



# STAR-ICON CONFERENCES



## WOMEN-R.I.S.E- W.I.S.E-S.H.I.N.E CONGRESS

March 08-09 , 2022

Paris , France





# STAR-ICON WOMEN-R.I.S.E -W.I.S.E-S.H.I.N.E Congress

March 08, 2022

Day 01

CENTRAL EUROPEAN  
TIME ZONE (CET)

## Opening Ceremony

07:30 -08:00



Nicole Martin

*Joyely: Open Spaces Open Hearts and Open Minds*

08.00 – 08.30



Dr. Nakita Davis

*Q.U.E.E.N, It's Time to Play Your Royal Position!*

08.30 – 09.00



Mj Maher

*Bryan: Demystifying Suicide*

09.00 – 09.30



Myrtescheffer

*How to create a (more) solid, sustainable and successful business without sacrificing yourself?*

09.30 – 10.00



## Coffee Break

10:00-10:10



Sonali Deshpande

*Digital Transformation  
Leadership – Technology*

10.10 – 10.40



Dr. Karen Hills Pruden

*P.I.M.P. TM Your Career into the C-Suite*

10.40 – 11.10



Maggie Bain

*Punching Through The Glass Ceiling*

11.10 – 11.40



Y Rená Cooper

*I quit*

11.40 – 12.10



Laura Armstrong

*3 Steps to Becoming a Black Belt Leader  
In Your Business*

12.10 - 12.40



## Lunch Break

12.40 – 13.20



Lisa Gillette

*See the Big Picture. Find the Opportunities: 3  
Keys to Quiet Your Inner Critic and Move into  
Inspired Action*

13.20 – 13:50



*Transformational Leadership –  
Inspirational and Motivational*

**13:50 – 14:20**

*Dr. Theresa Ann Moseley*



*High technology and innovation vs ancestral  
natural health methods, a false fight*

**14.20 – 14:50**

*Jamila El-Hajji*



*Leading & Leaving Your Mark on the World*

**14:50 - 15:20**

*Dr. Angelica Benavides*



*Coffee Break*

**15.20 – 15:30**



*Trust your intuition*

**15.30 – 16.00**

*Ditte Joergensen*



*Unleash the Power Within  
No Matter the Circumstances*

**16.00 – 16.30**

*Amelia Fjellvard*



*"Phoenix Rising Star"– the spirit of a  
Warrior  
Leading the next normal Boldly and  
Bravely*

**16.30 – 17.00**

*Dilraj Kaur*



*Women's Mental Health Matters: How to  
Break through what was meant to break  
you*

**17.00 – 17.30**

*Rhonda M. Wood*





**STAR-ICON**  
**WOMEN-R.I.S.E -W.I.S.E-S.H.I.N.E Congress**

March 08 2022

Day 01

CENTRAL EUROPEAN  
TIME ZONE (CET)



*Kristen Christy*

*Lending HOPE to those who feel Hopeless*

13.20 – 13.50



*Dr. Debra Dupree*

*Building Psychological Safety: The Neuroscience  
behind Shaping and Influencing MINDSET  
Shifts*

13.50 – 14.20



*Kessie Stevens*



*Ruby*

*Workplace Psychological Safety for  
Marginalized Populations*

14.20 – 14.50



*Silvana Kasinski*

*Telemedicine: A risk Management Tool of Spinal  
Site infections Following Spine Surgery*

14.50 – 15.20



*Coffee Break*

15:20-15:30



*Michael Kaltenbach*

*Changes in sexual behaviors due to the utilization of  
Prep as a preventive method for the transmission of  
HIV*

15.30 – 16.00



*Vadim Baram MD*

*Adolescent Suicide Prevention*

16.00 – 16.30



*Randy Macsisak*

*The Dawn of Digital Health Care,  
Exciting New Therapy Horizons.*

16.30 – 17.00



*Ece Gunay*

*Key Role of Facilitators in Medical  
Tourism Sector*

17.00 – 17.30



*Amanda Bishay*

*The Importance of Health And Nutrition—  
coping with COVID-19*

17.30 - 18.00



*Kadeu Josephine*

*Medical Laboratory Scientist*

18.00 - 18.30



*Dr. Abhijeet Nakave*

*Study of Utilization of telemedicine  
Services of MDtok across the continents in  
COVID-19 pandemic.*

18.30 - 19.00



# STAR-ICON WOMEN-R.I.S.E -W.I.S.E-S.H.I.N.E Congress

March 09 2022

Day 02

CENTRAL EUROPEAN  
TIME ZONE (CET)



*Dr Denise Moore Revel*

*Discover the Power of Your Voice and  
Own Your Amazing*

**08.00 – 08.30**



*Natasha Ickes Saman*

*Empowerment Through Adversity*

**08.30 – 09.00**



*Merete Stangeland*

*Master Your Mind Master Your Life*

**09.00 – 09.30**



*June Chambliss*

*When Women's Leadership Style of Management is  
Conflict Avoidant...Are You Leading Others from  
Your Dysfunction?*

**09.30 – 10.00**



*Coffee Break*

**10:00-10:10**



*Brittaney Young*

*Fostering Authenticity at Work*

**10.10 – 10.40**



*Grace Harris*

*"Women Unleashed: Speaking From Your Heart to  
Create Intergenerational Transformation"*

**10.40 – 11.10**



*Sania S. Green-Reynolds*

*The Practice of ACTIVATING Confidence*

**11.10 – 11.40**



*Connie Lee Bennette*

*The Authentic Female Leader of tomorrow – How to stay  
on the center stage of your life*

**11.40 – 12.10**



*Tandra Price*

*Connecting Vs. Collecting*

**12.10 - 12.40**



*Lunch Break*

**12.40 – 13.20**



*Dr Parin Somani*

*Anti-Aging Skin Cell: Our Battle to Youthful skin*

**13.20 – 13:50**



*Eleftheria Kokkori*

*"How to achieve a good Skin quality at any age"*

**13:50 – 14:20**



*Marie S Hall*

*Resilience, Resourceful. Reboot, Rebuild*

**14.20 – 14:50**



*Constance Woulard*

*Suicide Prevention*

**14:50 - 15:20**



*Coffee Break*

**15.20 – 15:30**



*Ina Johnson Myers Clc*

*Healthy vs Narcissistic Love and Relationships!! Your Health Depends On It!!*

**15.30 – 16.00**



*Marie Sebueng*

*Women leading Sustainability (SDGs)*

**16.00 – 16.30**



*Martha Davidson*

*Living Optimally Vibrationally Exceptionally*

**16.30 – 17.00**



*Derashay Zorn*

*WOMEN RISE 2022*

**17.00 – 17.30**



*Closing & Awards Ceremony*

**17.30 – 18.30**





**STAR-ICON**  
**WOMEN-RISE-WISE-SHINE Congress**

March 08, 2022

Day 01

CENTRAL EUROPEAN  
TIME ZONE (CET)

*Opening Ceremony*

**08:00-08:20**



*Seetha Sagaran*

*Women Empowerment – Creating  
Global Progress Through Partnership  
And Participation.*

**08:20–08:50**



*Sarifa alonto younes*

**WOMEN LEADERSHIP**

**08:50 – 09:20**



*Lone Sorensen*

*Access into holistic health care educational  
Online or/and in person program, opening  
for financial, social and health resources for  
women.*

**09:20 – 09:50**



**Coffee Break**

**09:50 - 10:00**



*Judith BragadoViado*

*Womens Health*

**10.00 – 10.30**



*Desziree Richardson*

*The power of your presence (Take  
your control back and step into your  
greatness*

**10.30 – 11.00**



*Miranda Christopher*

*Why Equity Is The Key Factor To  
Creating A Female Friendly Business  
World*

**11.00 – 11.30**



*Somaya El Shafei*

*The land of wonders*

**11.30 – 12.00**



*Irene G.Ricotta*

**WHOLENESS IS THE KEY FOR MENTAL  
HEALT A COMPLETE WELLBEING.**

**12.00 - 12.30**



*Carine Gomes Roos*

*Beyond 50:50 – How to improve  
gender equality in Brazilian tech  
companies*

**12.30 – 13.00**





**STAR-ICON**  
**WOMEN-RISE-WISE-SHINE Congress**  
**March 08-09, 2022 Paris, France**

**March 09**

**Day 2**

**CENTRAL EUROPEAN  
TIME ZONE (CET)**



*Iris Angellys*

*"Queen of divine feminine  
empowerment and multidimensional  
magic"*

**08:20–08:50**



*Mausumi Paul*

*Empower the Women via Education*

**08:50 – 09:20**



*Dr MD Ramiro Vaca Narvaja*

*Implementation a Domiciliary Tele  
monitoring protocol in patients COVID-19  
positive by Telemedicine in Patagonia  
Argentina.*

**09:20 – 09:50**



**Coffee Break**

**09:50 - 10:00**



*Manna Abraham*

*Die to Live*

**10.00 – 10.30**



*Janelle Watson*

*The Energy Flow that brings you balance  
and connection – Raising your Vibrational  
Energy*

**10.30 – 11.00**



*Rose Rawani*

*How To Lead With Passion That Inspires  
Your Human Capital In Industry 4.0*

**11.00 – 11.30**



*Dr. Abby Harwood*

*'Equity of Access and the Role of Telemedicine'*

**11.30 – 12.00**



*Line Nicolaisen*

*Grounding is the foundation of a strong immune  
system.*

**12.00 - 12.30**



*Janine Dunn*

**WOMEN LEADERSHIP**

**12.30 - 13.00**



**STAR-ICON**  
**WOMEN-R.I.S.E -W.I.S.E-S.H.I.N.E Congress**



**STAR-ICON**  
**WOMEN-RISE-WISE-SHINE Congress**

March 08, 2022

Day 01

PACIFIC STANDARD  
TIME (PST)

*Opening Ceremony*

08:00-08:20



*Adil Dalal*

*Advanced Strategies for Overcoming Stress and  
Achieving Positive Mental Health: Case Studies*

08.20 – 08.50



*Therese Nadeau*

*The Future of Sustainable Leadership*

08.50 – 09.20



*Rachel Roberts*

*Bridging the Systemic Gap in Education: The  
Mind Body Currency Connection*

09.20 – 09.50



*Coffee Break*

09:50 – 10:00



*Deborah Robinson*

*Philbrook Adult Transitional Housing:  
Matching Clients with Safe and Affordable  
Housing*

10:00 – 10:30



*Monica Hermosillo Herrera*

*Indomitable leadership*

10.30 – 11.00



*Shaunda S. Thompson*

*Who Are YOU? The Pursuit of Authenticity  
Through Personal Branding*

11.00 – 11.30



*Shannon Summers & Adrienne Kraig*



*Whole Foods Plant Based Living from  
the Inside and Out*

11.30 – 12.00



*Rebecca Morrison Glead*

*Employed Motherhood: Supporting Employed  
Mothers at Micro & Macro Levels*

12.00 – 12.30



*Styp Canto Rondón*

*Technological Experiences used in the  
field of Telemedicine in Latin America.*

12.30 – 13.00



*Lunch Break*

13.00 – 13.30



*Cintya Jesús Barrón Sarmiento*

*Telehealth in rural areas*

13.30 – 14.00



*Dr. Khadija Haris*

*Assessment of knowledge and perception about Telehealth among the rural and low socioeconomic populations of Pakistan.*

**14.00 – 14.30**



*Dr. Deepa Sukumar*

*Telemedicine in Pediatrics*

**14:30 - 15:00**



*Marianne Padjan*

*Meditation for Self –Love*

**15.00 – 15.30**



*Coffee Break*

**15.30 – 15.40**



*Elsa Rapudi*

*Depression & Anxiety*

**15.40 – 16.10**



*Lara Augusta*

*What's in a name?*

**16.10 – 16.40**



*Yvonne Mundih Mbuuh*

*CHILD MARRIAGE*

**16.40 – 17.10**



*Claudia Taboada*

*The 5 Mistakes Behind Working Mother Burnout*

**17.10 – 17.40**



*Dr. Ann Leonard Zabel*

*Searching the Brain for Happiness – A Pleasant Surprise!*

**17.40 – 18.10**



*Anar Massani*

*Womens Confidence Coach*

**18.10 – 18.40**



*Dr. Ingrid Vasiliu-Feltes*

*Impact AI In Healthcare*

**18:40- 19:10**



*M.V. Kalyan Cheerla*

*Artificial Intelligence*

**19:10 - 19:40**





**STAR-ICON**  
**WOMEN-RISE-WISE-SHINE Congress**

March 09, 2022

Day 02

PACIFIC STANDARD  
TIME (PST)



