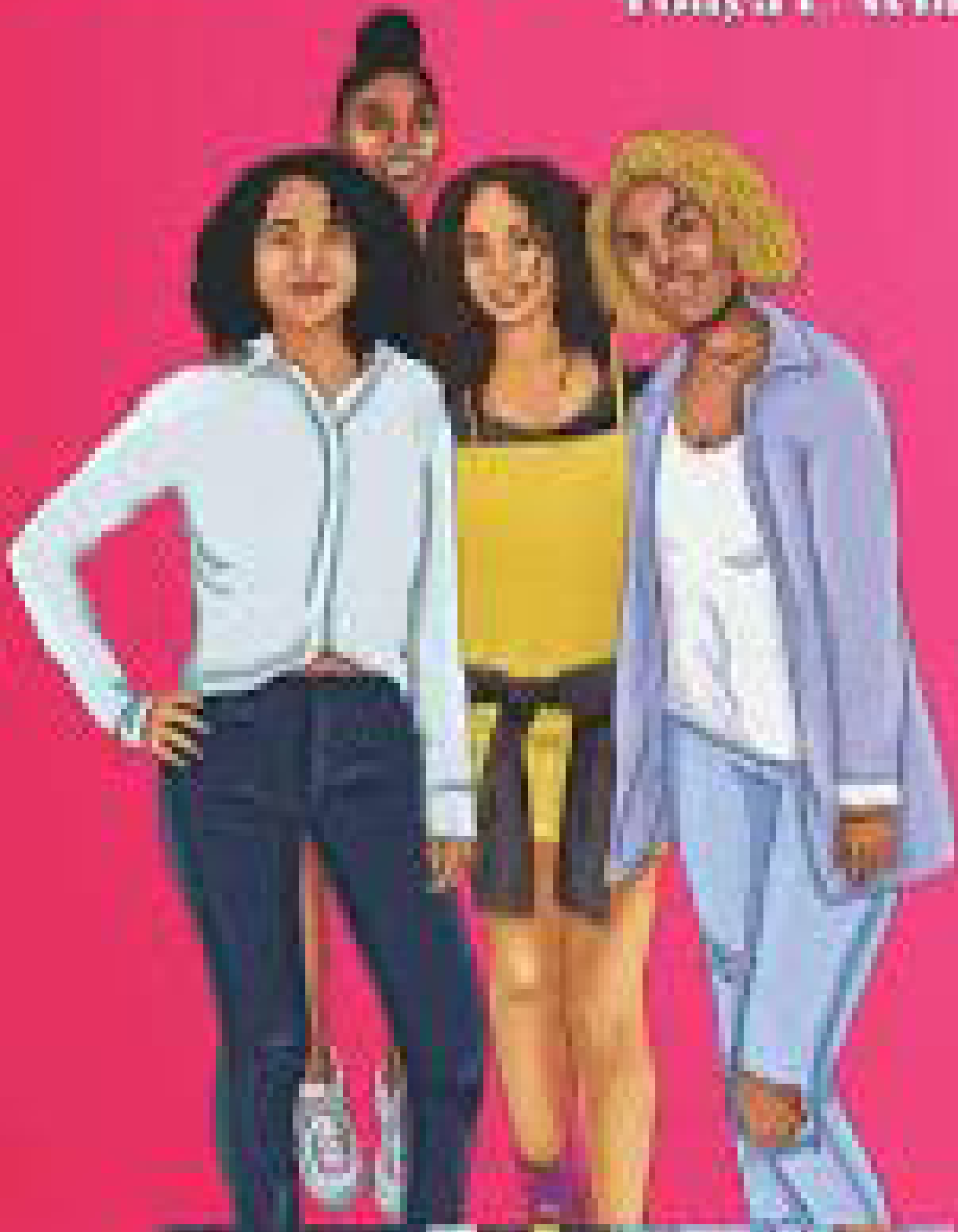


Rebuilding Life after

Tanya L. Whiteside

I AM MORE THAN MY HAIR

Tonyal Whitehead



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