*Wendy Björk*

*Live Life on Your Terms" is my thread*

**08.20 – 08.50**



*Christine Holter*

*Impact Factor: The science backed every day actions fierce women use to create success*

**08.50 – 09.20**



*Paula M. Kramer*

*4 Girl Mindsets for Ending 4 Cultural Themes of Betrayal*

**09.20 – 09.50**



**Coffee Break**

**09:50 – 10:00**



*Dr. Chandana Ummitha*

*A digital health intervention to prevent opioid overdose deaths and save lives*

**10.00 – 10.30**



*Dr. Patty Ann Tublin*

*Tool to increase your emotional intelligence*

**10.30 – 11.00**



*Felicia danani*

*The Self-Reflection Crisis*

**11.00 – 11.30**



*Stephanie bowman*

*Social Conscious Impact*

**11.30 – 12.00**



*Reginald hicks*

*Holes in My Pocket*

**12.00 - 12.30**



*Mark Anthony king*

**SOCIAL CONCIOUS LEADERSHIP :**  
*Mental Health Effects*

**12.30 – 13.00**



**Lunch Break**

**13.00 – 13.30**



*Melody garcia*

*Lost in Translation*

**13.30 – 14.00**



*Rasha Swify*

*Unleash Your Superpower*

**14.00 – 14.30**



*Dr. Franchell Richard Hamilton*

*Training a new mindset through digital health, the key to lasting behavior change*

**14:30 - 15:00**



*Dianne Rudolph*

*Best Practices in the Management of Lower Extremity Vascular Ulcers*

**15.00 – 15.30**



*Coffee Break*

**15.30 – 15.40**



*Tiesha Marie Johnson*

*Changing the World with Humanity, Healing & Hope*

**15.40 – 16.10**



*Tierra Brown*

*Speak Up and Dream Big! The Importance Of Finding Your Voice*

**16.10 – 16.40**



*Tannis K Babos*

*Grief: A Pathway to Self-Love and Forgiveness*

**16.40 – 17.10**



*Dr. Marjan Assefi*

*An Exploration of the Role of Adverse Epigenetic Determinants (adverse environmental factors) in the Early Brain Mapping and Architecture: From Conception to Early childhood*

**17.10 – 17.40**



*Veronica Conway*

*Liberate Your Leadership*

**17.40 – 18.10**



*Jeffrey Hosick*

*What Do I Do With These Haunting Flashbacks?*

**18.10 – 18.40**



*Peter Kim*

*Using agile methodologies to implement telemedicine*

**18:40- 19:10**

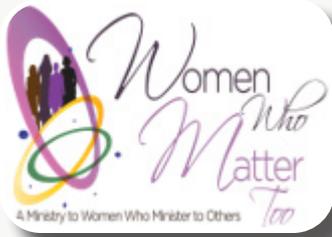


*Tess Tims*

*The 3 Cs: Chaos, Clarity, & Commitment*

**19:10 - 19:40**











PHYSICAL  
*Speakers*

*Lending HOPE to those who feel Hopeless*



**Kristen Christy**

*Master Resilience Trainer, Resilience, Mental Health, Suicide Prevention*

**Introduction**

They say life is a tough teacher. We get the test first and then learn the lesson. Perhaps no one knows that better than Kristen Christy. As a world-class athlete at 15, she experienced a massive stroke from a brain hemorrhage that left her physically and mentally broken with her identity in question.

The suicide of her first husband after a deployment devastated her family and left Kristen feeling shame and guilt. Both of her sons' attempted suicides and the later disappearance of her oldest due to mental illness left Kristen with a sense of failure – she failed as a spouse and as a mother.

H.O.P.E. is what helped Kristen persevere over life's brutal tests. Her story reinforces the superpower of connectedness and community. As she says, "We are made to do life together."

\*Warning: Kristen uses a moving and powerful voicemail from her son on his 20th birthday - 8 years after his father's suicide – and the night her son attempted.

**Aim**

Communicate that suicide is a community problem that must be solved by the community, not the person in crisis and, from a place of experience, how communities can change the perspective for those struggling with suicidal ideations and

**Conclusions**

With the use of acronyms the audience will have more tools and resources for reframing when it comes to the topic of suicide, encourage intentionality when reaching out to those in need, understanding one's own "emotional battlefield" and internal struggles impacted by suicide, and inspire participants to be armed with a hope to not only overcome

daily battles but to come through them stronger together.

**Keywords**

Suicide prevention, Community Involvement, Resilience, Reframing

**Biography**

Kristen Christy, known as America's Resilience Speaker, was named the 2018 AFI Air Force Spouse of the Year, a 2019 Top 30 Women Military Influencer, a 2020 Remarkable Woman finalist, and a 2021 Force for Change awardee. Kristen Christy is a Master Resilience Trainer and resilience expert.

*Empowerment Through Adversity*



**Natasha Ickes Saman**

*Salon owner, author, motivational speaker and life coach*

**Introduction**

We are living in unprecedented times. The current pandemic has affected the world in every way imaginable. Now more than ever it is important to examine how we respond in times of crisis. Do we fall apart or do we exemplify extraordinary resilience? Even before Covid, challenges (in various forms) were a universal thread in the human experience. However, we can use our pain as a catalyst for success. To do this I have a system of response that I want to share on both a personal and practical level. When this is implemented individually and in society as a whole, it will change the world.

**Aim**

Participants will feel inspired, motivated and understood. I hope to create a space of loving accountability, where each member of the audience not only feels driven to create the life of their dreams, but also leaves with tangible steps on how to do so. I would like them to reframe current challenges in their mind, now looking at them as opportunities for growth. They should understand how to do that with every challenge going forward. I want them to leave feeling motivated to relentlessly pursue their dreams, fully aware that they can create anything they desire. I hope they leave ready to be a better version of themselves.

**Results**

Participants will feel inspired, motivated and understood. I hope to create a space of loving accountability, where each member of the audience not only feels driven to create the life of their dreams, but also leaves with tangible steps on how to do so. I would like them to reframe current challenges in their mind, now looking at them as opportunities for growth. They should understand how to do that with

every challenge going forward. I want them to leave feeling motivated to relentlessly pursue their dreams, fully aware that they can create anything they desire. I hope they leave ready to be a better version of themselves.

**Conclusions**

When these tools are implemented individually and in society as a whole, people begin to live their purpose. Operating from that divine place creates peace, love, harmony and compassion. That immediately leads to less violence, abuse, anger and negativity. In turn it makes way for more joy, empathy and fulfillment.

**Keywords**

Depression, manifestation, resilience, entrepreneur.

**Biography**

Natasha Ickes Saman Natasha Ickes-Saman is a salon owner, author, motivational speaker and life coach with over 15 years of experience. Her salon has operated successfully for close to a decade while also serving the community through free haircuts for homeless men, women and children. She recently released a best selling memoir and founded Manifesting Miracles, a program which helps women launch passionate and purposeful careers. She is a certified life coach and NLP Practitioner. She has also been published in MunaLuchi magazine, the Los Angeles Tribune, the Hudson Weekly and more. In 2019 she received a Certificate of Recognition from the California Senate for her work in the community. She is a global speaker and is excited to be delivering a TEDx talk later on this year.

*Demystifying Suicide*



**MJ Maher**

*Institute of Group Analysis; UKCP*

**Introduction**

According to MIND, in the UK 1 in 5 people have suicidal thoughts, and 1 in 15 attempt suicide. Women are more likely to have suicidal thoughts and to make suicide attempts than men, yet men are 3 times more likely to take their own lives than women.

In 2020 there were 5,224 suicides registered, one of which was my son Bryan. Around 3/4 of registered suicide deaths were men (3,925 which is 75%).

As someone who spent 28 years working with suicidal people without losing a single person to suicide, it had to be my mission to understand why I could not save my son.

**Aim**

Participants will explore the suicide risk factors

Participants will identify the impact of protective factors and learn how to reinforce them to maintain their protectiveness .

Participants will explore the risks of prescribing antidepressants linked to suicidal thoughts and behaviour without proper monitoring.

**Materials and Methods**

I will use various methods, for example storytelling, to highlight the issues around suicide; I will present The Traffic Lights As A Suicide Prevention tool then reflect on two suicides and a suicide group I facilitated, drawing attention to the impact of group therapy on its members. During this process I will also examine some of the myths around suicide, looking at the possible damage the fight against mental health stigma might have on those without previous mental health diagnosis

**Results**

Reflecting on my son's suicide I will highlight some of the failures which could lead to suicide, for example:

- The protective factors which could have stopped him from carrying through the suicide
- The employer's failings around working conditions, ignoring complaints
- The General Practitioners prescribing antidepressants linked to suicidal thoughts and behaviour to someone who is not clinically depressed but was suffering from reactive depression without offering the recommended level of monitoring
- Ending by identifying areas that need further research.

**Results**

With a decrease in face-to-face consultation with General Practitioners it is important that doctors consider carefully when prescribing medication that might end up in fatality. This is no time to opt for a quick fix without taking appropriate care. I also look at why pharmaceuticals need to be clear about the information they give to prescribers because life matters.

Discussions on the lessons learnt from the case studies to:

- Families, friends and therapists on the essential information to bear in mind, and the use of The Traffic Lights as A Suicide Prevention tool,
- Employers on managing work disputes and making use of their Human Resources and

## *Demystifying Suicide*

Occupational Health Departments,

- Doctors on diagnosing and treatment of reactive depression and
- Pharmaceuticals on offering clear instructions/warnings on antidepressants linked to suicide behaviour and thoughts which leave no room misinterpretation.

### **Keywords**

Suicide Prevention, Protective Factors, Clinical Depression, Reactive Depression, Melanie Klein's positions (Depressive position, Schizoid-paranoid position)

### **Biography**

MJ Maher MJ Maher created S.E.R.V.E. Our Youth: An Anti-knife Culture Formula. She is a group analyst in private practice and facilitates experiential groups in London. MJ teaches on Foundation and Intermediate Courses in Group Analysis in Rwanda. MJ worked for 28 years as a charge nurse, community psychiatric nurse and a group psychotherapist specializing in Personality Disorder and Suicide; she facilitated groups for suicidal patients. MJ is an author – Racism & Cultural

**Diversity:** Cultivating Racial Harmony Through Counselling, Group analysis and Psychotherapy (Karnac 2012), and published a 5,264-word poem: The Role of a grandmother comparing a traditional and a colonized grandmother..

*How to create a (more) solid, sustainable and successful business without sacrificing yourself?*



**Myrte Scheffer**

*Inspirational speaker*

**Introduction**

Every single one of us has a story. A story with suffering, sacrifices and hopefully successes as well. When you are someone who's mission in life, is to help others and create change and positive impact to improve their lives, you most likely have a "rich" personal story yourself. How do you make sense of the things you went through and even more so: how can this be an accelerator for your professional impact? Maybe right now you are running your business/organization, but you feel you hit a (glass) ceiling. Maybe right now you notice that leading this company requires you to step up your game. Maybe right now you don't have all the resources in place to realize your vision? And by resources, I mean either money, strategies, network, the right team, your own leadership or even a combination? Because of that you are crumbling, you are buried in your daily routine and the words growth and next level are not even on your horizon anymore. Maybe right now you are struggling to see the bigger picture and as a result of that, it's affecting your clarity and maybe even your bigger vision. Most people notice this when it's almost too late. When the stress is causing sleepless nights and when relationships are being affected by this. Feel like you're losing grip? Have you thought about quitting, thought about giving up your dream? Is this really the outcome you had in mind when you started this? I believe that it's possible for everyone to create professional impact from the heart and to make a good living from it. You just need to know what steps to take. However, along the way we – women on a mission – might face some extra challenges. Are we good enough? Are people interested in what I do or have to say? Maybe you don't feel like you are taken serious by your environment, as if they don't understand your deeper mission in life. I can go on with many more mental, psychical and practical challenges but it comes down to this

Now it may all seem very difficult, but in the end social entrepreneurship is just a game with rules. A puzzle that you can design yourself, with the right guidance around you. Once you start the game and follow the rules, it is possible for you to build your dream business that will last a lifetime, without you having to sacrifice yourself. It took me 36 years to get here. If only there would have been someone next to me when I was going through all these stages of personal and professional growth. . . I had a burn-out at 21, I've lost my multi-disabled sister, my sister-in-law, my "second mom", my business and my twin babies in the past 5 years. However, I managed to find my purpose in all of this and to transform it into my professional power so that I can guide other impact players forward. How many people give up along the way? How many initiatives, businesses, ideas, good intentions and heart driven activities/organizations go to waste, simply because they didn't have the right guidance to help them build a solid business(model) around it? How many people will not be helped as a result of that? Can we really let this happen? How can we make it work instead? What are the fundamental keys for success for building a social business? And how do you implement this step by step?

The people who, every day, dedicate their time, energy and money to helping others need to ask themselves this question: How can I build a solid and successful business for myself as well, without sacrificing myself?

**Aim**

- Participants will explore their personal and professional opportunities for growth.
- Participants will identify the fundamental keys to create a solid, sustainable and successful business.

## How to create a (more) solid, sustainable and successful business without sacrificing yourself?

- Participants will learn how to maximize their impact without sacrificing themselves.

### Materials and Methods

When in March 2020 not only COVID wiped away my entire consultancy business, but a month later I also suffered a big personal loss for a woman, I decided: enough is enough. From that moment on, I redesigned my life and business in a way that it fulfills me most. I had to shaken up my existing fundament and just like renovating a house, I had to decide what had to go, what could stay, what needed fixing and what I had to add. I sold everything in the Netherlands, got trained as a public speaker in the UK and went on a 12-month roadtrip through pursuit my dream: live and work from Spain. I checked a lot of my bucketlist, with the highlight: driving my motorcycle from Amsterdam to Mallorca. All my years of experience as a Strategic Business Coach & Trusted Advisor combined with my personal experiences, I designed The Purpose Empowerment Program. A growth program for everyone on a social mission who can use help in the process. Together we build your social business, brick by brick. If there would have been someone to help me on my journey to help me unfold and design my specific pieces of the puzzle, I wouldn't have had to sacrifice so much. Wouldn't have felt alone and lost. When you know deep down that you are here for a bigger purpose, you might recognize that it's not always easy to turn this into reality. Having a good heart and a good intention, isn't rarely enough to build a successful social business. AND THAT'S OK. You go through a personal process and at the same time, you need to build a business to be able to help your clients. The best way to do this is not to approach your mission only as a "whole", but to break it up in pieces instead. When I started identifying all the different layers and pieces of the puzzle, I could slowly start (re)building this brick by brick.

Compare it to building a house: to build a solid, sustainable house, you don't start with building the attic, are you? You start underground, digging deep to build a fundament that fits the desired house. You don't go back and change the fundament every year, that's not doable. How the fundament looks, depends on how your desired house looks. But there are always fundamental pillars which are guidelines for your fundament. In my programs these pillars are: Soul, Spirit (mind(set)), Strategy, Sustainability and Success. Whether you are a (solo) entrepreneur, running a social Enterprise, director of an NGO or anything similar: it's structure, model and strategies need to be a fully fitting blueprint of how you want (and need!) to design your life and business, to be able to create maximum positive impact on others, without sacrificing yourself. Just as with building a house, it's the same here: you are not an expert in everything. Finding the right people

around you to make your dream reality, is a matter of making choices. To be able to make choices, you need to know what you want. To know what you want, you need to where you want to go. To know where you want to go, you need to go back to the core of you and your business. And voila: there's the fundament you seek to build on further.

### Conclusions

If you want to help even more people and if you want to build a solid, sustainable and successful business around your life's mission, you want to start getting all your key fundaments in place to facilitate your ambitions. There's nothing stronger than a strong fundament for growth. Both personal and professional.

### Keywords

(Social) entrepreneurship, social business, creating impact, personal development, (social) strategy, personal sustainability (mental health), professional sustainability (solid organiza- tions), personal success, professional success, purpose, leadership, positioning, business devel- opment

### Biography

Myrte Scheffer Myrte is the Founder of The Purpose EmPowerment Program (online and offline) for people, companies and organizations who want to make positive change and impact to improve the lives of others. As a Growth Coach she helps these so-called 'Impact Players' to create more direction, peace, sustainability, success and growth, for themselves and with (in) their organization, but without sacrificing themselves. Myrte is a serial concept creator with a passion for the purpose of people and to convert this into unique and effective business concepts.

***Digital Transformation Leadership - Technology***



**Sonali Deshpande**

*Digital Marketing ,Local SEO , Social Media Marketing ,Website Design ,Certified Digital Marketer*

***Introduction***

What is Digital Marketing and how will it helps every business, small, medium, or large !

***Aim***

Help understand small to mid sized businesses how the physical and digital boundaries of their business are blurring even more. Maximize the utilization of of their 'Virtual Real Estate'

***Materials and Methods***

Digital marketing, Social media, website design, videography, SEO, PPC

***Biography***

As an accomplished software developer with a Master's Degree in Sciences, Sonali didn't originally plan to launch a local marketing company. However, one thing she realized early in her career that she was good at working with people and built the 'know, like & trust' foundation.

So she decided to switch gears and focus on what she was more passionate about – people and small businesses. She learnt the technical side of marketing, and found there was a greater need on the strategic side, especially for small, local businesses that depend on attracting customers from a very small geographic area.

Earned a Certificate of Marketing Strategy, & Digital Marketing from Cornell University and founded InsiderTrendz in 2015. She applies all the skills that she learnt in software development, which combines extensive research, reliable processes and ongoing testing with a heavy dose of innovation and creative thinking.

Contact to schedule a 30-minute consultation with Sonali



*Telemedicine: A risk Management Tool of Spinal Site infections Following Spine Surgery*

**Dr. Silvana Kasinski**

*Grupo da Coluna/Spine Clinic-Chefia Grupo Telemedicina/Chief Telemedicine Group-Departamento de Ortopedia e Traumatologia/Department of Orthopedics and Trauma/EPM/Universidade Federal de São Paulo*

**Introduction**

Dr. Silvana Kasinski she is a Head of the Telemedicine Group of the Department of Orthopedics and Traumatology EPM/UNIFESP Unifesp- Federal University of São Paulo Unifesp- Federal University of São Paulo 34 yrs 2 months,

*Warrior Women Finding Strength and Support In Transition*



**Dr. Teresa McDonald**

*North Carolina State University, Johnston  
Community College*

**Introduction**

The purpose of this study was to explore the experiences of post-deployment female veterans as they transition to a community college educational environment. This study was guided by Schlossberg's Transition Theory as its theoretical framework. The sample for this study was chosen purposefully from female veterans who were attending two southeastern US community colleges and had been deployed while serving in the military. One of the community colleges was a smaller, rural college, and the other was a larger, suburban one.

**Aim**

The research questions were: 1. What are the unique transition experiences of female post- deployment veterans in a community college educational environment from military service member to student? 2. How do personal, social, and environmental factors affect the soldier to student transition of female post-deployment veterans attending a community college? 3. How do female post-deployment veterans attending a community college negotiate the transition from service member to student?

**Materials and Methods**

Participants were chosen from a sample of female post-deployment veterans enrolled in one rural and one urban southeastern community college. Females were chosen for the purposes of this research to highlight the female post-deployment veteran-to-student transition experience. Data collection was done through semi-structured interviews, journaling, and observations. All allowed opportunities for the participants' stories to be told. Once the interviews were completed and transcribed, themes were identified. Once themes were identified, first-cycle coding was conducted to group themes into single

terms. Next, second-cycle coding was conducted to group themes into smaller categories.

**Results**

The age of the participants ranged between 25 and 34 years with an average age of 29. Three of the participants had served in the Army, two in the Air Force, two in the Navy, and one in the Marine Corps. Five of the participants were enrolled in a community college full time, with the remaining three enrolled part-time. Of the five participants who were enrolled in school full-time, two worked part-time jobs. Six participants were unemployed. Of the participants, six were seeking associate degrees. Among this group of six, three were planning to transfer to a university after completion of the associate degree. One participant had obtained a four- year degree before entering the military and was pursuing a diploma/certificate through the community college. Two of the participants were enrolled in a small, rural community college. The other six participants were enrolled in a large, urban community college. Both community colleges were located in the southeastern United States support systems and developed effective strategies to cope with their transition from service member to community college student. These varied among the participants.

## *Warrior Women Finding Strength and Support In Transition*

### **Conclusions**

The first major conclusion is that female post-deployment veterans come to the community college with complex needs as a result of their individual situations predicated by the effects of their deployment experience.

The second major conclusion is that a successful transition for participants in this study was largely based on their self-efficacy as a result of or in spite of their deployment experience.

The third major conclusion is that for participants in this study to experience a successful transition, they must have identified adequate support systems and developed effective strategies to cope with their transition from service member to community college student. These varied among the participants.

### **Keywords**

Veteran, transition, post-deployment student veteran, veteran friendly campus

### **Biography**

Dr. Teresa McDonald Dr. Teresa McDonald serves as a Career Coach at a Community College and is Founder & CEO of She Dares To, LLC. As both Coach & Consultant, Dr. McDonald works to assist individuals with life transitions and empowers and cultivates successes, with a primary focus on women. In addition to career coaching and consulting, Dr. McDonald's background includes mental health and substance abuse crisis counseling, training and program development, being a featured speaker and panelist, and work on behalf of marginalized populations within school systems, non-profits, and government organizations. She obtained a B.S. degree from The University of North Carolina at Chapel Hill, a M.Ed. in Training & Development and an Ed.D. in Adult & Community College Education, both from North Carolina State University.

I QUIT...

Y Rena Cooper

ADVOCATE , AUTHOR , COACH ,SPEAKER  
A woman with VISION on a MISSION



**Introduction**

How many times have you wanted to throw in the ‘imaginary’ towel? Wouldn’t just like to stop and maybe hide in your house, in your bedroom, under the covers or better yet just find cave in the wilderness where NO ONE can find you? Not even Siri on your iPhone. LOCATION ACCESS DENIED!

**Aim**

- Participants will understand the quitting is NOT an option.
- Participants will identify the impact of the everyday routine of life can have you shook. So much so that you want to give up, however can’t.
- Participants will understand that self-love and care is essential in order to maneuver life. Someone is depending on you whether you like it or not. You are needed and you have destiny to fulfill.

**Materials and Methods**

Just having a conversation with possible feedback and audience participation. If there aren’t many in attendance, I may be able to supply some materials as it relates to the speech.

**Results**

Women will understand and find their “Y” and know that stopping or going back is NOT an option.

**Conclusions**

To be able to connect with the participants, hoping that they find value in themselves as well as the information shared.

**Keywords**

destiny; working toward goals; unstuck

**Biography**

Y Rena Cooper Y. Rená Cooper is affectionately known by her family and friends as Rená. Seeing others live their best lives is one thing that drives her. Seeing victims become free, victorious and witnessing survivors thrive in their ‘after’ is something that gives her life and pushes her towards purpose.

A survivor of domestic violence, Y. Rená made it her life’s mission to make sure her voice is heard. She makes sure she cries loud and spares not for victims of domestic situations. Y. Rená is the founder & CEO of 4 My Voice Matters, NFP (4MVM) and Y. Rená Unlimited, LLC. 4MVM is a 501c3 organization that raises funds and brings awareness to domestic violence and suicide prevention. Through Y. Rená Unlimited she offers coaching and masterclasses. She is also a Best-Selling Author of two books: Assassination Avoided, Destiny Defined & When Did I Stop Loving You

*Steps to Becoming a Black Belt Leader In Your Business!*

**Laura Armstrong**

*Founder/CEO Leadership with Laura*



**Introduction**

Leadership can be a large and intimidating subject to tackle. What is leadership and what does it mean? Are we all leaders, or do we get to choose to lead? Leadership is a very individual and personal journey whether you are just starting to embrace your leadership or you are an experienced leader who has made a big impact on the world. One thing I see time and again is that leaders didn't feel they had the tools they needed to succeed, and they weren't sure how to motivate others, essentially that leadership was overwhelming. And lastly, they were working so hard but not making enough money and improving their bottom line.

By implementing these three top tips, Defining Your Leadership and Your Business, Becoming a Powerful Leader and Overcoming Your Obstacles, you will have a much clearer path to what leadership success looks like for you.

**Aim**

- Define Your Leadership and Your Business
- Become a Powerful Leader
- Overcome Your Obstacles to Create Your Path to BlackBelt Success

**Discussion**

Three Top Tips to becoming a Black Belt Champion in Business

**1. Define Your Leadership and Your Business**

Where are you now in your business? What kind of leader are you? Do you have a clear path?.

As a business owner and leaders does it mean helping others take hold of their success and lifting them up to create a successful business in their own right? Getting really clear on this is not only going help you succeed, its going to get you asking questions of yourself to make sure you are on the right path for you, such as,- Do you love what you do? Is it your passion? If not, what drives you?

It's important to remember you can't do it alone and having the right trusted partners along the way is key to achieveing your goals and your dreams.

Some things to consider in your business - Are you leveraging your tools, sm, systems and processes to build your leadership so it doesn't stagnate? Have there been stops and starts, or have you not bothered going after it – what I am trying to get at here is how badly do you want it.

What are the benefits currently in your leadership?

What are Your Goals – achievable? Leadership, team growth, programs, offerings. Do you break them down into smaller milestones as a means of creating the step by step path to success. What's holding you back from reaching your goals and what do you want out of your business?

What do you offer? Key questions you need to ask yourself here:

- What is your product, service or opportunity – or a combination
- What do people need from you, have you found its increased, changed, or you need to add to what you offer, are there multiple offerings
- Is it accessible to everyone – or is it niche marketed
- Is it easy to talk about and get your message across – what would help make your message more clear –

## Steps to Becoming a Black Belt Leader In Your Business!

- Is recruiting in your message about leadership or is it more training focused

It's really important to have a balance of personal and professional in your life and your business. It's a fine line you have to keep on top of so that you are making sure you are staying on track to everything you want to achieve. Ask?

- What do you love about what you do? Does it connect with your why?
- Do you have enough fun? Experience enough joy? Do you work too much?
- Do you need to have a better work life balance?

### How are you spending the majority of your time?

- Are you organized? Do you hire someone to help you?
- Do you break down your time into increments of work, family, relaxation, organization?
- Do you have a plan when it comes to your business structure?

### How good are you and collaborating and communicating effectively?

- Your success may depend on how effectively you can organize your collaboration with others. Plus, it's just as vital to identify who to collaborate with and on what projects.
- Three things you should ask when connecting with others – what is my outcome? Is this contributing to me? Is this contributing to them?
- Disorganized and hectic communication will damage your productivity. You must speak and write in a clear manner to be sure your message is understood. This means your communication skills and active listening skills must be up to par to achieve success in your business.
- The ability to plan is arguably the most important attribute of any person who claims to have strong organizational skills

### Mental & Physical Organizational skills

Mental- This goes far beyond being able to think in a logical and orderly way. Mental organizational skills allow you to research and analyze situations, prepare documentation, or think strategically among others. Thanks to your analytical skills you can adopt a methodical approach to solving problems.

Here's a list of some of the most important mental organizational skills:

- Assessment and evaluation
- Critical thinking
- Decision-making
- Strategic thinking

Physical - Being able to keep your workplace well-organized is also important. If you can't find necessary documents, office utilities or your computer desktop is so cluttered that you don't remember what your wallpaper looks like, your workflow will catch a hiccup. Become a Powerful Leader

### Where Do You Want to be In Your Business and your Leadership?

If You Could be the World Champion of your business what would that look like? What immediately came to mind? What did that mean to you? Was it hard to imagine?

There are so many things we could talk about but the three greatest steps that will give you the path to where you want to be are your Mission, Your vision and embodying and working on the qualities that you see time and again in great leaders and business people.

So lets talk about your Mission and your Vision first:

**Your Vision is what you create first and its the Ultimate Goad to be achieved!** It's where you are heading towards. It's purpose is to inspire and give hope to the people contributing towards attaining the goal. Vision comes first as it guides the overall structure for mission.

**Your Mission is a statement indicating the activities to pursued to accomplish a goal**

**– its smaller and more connected to you directly.** How will we reach where we are going? It's purpose is to provide guidance or roadmap for achieving the goal. The mission comes after vision.

Qualities you want to Embrace to be a Black Belt in Your Business  
What is a thoughtful Business Leader?

It's someone who actually thinks more than the average leader. Another common term I have heard is Influential Leadership. They weigh their decisions more carefully, listen more, and more aware of how what they do, their actions, behaviors and leadership impact those around them.

## *Steps to Becoming a Black Belt Leader In Your Business!*

### **Conclusions**

You have some amazing new tools to integrate into your business, your leadership and your life – make the most of them and step into the greatness I know you are!!

Becoming a Black Belt in martial arts takes many years of dedication, perseverance and helps you to get really clear on your path in life. Once you receive your black belt you realize that it's just the beginning of your learning and your path, and now the work really begins.

I wish I had had more tips and strategies to make it easier, so I wanted to pass on a bit of what I have learned to help contribute to your success in your business and your leadership.

### **Keywords**

leadership, black belt, overcoming obstacles, effective communication, mindset, empathy, compassion, action taker, self care, networking, organization, empowerment, integrity, bound- aries.

### **Biography**

Laura Armstrong LAURA ARMSTRONG is a 3X World Champion Martial Artist, Leadership Accelerator and Communication Expert. She is a top keynote speaker and 2X International Best Selling Author. With over 20 years in the Corporate space as a trader and leader she knows what it takes to shift to a successful mindset and get to the pinnacle of success by building a leadership legacy that rip- ples out into the world. She works with high performing teams on how to communicate more effectively and become the leaders of tomorrow.

As a National Martial Arts Coach for over 20 plus years she produces world champions and pow- erful leaders time and again. She is the Founder/CEO of Leadership with Laura, an innovative, leading-edge company that uses strategy-based programs and training that empower you to step into leadership success and become unstoppable



*Changes in sexual behaviors due to the utilization of PrEP as a preventive method for the transmission of HIV*

**Dr. Michael Dean Kaltenbach, LCSW**

*Department of Social Policy and Practice,  
University of Pennsylvania,  
USA*

**Introduction**

According to The Joint United Nations Programme on HIV/AIDS (UNAIDS) and the World Health Organization (WHO), approximately 33.4 million individuals throughout the world have been affected by HIV/AIDS in the last 30 years or so (Bonacquisti & Geller, 2013). The medication, Truvada, otherwise known as PrEP, has been introduced to serve as a harm reduction technique to combat the spread of HIV infection. PrEP is an antiretroviral drug that lowers the risk of HIV exposure. This is a qualitative study examining the sexual behaviors of gay and bisexual men prescribed PrEP as a preventive method for the transmission of HIV. I conducted 30 semi-structured in-depth interviews of people who had been prescribed PrEP for at least 30 days in three cities: Los Angeles, Philadelphia, and New York City. The results indicate that contextual factors shaped the sexual behaviors of participants on PrEP, leading them to lower risk at times, and elevate it at others. PrEP caused individuals to experience changes within their communication patterns with their medical providers and their sexual partners. The results shed light on the way people on PrEP engage in sexual and health-seeking behaviors, and help to develop a blueprint for the way service providers engage with this community.

KEY WORDS: PrEP (Pre-exposure Prophylaxis); HIV /AIDS; Truvada; HIV prevention; harm reduction; risky sexual behaviors; Cognitive Behavioral Therapy (CBT); Relational Cultural Therapy (RCT); qualitative interviews.

Michael Kaltenbach formerly was a Part-time Lecturer at Rutgers University School of Social Work in Newark, NJ and an Adjunct Lecturer at Smith College in Northampton, MA. He has previously taught BSW and MSW level courses in crisis intervention and brief therapy, clinical assessment & diagnosis (psychopathology), social work practice with individuals and families, intro. to social welfare / human services,

communication in social work practice, human behavior and the social environment, and emotional disorders in childhood and adolescents at Temple University and the University of Southern California.

Kaltenbach has been working in the field of psychology and social work for the past twenty-six years, and twenty-one of those years have been since he received his master's degree in Social Work. His doctoral dissertation research interest focused on how sexual behaviors have changed due to the usage of PrEP, as a HIV preventive method. His research data as interpreted through the theoretical / conceptual perspectives of cognitive-behavioral theory and relational-cultural therapy. Kaltenbach is a Licensed Clinical Social Worker in California, New York, and Pennsylvania, and has many years of experience providing psychotherapy, case management, and other social services in a variety of settings: hospitals, HIV outpatient clinics, schools, foster care agencies, senior residential facilities, group homes, outpatient community counseling centers, etc. He has experience providing Clinical Supervision as well as Field Instruction to MSW level Social Workers and Interns from USC and UCLA. He formerly served as a Co-Facilitator for the LA County HIV Mental Health Task Force, and has provided lectures on various mental health topics. Previously, he was a Teacher's Assistant (T.A.) for a professor at the University of Pennsylvania School of Social Policy & Practice's MSW level course on Post-colonial Social Work Practice: International Social Welfare in Kolkata, India. He enjoys traveling and learning about various cultures. After he obtained his bachelor's degree, he served as an US Peace Corps Volunteer in Senegal, West Africa. When Kaltenbach is not teaching, he currently provides psychotherapy in his private practice office located in Philadelphia, PA and New York City, NY. He also provides psychotherapy on a fee-for-service basis at outpatient



*See the Big Picture. Find the Opportunities:  
3 Keys to Quiet Your Inner Critic and Move  
into Inspired Action*

**Lisa Gillette**

*BIG SKY Coaching & Consulting,  
CEO and Founder*

**Introduction**

Women are known for being “creative” problem solvers; ready to roll up our sleeves at a moment’s notice, quick to lend a helping hand and offer words of encouragement. Adept in a crisis, innately aware of providing for the greater good vs. the chosen few, women are hardwired to ensure the survival of the species.

Women have an affinity for creating collaborative work environments anchored by a compassionate, engaged, consultative, collegial style. So why do we hesitate when it comes to stepping into our leadership? Why do we often feel uncomfortable expressing our expertise? Why is it so difficult to give ourselves permission to stand up, speak up and ask for what we deserve? Unfortunately, along with the constraints of gender bias and societal expectations, there’s another challenge women must navigate. And it’s the most insidious because it can be the least obvious. It’s that little voice in our heads, the one that tells us “You’re not good enough! Don’t ask! You don’t deserve it! Who do you think you are?”

**Aim**

Whatever you call that little voice, your inner critic, your saboteur, the judge, or something else, we all have one. Mine was the “feed back loop” stuck on autopilot before I found the off switch. Whether the inner critic manifests in imposter syndrome (Clance & Imes, 1978 Psychotherapy: Theory, Research & Practice), or the lone wolf (my own version), it’s essential that every woman learns how to identify, recognize, calm and quiet that little voice. When we believe the lies of our inner critic we can’t take inspired action. We can’t step into our leadership. We can’t reach our full potential.

So how do we effectively do a REFRAME to get us out of the fog of self doubt and denial? How do we embrace a greater self awareness so we

can start problem solving? How do we get from the suffocating narrow focus of self denial to the panoramic vista of a bigger perspective where we can see our true potential and discover the path to achieve it?

**Material and Methods**

**The Universal Query:**

A set of questions I created for my private practice coaching women leaders, executives and entrepreneurs. Participants review their career objective, reflect on the deeper motivations behind their goals, and then identify the biggest obstacles standing in their way. These insights provide critical data for use in designing, refining and executing career advancement strategies. A Debrief template to re-assess next steps after each milestone is provided.

**Identify, Recognize and Acknowledge the Inner Critic:**

Three prompts to 1) identify the inner critic’s message, 2) recognize and acknowledge what triggers its appearance, and 3) uncover and clearly understand how our inner critic sabotages both our professional and personal development while seriously compromising our peace of mind.

**Gaining and Sustaining Perspective (the big picture):** Finding the greater perspective by re-assigning the inner critic a new task that supports self awareness and growth. A simple, focused, daily practice; because practice makes permanent.

**My presentation references “Energy Leadership” (John Wiley & Sons 2008) by Bruce Schneider. I also incorporate the tools I developed to manage my own inner critic during the 25 years I spent in corporate climbing the leadership ladder.**

## See the Big Picture. Find the Opportunities: 3 Keys to Quiet Your Inner Critic and Move into Inspired Action

### See the Big Picture. Find the Opportunities:

#### 3 Keys to Quiet Your Inner Critic and Move into Inspired Action

Lisa Gillette, Women's Executive Leadership Coach, PCC, Member ICF, Gallup-certified Strengths Coach

#### Results

For a woman to successfully step into a role of higher leadership it's essential that she 'owns' her expertise, clearly communicates her potential and speaks to her accomplishments. As noted, along with the challenges of gender bias, the lies of the inner critic are another significant obstacle every woman must overcome if she wants to be viewed as a leader. While the inner critic occurs in both men and women, women tend to have a harder time ignoring it. Women accept the lies of that little voice as 'the truth.' This can result in a woman's inability to speak up for herself whether she's asking for equitable compensation, a promotion or a high profile assignment.

When we're able to identify and assess how the inner critic tears down our sense of self worth, we quickly learn to REFRAME so we can confidently move into inspired action. Seeing the big picture (Truth with a capital T) provides us with a strategic advantage; it empowers a leadership mindset. We see the opportunities so we make better choices. This big picture view gives us the ability to have a greater, more beneficial impact on others in both our professional and personal lives. Another advantage? By discounting and dispelling the shame and self loathing created by the inner critic we can effectively prevent the burn out that results from self denial. We feel more confident and more competent, so we can take a deep breath and relax.

#### Conclusions

Embracing a leadership mindset does not mean ignoring one's blind spots. It does mean sustaining a commitment to continued personal development and a desire to cultivate deeper self awareness. The ability to understand one's impact on, and influence over others, is the foundation of emotional intelligence. Now, more than ever, the world needs leaders who are emotionally intelligent; motivated and motivating, inspired and inspirational.

A recent study by Harvard Business School noted "Leaders with high emotional intelligence (EI) are best equipped to foster a culture of collaboration...EI accounts for almost 90% of what sets high performers apart."\*\* With the critical issues all businesses are facing today (reduced resources, increased demands, lower employee en-

gagement, and the never ending search for innovative solutions that offer sustainable results) it's crucial that the ranks of senior management become more diverse, more equitable, more inclusive, and, yes, filled with more women.

\*\* <https://www.forbes.com/sites/nazbeheshti/2020/01/16/are-you-an-average-leader-or-an-enlightened-leader/?sh=5333b2605ee2>

#### Keywords

Women Leaders, Women Leadership, Women Executive Leadership, Women Inspiring Women, Gender Gap, DEI, Diversity, Equity, Inclusion, Women's Empowerment, Inner Critic, Quiet the Inner Critic, Imposter Syndrome, the Saboteur, Growth Mindset, Emotional Intelligence.

#### Biography

Lisa Gillette, is an equal pay activist, DEI advocate, speaker, and certified executive coach (ICF PCC) focused on women's empowerment. Lisa is intimately familiar with the special challenges all women face in the workplace, having spent 25 years climbing the corporate ladder, the last 10 as an executive at FOX Sports. Along with providing strategic direction in the launch of over 300 sports networks in Asia, South America, and the US, Lisa formed the mentorship program "Women Working in Sports" focused on advancing more women employees into roles of higher leadership at FOX Broadcast Corporation, Los Angeles, CA. Lisa's company, BIG SKY Coaching & Consulting is a natural extension of her desire to guide, support and encourage women to rise up the ranks of leadership all the way into the "C" suite.

*Transformational Leadership*



**Dr. Theresa A. Moseley**

*TAM Creating Ambassadors of Peace LLC*

**Introduction**

Transformational Leadership involves creating a shared vision and guiding your staff to perform above their own expectations. In order to assist in providing positive change in an organization, it's important to discover common values and beliefs, and include all the stakeholders in the visioning process. Working in an environment where everyone is respected, has a voice, and is supported, will lead to peace within the organization and improved culture, climate, and productivity.

**Aim**

1. Participants will explore the leadership behaviors of transformational leaders using the Bass theory: Inspirational Motivation, Idealized Influence, Intellectual Stimulation, and Individual
2. Participants will explore the Five Facets of Trust: Benevolence, Honesty, Reliability, and Competence (Tschannen-Moran, 2014) as it relates to the Transformational Leader.

**Materials and Methods**

A power point will be used to discuss each element in transformational leadership. The facilitator will discuss her experience as a transformational leader in a high school and the 15 steps she took to improve 9th grade promotion, 12th grade promotion, and decrease suspensions.

**Results**

As a transformational leader in a high school, 9th grade promotion increased on the average 3 percentage points for three years. During the 4th year 9th grade promotion increased 5 percentage points totaling an 88% promotion rate. Twelfth grade promotion increased 3 percentage point a year to 84% during four. Suspension decreased

55% year one and the school was recognized by NBC4 news as the most improved in truancy during year two.

**Conclusions**

Positive change can be achieved in schools and any organization if you involve all the stakeholders, develop a vision and mission together, and monitor the goals on a regular basis.

**Keywords**

Transformational leadership, trust, vision, mission, values and beliefs

**Biography**

Dr. Theresa A. Moseley Dr. Theresa A. Moseley is originally from Fayetteville, North Carolina. She is a United States Army Veteran, 6x Best-Selling Author, 2x International Best Selling Author, 3x Award Winning Educator, and an International Motivational Speaker. Her signature book, *Creating Ambassadors of Peace: 16 Steps to Become an Ambassador of Peace*, is a guide and journal for individuals looking for peaceful ways to live. Dr. Moseley is a world traveler and has lived in Augsburg, Germany and Sinop, Turkey. She traveled to Africa, England, Italy, France, Australia, Brazil, Hawaii, Mexico, Canada, and the Caribbean. Dr. Moseley has worked in the field of education for 27 years. In 1999 she was awarded the Excellence in Education Award from the Prince George's County Chamber of Commerce. In 2006, she was recognized as Prince George's County Outstanding Educator. She also received the Excellence in Gifted and Talented Education Award from the Maryland Department of Education. Dr. Moseley is the owner and Chief Executive Officer of TAM Creating Ambassadors of Peace LLC. Her company provides professional development on Transformational Leadership, Understanding Children and Adolescents, Creating Ambassadors of Peace, peaceful climate.



*High technology and innovation vs  
ancestral natural health methods, a false  
fight*

**Jamila El Hajji**

*CEO and Founder of ITI Innovation Partner*

**Introduction**

When people heard the word “innovation”, it’s always a kind of reference to modernity, new technologies, new sciences. And if you explain you are passionate by sciences and high technologies, it seems not compatible with the promotion of natural care methods. But then where is the link? How passion for “modernity” is compatible with being healthy with simple, bio and natural products? The answer is simple, science can provide proof of the benefits of natural products and explain why certain plants used for decades by people without any prior medical knowledge have always been fair and effective options for being and staying healthy. When Covid crisis started, it has been a difficult period for my main activity. I’m someone who can stay without activity and for personal reason, I had to find health products and method which can protect me. They are some evidences, facts, metrics, studies available so I decide to read them, compare, analyze and combine the results with my own experience, the habits of my family, especially my grandparents.

**Aim**

- Participants will explore the connexion between innovation and ancestral sciences
- Participants will discover how technology support conviction and choices for their own health and health of their animal too.
- Participants will learn what are the key elements and point of attention of natural cares

**Material and Methods**

Did you know that the very first real medicine was actually a dye created for wool and leather in the textile industry, the Prontosil, 10 years before the Penicillin of Howard Florey.

In the history of the major scientific discoveries of mankind, many are the result of chance or the result of the combination of several discoveries. In science, we almost always proceed in the same way, we pose hypotheses that we must by the evidence supported by facts to confirm its veracity. With each technological advance in another sector, human innovates by trying to apply this discovery to another aspect of his life. And if there is one sector where the key to confirming hypotheses is technology, it is the medical field because it explores the infinitely small. Aim of high technology is to support the progress.

In 2019, I worked for a pharmacological company. It was an opportunity for me to have a view on how current medicine are created, developed, and tested. The important part to retain is “tested”. I knew that in most cases, tests are practice on animals, something that I disapprove totally but I was hoping that progress of technologies and science can offer alternatives. I discover that it’s effectively the case with more in vitro tests on human genetic material but also that we are still far from a total production of medicine and vaccine without tests on animals. At the same moment, I had to learn on how to live without a thyroid with a permanent drug substitute. A few months before, after 3 years of inefficient and multiple treatments of my Basedow disease, (too much secondary effects, insomnia, weight gain, etc. . . ), I decide to opt for surgery to decrease the number of pills. My interest for natural methods become higher and higher and I perform research on plants which can help me. Aloe Vera was one of it.

The key elements of my adoption of Aloe Vera are based on scientific facts, the description of the effects of the plant, his healing properties, and his non-toxicity at the level of the gel. No side effect, no consequence except to be in a better health! And finally, in the case of LR products, not tested on animal. I found there the perfect combination, the one that fit exactly to all aspects of my life.

## High technology and innovation vs ancestral natural health methods, a false fight

This is what you should do, this is the only thing you should do: choose a care method that fit perfectly with how you are.

Key factors are personal, as individual, we have different conviction. Even your desires can fit the desire of others around you, mostly your reason are only yours. Also your general health, the genetic heritage have a huge importance and is a main factor on how a medication and here a plant can act on your body. Natural care methods don't mean, no side effects anymore. Gel of Aloe Vera isn't toxic but latex, located under the skin of the plant, yes! This is why you have to opt carefully to a product and choose a professional partner in your health journey. Another example is the honey. It's a popular knowledge that honey is a powerful antibacterial, very healing, which strengthens immunity and prevents respiratory infections. Most of parents were using it to calm their baby at a really young age. . . and science, research and technology proved it can cause infant botulism for children under 1 year of age.

### Conclusion

Use your convictions, experiences and available means to achieve your goal. Ask your-self: How can I act differently? How can I use the same things that I have today to obtain a different result? Stay healthy and innovate for yourself.

### Keywords

IT, innovation, bio, natural, aloe vera;

### Biography

Jamila El Hajji Jamila El-Hajji Passionate about science and curious about everything, very young Jamila was having fun dismantling and assembling electronic devices at her parents' home to see how they worked. It is quite natural that at the age of 18, she turned to computer science for her studies. Upon the acquisition of her degree, she quickly entered the world of work starting as a consultant. This position allowed her to mix with various industries telephony, aviation control, European institutions, banking and insurance industries and a big pharmaceutical group. This is how she was able to acquire and enrich her knowledge and consolidate a solid experience of more than 20 years. Having become a bank employee in Belgium, she had other ambitions and decided in 2017 to start her own company and start as an independent. Today she brings her expertise and ideas a little crazy sometimes to find innovative solutions and she intends to place her company as an incubator of innovations on the market. Her creed "think outside the box", his motto "You deserve IT". In 2020, during the Covid Crisis, she look into natural products, cruelty free so not tested on animals and 100% bio which can help people to stay healthy and decide to join the LR family as partner.

*Trust your intuition*



**Ditte Mundbjerg Jørgensen**

*Exsense, 7441 Bording, DKK*

**Introduction**

Studies of research often occur when a habitual practice needs to be further illuminated. During the working process it became clear that the earliest theoretical theories did not seem to grasp the essence of the intuitive phenomena. Furthermore it also seemed difficult to reach and establish common face validity in addition to intuition. It has often been associated with a rather irrational and mystic phenomenon.

For years humans have seen the reasoning process through a stepwise scientific deductive thinking, as a highly valuable reasoning form. This has led some cognition theories to reduce the reasoning process to a computer metaphor with linear parallel distribution, without many thoughts left for the sensing, perception and awareness processes. In this thesis it seemed necessary to question the rather ideological approach to science and consider the different epistemological approaches in Epoché in order to create space for the intuitive acknowledge process. For years research has attempted to comprehend the intuitive reasoning through logical and rational experimental tools that embrace the languages of reason. Throughout the usage, there is a risk of losing sensitivity to phenomena like intuition. The approach and method can therefore be criticized for denying even the same phenomena it seeks to grasp.

The phenomenon of intuition should not only be considered through its immediate appear of legitimacy, which is the reason for the choice of complementary methods that would illustrate a circular approach. Based on a Social Constructionist, Pragmatic Epistemology and Explorative Integrative case design this thesis have been seeking to construct a platform for developing the phenomenon in all its facets. Furthermore an auto ethnographic approach made it partly possible to stay reasonable accordingly to the phenomenon and meet its own tools through self-knowledge and reflections. Through the process of writing

it became possible to analyze the intuitive acknowledge process from a first person perspective.

Supplementary I have included empirical data about the phenomena by composing two inter-views with leaders, who told me that they were mainly using their intuition. Supplementary it turned out that they were both entrepreneurs. Due to the very complex and unknown environment it seems, that intuition is not only “nice to have” but a “need to have”.

Within the quest of comprehending intuition it was necessary to discuss theories and the subject of reasoning, which indicated that intuition, is based on an automatic processing system characterized as ecological rational. In relation to end the dualistic assumptions between reasons versus emotions, mind versus body, heart versus brain, it gave an indication of the intuition being anchored as a holistic whole-body process. This body process was recognized as a “gut feeling” or “energy boost” more known to intuitive persons than analytic persons. Therefore it seems that the intuitive reasoning process work by recognizing and discovering within the naturalistic environment. This means that the intuitive reasoning delivers useable shortcut solutions to the manager, in specific environments where there is no time to do a logical algorithmic or deductive reasoning process. Earlier theories can be criticized to indicate that it is rooted in the individual person, but it must be stressed that the manager’s intuition process is based on his actions. Intuition occurs simultaneously with the surrounding contexts and therefore it cannot break away from the norm of the company and the legitimation of it. This indicates that it is used in varies ways in relation to the individual communities of practice. Intuition is characterized by making instant decisions based on the principle of “Taking-the-best” without being able to recall how the solution was reached. This makes it difficult to prove its ontological status because

## *Trust your intuition*

it should be characterized as a non-verbal phenomenon. However it seems important and trustworthy for people in everyday life. Nevertheless one should not make a categorical mistake and try to use intuition as a substitution for logical reasoning. In practical life the two processes it closely linked and very rare that people use their intuition without reflective thinking, to associate the reasoning process to political rules and norms. Although it seems very useful in accordance to the new paradigm of “Relational leadership”, it also indicates that the leader should be able to manage both “hardcore” and “heart core” facts

### **Conclusion**

If you want to help more patients and if you want to make sure that you guide your patient in the right direction, always make sure to stay in balance and listen to your intuition – and guide them into being able to listen to their own intuition

### **Keywords**

Decision making, stress, patients, be in harmony

### **Biography**

Ditte Mundbjerg Jørgensen Ditte Mundbjerg Jørgensen is a psychologist & projectleader. She owns Exsense where she helps business owners and stressed people to find their essens and lifepath, take the right decisions, and tap into their full potential.

She is entreprenant and – is always being guided by the intuition. Trough her walking the talk herself she got the opportunity to step into a power that help her heal. She lives trough this intuition in all possible ways, and makes decisions quicker then others, and spends it everyday l her business.

Ditte Jørgensen is a coach and businesspsychologist – her consultancy job helps companies to develop their potentials, and brings the companies back onto the right path



*Unleash the Power Within No Matter the Circumstances*

**Amelia Fjellvard**

*Power to Express*

**Introduction**

How does one overcome severe childhood trauma, like sexual abuse? When everything you learn in life results in being totally wrong. How can you survive and even better thrive when you approach the world with nothing but a destroyed mind, heart, body, and soul? Is it even possible to holistically heal after total devastation? Is it possible to change when you are filled with negative emotions like fear, overwhelm, uncertainty, loneliness, blame, guilt, shame, doubt, hopelessness, exhaustion, grief, worthlessness, powerlessness, hopelessness, etc.? Is it possible to find the strength to change when you are depressed, anxious, numb, isolated, unloved, alone, consistently live in the fight, flight, or freeze mode, trusting nobody?

YES, it is, but sadly we often wait too long to get fed up enough and ask for help. Trust me, I worked my way through life alone for too long, I made sure to know how to stay alive, but that is it! Of course, I wanted more than staying alive and having a few moments where I tasted real happiness. I wanted to feel safe, loved, at peace, grateful. I wanted to have joy, feel free, and experience life fulfillment. Saying and meaning that enough is enough and getting help changed my life completely.

We know that the combination of hopelessness and depression kills. You can survive trying to hold your head above water by forcefully doing everything, using your willpower, fighting your way to moments of happiness, and trying to create some balance that keeps you alive. But, of course, I wanted more than survival; and I believe we all do! My experience, along with research, shows that triggers and flashbacks will come back and hunt you until you stop running and face your

demons. Incidents of severe trauma are proven to stay in your mind, heart, body, and soul until you say enough is enough, work your way through it, and let go. It is necessary to look at your limiting beliefs and replace them with some empowering ones. It is all about a change of perception and attitude.

Traumatic events are sadly far more common than you might realize, and most people will experience them at least once during their lives. Every 107 seconds, a child is sexually abused. 1 in 3 girls and 1 in 6 boys will be sexually abused before the age of 18.

93 % of victims who reported their abuse knew, loved, or trusted their abuser. Trauma can have far-reaching effects they carry with them throughout the rest of their lives, resulting in PTSD, intimacy disorders, mental illnesses, and addictions.

However, I am living proof that there is hope, no matter the circumstances, and we can and should do something about this together. We can end childhood sexual abuse and help people heal!

**Aim**

- Participants will learn three steps I used to free myself despite 15 years of sexual and psychological abuse as a child and early teenager.
- Participants will understand how I had to stop running from my past and start facing my demons, do the work and let go step by step; how I had to rebuild myself and transform.
- Participants will understand the impact of our beliefs, thoughts, emotions, and behavior and how important it is to change our state of mind from a "Famine" Cycle to a "Feast Cycle."
- Participants will learn the power of healing the mind, heart, body, and soul. The focus will be on what saved my life and made me the woman I am today! This by telling meaningful stories related to the

## *Unleash the Power Within No Matter the Circumstances*

chosen topics from my own life.

Prepare yourself, but remember that there is a happy ending during the first sad part of the story!

### **Materials and Methods**

I have a holistic approach to healing trauma. Holistic approaches accessing the brain, mind, and physical body through expressive arts such as yoga, dance, massage, singing, and neurofeedback, EMDR (Eye Movement Desensitization and Reprocessing) help reprocess trauma. Mental healthcare helps treat trauma but has limitations because they do not truly bring the person out of the trauma and into reality. We need to address the root of the problem, which is re-experiencing the trauma itself. That said, understanding how powerful our subconscious patterns are and how to change limiting beliefs for a better life is crucial.

I use movement to help individuals achieve emotional, cognitive, physical, and social integration. Dance and movement therapy is a versatile form of therapy founded on the idea that motion and emotion are interconnected.

A holistic approach can help heal physical, mental health, cognitive and social issues. Movement becomes more than exercise- it becomes a language. People can communicate conscious and unconscious feelings through dance and work on cognitively when up on the surface.

As Bessel Van Der Kolk says in his book, *The Body Keeps the Score*, "Trauma is not the story of something that happened back then. It is the current imprint of that pain, horror, and fear living inside people." Trauma affects us psychologically, physically, emotionally, behaviorally, cognitively, relationally, and spiritually. Psychotherapy needs to be holistic. In her book "The Deepest Well," Dr. Nadine Burke Harris explains how adverse childhood experiences can have lasting effects on human health; it changes human biology, so treating trauma requires an integrative approach.

### **Conclusions**

Healing trauma is possible.

To heal completely, I had to stop running and face my demons. I had to work through them one at a time to let go and be free from triggers and flashbacks that hit me to the ground again and again.

To achieve the freedom and happiness I desired, I had to understand and take control of my beliefs, thoughts, emotion, and behavior.

However, my experience and research have shown me that we need to treat trauma holistically, mind, heart, and soul. I am sure that I survived because I had dance, meditation, yoga, and fitness in my life when I

had no words to explain my emotions and no other way to connect or get enough energy to keep on living. It gave me the balance I needed to survive.

It is crucial to understand the impact that trauma has on our lives.

The effect on trauma can be overwhelming and challenging to understand and move on from, but I am living proof that it can be done.

### **Keywords**

Deborah Robinson is a healthcare administrator who has worked in various mental health settings during her career, from a state hospital to a state prison to transitional housing. Deborah has a Bachelor's degree from the University of Florida and a Master's Degree from the University of New Hampshire. She is a Fellow of the American College of Healthcare Executives and active in Toastmasters as well as P.E.O., a philanthropic and educational organization supporting women to pursue higher education.

### **Biography**

Amelia is a holistic life guide & dance therapist, author, and transformational speaker with more than 30 years of experience in holistic health and wellness. She is also the founder of the "Power to Express" program.

Amelia helps people transform so they can unleash the power within. Her mission is to help people reduce stress, strengthen their self-confidence and express themselves more powerfully.

Blending her work and life experience with a holistic approach to healing, she has balanced her life. She is very focused on overall health, giving her the power to change her life and overcome her childhood trauma.

Her deep passion is to help others reach their full potential.

Amelia is dedicated to contributing and helping people experience more peace, love, joy, and gratitude in their lives. She adds value to other people's lives, enabling them to move their lives forward with positivity. For her, it is essential to encourage, empower, equip, and energize people so that they are elevated to where they want to be.

Amelia is a certified life coach and a dance therapist. She has created a program called "Power to Express." She is creating different programs, events, workshops, and webinars in the future. Now on stage for the first time here in Paris but aim to travel the world as a transformational speaker to raise awareness and provide information about incest and sexual abuse.



*“Phoenix Rising Star”- the spirit of a Warrior*

*Leading the next normal Boldly and Bravely*

**DILRAJ KAUR**

*Senior Manager  
DENSO INTERNATIONAL INDIA PVT. LTD*

### **Introduction**

Uncertainty is becoming a norm in today's world. It demands a lot of recalibration from today's working executives. The entire socio-economic scenario as we know it, has undergone a total change in the last couple of years.

Maintaining balance between personal and work-life in the face of such rapidly changing environment, has become an imminent challenge. These disruptions have especially affected women resulting in Women's withdrawal from the workforce:

Five million women left the workforce in 2020. Society lost 36 years of progress on closing the gender gap, according to the World Economic Forum. The past two years or so have made life for many working women much more complex. Many women's "second shift" – the time after work which they spend caring for homes and families – got longer and melded into the workday thanks to work from home requirements. In a McKinsey survey from 2020, 79% of men said they're effectively working from home, and 70% cited "a positive state of well-being." For women, those numbers were 29% and 42%, respectively.

In this study I would like to understand women's perspective and make an effort to identify what are those strategies which can help redefine Women's Leadership role in the workspace. I will be making an attempt to construct the basis of those Leadership Strategies which help answer how do women learn to stay afloat and survive in order to retain their Unique Identity and Value contribution, that as females they bring to the table.

### **Aim**

Re-Imagining how Women can effectively be a part of the Growth Story and Re-Claim their Power, post-Covid- to Lead Boldly and Bravely!

### **Materials and Methods**

- Online Research (McKinsey, Bain and Co., WEF, Thought Leaders)
- Interviews with Women working in diverse fields and roles
- Drawing from my own personal journey, challenges and learnings

### **Conclusions**

Women play a key role in the Corporate world, and they can craft their own success stories for the future - the key is **Embracing New Leadership Tactics for New Times**, with a paradigm shift.

My research has helped me arrive at certain Driving forces for Women's Leadership.

We need to intentionally make a Change Strategy to succeed, to ensure a sustainable equality support, in order to overcome complications and unforeseen hurdles:

**Highly Energized and Motivated People** have a great positive impact on others An Unpredictable World demands an **Ability to Adapt readily** to changing environments, **Agility to adapt with rapid changeUp-skilling as a continuous effort**, enhancing Finance, Communication skills

### **Trends for 2022 and beyond:**

As transition continues, we must keep abreast latest demands to be in-tune with times:

**Hybrid World of Work:** Virtual working is here to stay - so skills that help re-connect (Becoming Tech savvy) and enabling **Digitalization of work is key** Help others Shine - Be good coaches and mentors, as people are seeking a connection Innovation- Bring in fresh perspectives, in a highly social media driven world **Build a Community of Leaders**- It's important to connect, collaborate and share

## Women's Leadership Development "Leading the next normal" - Boldly and Bravely"

### Conclusions

Every big change is brought upon by a major catalyst that triggered a big decision- that origin of thought is very precious, as it encapsulates the germ of an idea, a break-through concept:

Re-discovering an old passion Going back to a favorite hobby Facing major setback, expectations not met Perceived failure or lack of success

Disruption is a very good ground for creating something Extraordinary: Whenever we are faced with such a change in path - go with what Inspires you, what pulls you instinctively,

Then choose it Bravely,

And move forward Boldly,

To capture the moment, Build your Dream

Grab that 'Once-in-a-Lifetime' Opportunity- Even if sometimes it means starting from scratch again, venturing onto a totally new, uncertain world.

You will be pleasantly surprised by a brilliant new idea or discovery!

"Leadership can change Everything !"

When Women Lead, Workplaces become Inclusive and Balanced :

Making a powerful impact is most crucial to a woman's presence in the workplace.

New Leadership Tactics for New Times

These are "3Rs" Key Strategies- need to be adopted by Women in order to succeed, based on my conclusive research:

1. "Re-Adjust"

2. "Re-Align":

3. "Re-Invent":

**Women are instinctively Encouraging and Diplomatic Leaders:** These 3 strategies can be applied at the work place or even in one's personal life and by sharing stories of such admirable women, continuously inspire each other.

**Bravely and Boldly- Set your intentions to your most ambitious goals with determination to build your Dreams, Feel Empowered and in control of the direction life is taking you.**

**Key Takeaways from my personal journey:**

**Proud to be a Blood Cancer <leukemia> survivor:** After overcoming, I had to Re-examine many of my beliefs, challenge what I thought, change courses- embraced new paths. . . had to un-learn what I thought was true, re-visit sacred places, through this tough challenge which was also a family's journey. . .

With the love and support of my family cocooning me, I drew from my inner reserves-with patience, strength and most importantly boldly, with courage and never-ending optimism.

Continuously aspiring for newer heights, new vistas. . . with new aspirations.

I wish to share my insights so that it may inspire even a few, then my purpose in life is completed. . .

### Keywords

"Re-Invent"

"Equality for Women is Equality for All" "Knowing your 'Core'"

"Empowering Yourself is the 1st step to Empower Others"

"Resilience, Persistence" "Be Brave and Be Bold" "Passion calling"

"Leading the next normal" "Sustainable"

"Growth strategies"

To all Women:

'All of us are beautiful and special' 'All of us are divine'

'All of us are deserving of success'

### Biography

DILRAJ KAUR I'm a Business Leader passionate about Women's Leadership and inclusion, embodying excellence with career spanning more than 2 decades of Rich and diverse experience of manufacturing and corporate.

I gained People skills and Business acumen with sharp analytical skills over a period of 22 years with rich and diverse experience, specializing in Corporate Strategy, Business Planning, Communication and Branding activities, Audits, Compliance and Organizational policy, also Sustainability Management and Corporate Social Responsibility, with a base of Operations management.

Possessing a progressive growth mindset to quickly adapt in ever changing business environment, Creating a sustained long-term value for the organization, with an ability for foresight and vision for the future.

In 2004 I was diagnosed with Blood Cancer, and by God's grace I survived, which has instilled a deep sense of physical wellness as a foundation of sound body, mind and soul.

*Unleash Your Superpower*

**Rasha Swify**

*Director of Sales at America's Real Deal*



**Introduction**

We are all created with authentic power and our objective while here on earth is to align our spirit/soul desires, thoughts and actions. This alignment leads us to our unique superpower, and allows us to lead from a place of love and power for a lasting impact in business and in life.

**Aim**

- Inspire everyone to dig deep and self-reflect
- Understanding true integrity to self
- Align purpose with profit for the human family and our planet
- Impact of women leading with Authenticity on personal life and business

**Materials and Methods**

Women who are aligned with their feminine energy and purpose lead with authenticity, power and grace. It takes tenacity and vigorous drive for improvement and change to master the balance of being the Beauty and the Beast.

**Keywords**

Authenticity, Alignment, Illumination, Integrity, Mindfulness, Courage, Business and life Mastery

**Biography**

Rasha Swify Rasha Swify is a dynamic serial entrepreneur and award winning leader with over 20 years of experience in the financial industry, and executive leadership. Education background is B.S. in technical management, MBA in international business, and a DBA candidate with a focus on strategy and innovation. Rasha has global work and study experience, starting business in the Middle East and studying in France, Germany, and Czech Republic. Rasha's superpower, intuition, led her to be recognized as a coach to innovative business owners and empower coaches to identify their ideal clients and tailor their service and methodology to add value and make a lasting impact.

Podcast host for Crowned4Success, a social media network designed to empower women. Rasha is also the host of Unleash Your Superpower Show, to be released on YouTube by spring of 2021. Soon to be published author (Book expected to be published by the summer of 2021).

*Punching Through The Glass Ceiling*



**Maggie Bain**  
*Bare Naked Coaching, Jersey Channel Islands*

**Introduction**

I would like to introduce evidence that shows how we, as women, contribute to our own glass ceiling in both the corporate and entrepreneurial business arenas. I will discuss and offer solutions and share my personal story to empower women to punch through the cracks of the invisible barrier that sabotages professional advancement.

**Aim**

- You will learn the meaning of the glass ceiling, glass elevator, and sticky floor
- You will learn the importance of networking, mentorship, and embracing fear
- You will learn how to become a Smart Female Leader

**Materials and Methods**

Evidence shows that women graduate at a higher percentage than men, and yet earn only 85% of what men earn (Pew Research Center, U.S, 2018 ) and remain poorly represented in higher executive positions. Gender discrimination, stereotypes, and labelling contribute to disempowering women and often results in holding us back. Recognising and understanding the terms ‘sticky floor’, ‘glass ceiling’, and ‘glass elevator’ will help to open our eyes to the traps that sabotage our upward advancement; and learning from strong female leaders will help us accelerate our achievement on proven paths to success. Being proactive in our own personal growth and development and fueling our passion by joining like-minded women is all imperative for real change and adding momentum and strength to the global movement of Women’s Empowerment.

**Conclusion**

This decade started with global change: Covid 19 pandemic, and Black Lives Matter protests. Let us not stop moving onwards and upwards in making significant changes – changes that we can be proud of and which will leave a lasting legacy. As women, we cannot sit back and complain about society’s expectations and male labelling. Today is the day for smart, strong women to punch through the glass ceiling.

**Keywords**

Glass ceiling, glass elevator, sticky floors, female entrepreneur, female leaders, networking, mentorship, women’s global empowerment.

**Biography**

Maggie Bain Sex Coach, Relationship Specialist, and Certified Sex Therapist Maggie Bain specializes in helping singles and couples achieve more satisfaction in their relationships and the bedroom. For ten years, Maggie has shown clients how to get truthfully naked with each other to deepen their intimacy and reignite their desire. It’s more than sex tips, but those are part of the magic. Her style is uniquely non-judgmental, compassionate, and fair. As a Speaker, she approaches taboo conversations with a combination of lighthearted humor and the intensity of someone who is unwilling to allow relationships to remain anything less than extraordinary. Personal stories and thought-provoking insights mesmerize audiences – moving them between tears and laughter and leaving them uplifted and equipped to transform their love lives. Known as the Bare Naked Coach, Maggie travels sharing her message of being Truthfully Naked.



## MEEjie Chaparro-Traverso

*Public Figure - Global Creative Consultant, Speaker, Trainer, Coach, TV and Podcast Host/Producer, Author*

### Introduction

Meejie™ Chaparro-Traverso innovative thought leadership initiatives propose that natural health and wellness alternatives and resources exist not only within our environment but within our physiology and psychology. Designed innovative processes and interactive platform based on proven research and concepts of fields studying human brain, body, mind and behaviors, with a concentration on optimizing human performance, productivity and potential.

These natural alternatives can help mitigate the social determinants of health that get in the way of easy accessibility to programs, information and resources that foster quality of health, overall well-being and our ability to climb the socioeconomic ladder. It's concept uses "naturally born with resources" –in the form of sensory and intuitive expression; and merges technology and innovation to further geographical and COVID 19 barriers.

MEEjie™ Chaparro-Traverso, The Entrepreneur

- Founder MEEjie™ LLC, Motiva-Inspira, MSA™, M-I Impact Tour – Present
- TV and Podcast Producer and Host Inspire, Motiva-Inspira, This Is Us the Podcast 2018/Present
- Developed a Consortium of Global Women Entrepreneurs in support of MEEjie LLC's Motiva-Inspira's Creative Consulting for WOHF Women of Heart Awards 2020/2021
- Developed Operational Infrastructure for The Latino Affairs Initiative's Top 100 Latino Index Awards, The Latino Spirit, and Estamos Con Diego Maya Broadcast 2019/2020
- SBDC Bergen Community College 2019
- Creative Consultant for NJSBDC VetTank Pitch Competition 2018
- International Speaking, Egypt, Puerto Rico, Colombia, Ireland,

- Upcoming Speaking Engagements (France, Australia, Japan, Canada, UK all re-scheduled for 2021-2022 – Postponed due to COVID)Education

### A Bit About MEEjie™

2021 – Pursuing PhD Psych- Leadership-Communications

2020 – LETS SWHCOC

2019- Happiness Training- The Greater Good Science Center, Berkeley, CA

2018 – 2018 – Entrepreneur Pioneer Initiative Program, Rutgers Business School, Newark

2018 – 2018- Recognized by The National Board of Certified Counselors (provider #5381) NICABM- National Institute for The Clinical Application of Behavioral Medicine

2018 – 2018- How to Work with Trauma That's Trapped in the Body the National Institute for

the Clinical Application of Behavioral Medicine

2016 – Human Resources Program, Rutgers Business School, New Brunswick.

*Leading & Leaving Your Mark on the World*



**Dr. Angelica Benavides**

*B-Global Press Houston*

**Introduction**

Leading and leaving a mark on this world is important as leaders. Leaving your mark means you need to do something important to you that you are passionate about and that will have a lasting effect on people. A legacy that inspires people to take action and become a better version of themselves.

The challenges that you have overcome when shared with others may save a life. Unfortunately, research has shown that life challenges affect our mental health similar to depression; both can lead to suicide. Life is not easy and brings us many trials and tribulations to overcome that shape who we become. Your story of survival may provide the inspiration to help others overcome their current life obstacles.

Live your passion and leave an unforgettable legacy!

It seems we all have a period in our life where the Dark Night rules our soul, and most of us manage to survive, and we can help more survive. Everyone has been affected recently with COVID-19, and we all, at some point, have to deal with the loss of loved ones, some divorce, bankruptcy, others diagnosed with a life-threatening illness. These are extremely difficult and painful periods in one's life. I know this because I was diagnosed with two types of cancer and survived all of the above. These difficult times helped me discover "what works" and "what doesn't work." I now share these life learnings to help others, and you can too.

When I realized I potentially was leaving this world with broken promises I had made to myself (as my dreams had not yet been achieved) I needed to make a change. My dreams had been put on the back burner until I achieve other goals. The big "Aha Moment" was when I realized and feared being forgotten and not leaving a mark on this world. At that moment, I decided to create my legacy and write books that will outlive me and help millions of people. I had the experience and learned many lessons that I could now share with others and help them through life's

challenges. This inspired me to inspire others to write their stories to bring hope and provide steps people can take during life challenges.

You will need to gain clarity on what legacy you will live and leave that has a greater purpose. Focus on what you love and do it! Don't wait because life is shorter than you think. You will need to live a life as if you matter. Most of the time, we forget about ourselves and rescue the world. You matter! Live as if you matter by doing what you love most. Then serve others after you practice self-love and self-worth. When your cup is full, you can fill other people's cups. If you don't live and leave this legacy, people will not reach their desire outcomes, and a gap will be left in this world. It is not easy to leave a mark in the world, but it is necessary. It will take patience, dedication, commitment, and it will come with successes and failures. Remember that your failures are only feedback and lessons that need to be shared with the world to guide them on how to navigate life when it gets complicated or chaotic. Look at the word "Message" MESSAGE; you are full of wisdom, and by sharing with others during their difficult times, you become the "sage" that will inspire and give hope to many waiting to hear your message. (Sage: A profoundly wise person)

How can you leave your mark on this world?

Eight steps to live and leave a legacy are the following:

**Aim**

Create clarity on what you are passionate about Your mess becomes your message

Become a problem solver Be of service to others

Make your contributions greater than your rewards Lead with integrity

Be visible and make strong connections

Write a book that outlives you and turn it into your signature talk

## Leading & Leaving Your Mark on the World

### Materials and Methods

How do you begin your journey to living and leaving a legacy? You must sit down once or twice for 15 minutes to record your stories to begin to write your book. Google Voice is a great tool to use to record your stories. You have so many stories and lessons to share with the world. You can't start if you don't make time for yourself. Your stories matter! Next, meditate on your written story. Before you go to bed, ask what did I learn during this phase of my life. Record your lessons of life. John Maxwell says, "Sometimes you win, and sometimes you learn." Every story has a lesson and "Aha Moment." Make sure to write your learning and your wins. Always include four or six steps that you took during that time to help others navigate life if they are experiencing similar life challenges.

Write a book that will outlive you, inspire, and motivate others to continue life during their most difficult times and steps they need to take immediately to solve their situation. Compile 5 or 6 stories and write a memoir to share your stories and message with the world. Your book will become your signature talk that you can turn into a course.

My focus is to help women turn their stories into a book that will outlive them. I guide you step-by-step on how to write your book, guide to getting your bestselling topic chosen, outlined, and written in a short time.

### Conclusions

Dr. B is supercharging women business owners through storytelling, delivering the right message to the right audience. Turn your life story into a legacy for future generations.

### Keywords

Legacy, Leading with passion, write a book, you matter, gain visibility

### Biography

Dr. Angelica Benavides Dr. Angelica Benavides is known as Dr. B.; she inspires women world-wide to share their stories. She is a Badass Influencer, an Ultimate Legacy Builder, A World-Class Storyteller & Best-Selling Author, and Publisher. She increases visibility, exposure, and influence, helping entrepreneurs be all they can be. Dr. B's [Angélica Benavides (Underwood) Ed.D.] story is being written and shared worldwide in the Women's World Conference and Awards. Dr. B is the Marketing Director and Publisher for Face of Women of Heart Awards (WOHA) for 2021. She was recently invited to the International Advisory Board for the 100 Successful Women in Business Network. She has been featured on NBC, USA Today, Fox and recognized as an Amazing Woman of Influence. She shared a Global Virtual Stage with Forbes

Riley, Bill Walsh, Ragne Sinkas, and Dr. Freddy Behin. After healing from two types of cancer, losing two homes, bankruptcy, divorce, and her world tumbling down around her, she discovered she has a bigger purpose in life. She now shares her impactful story and influences women around the world to never give up. Build trust by connecting with your clients at a deeper level; your story shares the real you. Elevate your business by using the power of storytelling to connect and establish authority! The right story is an opportunity for those dedicated to changing the world. You have a unique talent, a gift to be shared that will influence those it touches. Your life should be remembered, and it can be through storytelling. Storytelling is an essential social aspect of life and has been throughout our evolution. What is your story to help the world and eliminate the gap?

What Dr. B Offers: Book Collaborations to gain Visibility and Exposure Publish your books without hiring a ghostwriter Helps people find the right strategies and the right connections with the Peer to Peer Elite Mastermind Helps people discover the Magical Treasure Box that is "Woo Woo Stuff That Works" to navigate life

Helping entrepreneurs with increased visibility and exposure through assistance in writing com-pilations, anthologies, their story, and books, helping design and deliver mini-courses, preparing and participating in summits with other experts.

We all have an author within us, and Dr. B and the team will help rescue yours. Co-authorship is a great way to become a published author, build your expert credibility, save time and money. You will transform yourself as a speaker, coach, or consultant by writing an anthology or book

*Gender aspects and their influence on phenomenon of female leadership*



**Ekaterina Tomilova**

*WI CLUB*

**Introduction**

The half of the population of the Earth are women, virtually. I'm not unfounded, because this fact is proved by the world statistics. But when we think about a leader, how do we imagine them? I can bet that the vast majority unconsciously visualize a male (man), who has particular characteristics and attributes.

And just imagine, it happens even when we ask that question in gender neutral language, like the English language, what you cannot say about Russian.

But the actuality of the topic "female leadership" is rising and leading to hot debates and discussions both in social and business or political spheres of our life.

Increased attention to exploring gender aspects was caused by the growth of social involvement and representation of women in business and in government systems.

We live in a unique time, when our ancestors seem to have done so much and we have so many tools in our arsenal to be heard and supported. But sometimes such a feeling rises that we don't have the audience and the house is empty. And the reason for it is female sex and those role models (easy to say - stereotypes), which belong to them, according to our contemporaries.

**Aim**

- The definition of the term "leadership" has been given
- The basic approaches to leadership at the initial stage of learning the analysis of leadership theories, taken gender aspects into consideration have been looked through
- Difficulties and demonstration of leading positions by women on the base of explorations of gender leadership aspects have been discovered

**Materials and Methods**

From the point of problematical view mentioned in the article, the study of the phenomenon of gender leadership factor in the modern world will take the main place in our work. In this article the results of comparative analysis of gender leadership theories are described which allow us to get to know the specification of barriers of women on the way to leadership. Leadership is the process of the social influence, due to which a leader gets support from other members of the society with the purpose to achieve a goal. First of all, leadership is caused by the necessity of an organization degree of order of management system with the purpose of supporting its stability and functionality.

However, this definition describes the leadership in a wide meaning. In a narrow meaning, the leadership describes the spontaneous process of a leader's promotion, setting a further question about the legitimacy of the candidate for the leading position. The first studies in the sphere of the gender leadership were carried out by American researchers even in the first half of the 20 century. But this problem started to be explored actively with the influence of increasingly growing feminist movement. There are several points of views, which justify gender factor. The article includes some props for the research in the arena of gender aspects of the leadership, which they considered to be important for the leading factor. They were preceded by the concepts which considered the gender aspect of leadership more like the side product. Let's remember which of these theories can be named the main ones: the theory of gender flow Barbara A. Gutek the theory of gender selection of leaders. Bowman the concept of tokens. Kanter the status theory J. Berger & colleagues the socially-role playing theory of gender differences of leaders E. Eagly

A woman in most cases was isolated from authority and opportunity to be a leader as this sphere was taken by men substantially. The

## **Gender aspects and their influence on phenomenon of female leadership**

idea of career and leadership itself belonged to men, which clearly illustrates the example given above about the request to visualise a leader in your imagination. A woman often finds herself in a situation of making a choice without a real choice: firstly to get an approval from the society to build up a career, she must prove her female well-being (i.e. to demonstrate that besides having a job she is a good mother, a housekeeper, a helper, etc.), which is also confirmed by the socially-role playing theory by E. Eagly

Secondly, if she is not able to take a position of a leader and if it's out of her plan, then according to the status theory by J. Berger & colleagues, she must constantly offer excuses convincing everyone that she is not a pretendent for the leading position. Thirdly, if a woman pretends for a leading position she must demonstrate a much higher competence as the requirements to women are stronger than to men, which the theory of gender selection of leaders by . Bowman translates. On the other hand, referring to the theory of gender flow by Barbara A. Gutek, we can notice one nearly invisible, but extremely important factor - the attitude of the individual to sex. Moreover, there is a social and cultural context, which we are obliged to take into account, looking into the leadership in a specific group or society. The Russian explorer Ermo; aeva M.V. studied the stereotypes of the genders and clarified the direct regularity of decreasing of efficiency level of the performance of leading functions from outer perception by the woman herself. The subject of female appearance is full of conditions and based on idealization and often on female sexuality which creates additional obstacle in the adequate performance in the society. It's important to notice that men are required to show not less rigid demands. However there is an unconditional, natural to be exact, native right which gives them the advantage to be a leader. The leading role for the man is more socially approved rather than the same role for the woman, which explains the fact that there are more important roles such as being a mother, a wife, a housekeeper and others in the world which is full of cliches towards women. It is also proved indirectly by the status theory of J. Berger & colleagues. The theories of leadership exploring and taking the gender aspect into account have influenced social changes indirectly.

Socially-economic changes transformed the role of men and women within the family and the society. But it's fair to say that this transformation often has speculative, verbal character, remaining fairly integral in life. There are some reasons for it: lack of understanding of the necessity of change of paradigm and role models; general negative attitude to the term feminism, which is closely connected with such changes; government politics; family patterns; influence of cognitive distortions to look at the problem of inequality to get the access to leading positions (i.e. phenomenon fair world) poor awareness in

gender question

### **Conclusions**

There is a great number of restrictions which don't allow women to appear in the context of leadership to a full extent. As we can notice, besides the demands made by the society, women sometimes underestimate themselves in the way to apply for leading positions. All this requires qualified changes of information field and also the environment which is able to accept women's pretencies for this role. It's important to explore and integrate approaches which can enrich the appearance of leadership. Such research will help to focus the attention not on the different genders but what unites them and not to veil the bans by physiological and psychological differences.

### **Keywords**

Female leadership, theories of leadership, gender aspects

### **Biography**

Ekaterina Tomilova Founder and ideological inspirer of Women's Intelligence Club, whose goal is to unite women and reveal the potential of the individual from different sides. More than 7 years work in business development, 5 of which in IT-sphere. My partners and customers have been major players of the Russian market and also international companies. Participant and speaker at the festival "Development practices" Russia, Moscow on the subject "Communities of the equal professionals" Since August 2020 until the end of December 2021 was the member of the international relations committee of the National Federation of professional mentors and coaches, Russia, where I organized events and attracted sponsors. The leader of author project "The strategy of mastery: the interview with the best world coaches", which took place in 2021. He head of the partnership department, The Graduate School of Coaching, which made me even closer to the approach and let me enrich myself both with acquaintances with high-skilled professionals and with realizing the tendencies and trends in the world. Currently I'm working at the creation of the programme on female leadership where the coaching approach is used. I'm especially interested in the achievement by women the leadership in the frame of government authority and political process and also the IT-sphere, which are originally considered to be not female together with industry, resources excavation and others. Exploring psychology and gender aspects of leadership. The part of my mission is to reveal female potential and strengths in order to enhance the experience of personality in different spheres of life and improve its quality.

## *The 5 Mistakes Behind Working Mother Burnout*



**Claudia Taboada**

*Unstoppable Your Wellness Academy*

### **Introduction**

Working mothers around the world are hurting. Even before Covid, we were living in the hamster wheel of chronic stress. The Covid-19 situation has exponentially increased the overwhelm and the anxiety levels of working mothers all over the world. Working from home has highlighted the massive domestic burden borne by working mothers. In fact, a recent survey entitled “Women in the Workplace 2021” by McKinsey and Company determined that 93% of mothers in the US reported feeling burned out and 69% report spending +5 hours a day on child/household duties.

It is imperative then that working mothers be encouraged to “put their own oxygen masks first” so that they can prevent burnout and give the best of them rather than what is left of them. The idea of ensuring your own wellbeing is at the centre of self-care. Self-care looks different for different people. It could be practicing yoga, reading a book, going for coffee with a friend. Regardless of the form it takes, self-care is something that benefits us- physically, mentally, emotionally and spiritually. It needs to become non-negotiable for all of us working mothers.

So, the question is why do the majority of busy working mothers rarely practice self-care? After coaching busy women from around the world, I’ve noticed that there are five common mistakes that working mothers are making when it comes to self-care. These are critical mistakes that are preventing them from making self-care a priority and hence from implementing daily habits, routines and coping mechanisms to reduce stress and optimize their total wellness.

### **Aim**

- Participants will learn the five mistakes that are keeping working mothers stuck in a cycle of chronic stress and burnout: (1) lack

of understanding of what self-care truly is, (2) inability to set healthy boundaries, (3) suffering from the perfect mom syndrome and mom guilt, (4) the belief that they don’t have time for self-care, (5) dabbling in different activities without developing consistency and mastery

- Participants will explore the correlation between lack of self-care and motherhood burnout.
- Participants will discover the most powerful self-care habits to prevent burnout as encapsulated in the speaker’s proprietary process the “H3MJPC Self-Care and Stress Resilience Blueprint”.
- Participants will be convinced that daily self-care habits are not only key to optimizing total health but key to staying psychologically resilient to stress, challenges and setbacks.

### **Materials and Methods**

The speaker has gathered information from her own personal transformation journey of overcoming motherhood and caregiver burnout as well as her coaching practice which focuses on mentoring busy mothers and caregivers from around the world to prevent burnout by establishing a holistic self-care plan. The speaker has also gathered data from research she has used in her two books “Burnout to Unstoppable” and “Beat Motherhood Burnout: 7 Self-Care Habits to Reduce Stress and Be Unstoppable”.

### **Results**

The “H3MJPC Self-Care and Stress Resilience Blueprint” which the speaker teaches to her clients all over the world is a powerful methodology that can be practiced daily and with ease by anyone who wants to prevent burnout and lead a healthy and thriving life. Using this blueprint, the speaker has been able to transform her life and the life of busy women all over the world

## *The 5 Mistakes Behind Working Mother Burnout*

### **Conclusions**

In order for busy mothers who are feeling overwhelmed to reduce their stress levels and reclaim their life, they need a mindset shift where they see self-care as a non-negotiable necessity and as their superpower and their antidote against burnout. A holistic and customized step-by-step self-care is strongly encouraged to help these busy working mothers not only survive but thrive in all areas of their lives.

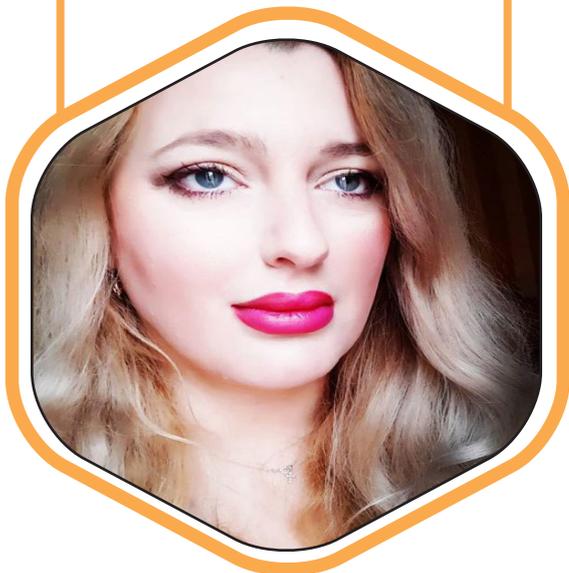
### **Keywords**

Burnout prevention, stress reduction, stress resilience, self-care, total wellness, well-being, mindset, motherhood

### **Biography**

Claudia Taboada is a burnout prevention and stress resilience coach, a motivational speaker and self-care expert. She is also an entrepreneur, a digital course creator and the founder of the “Unstoppable You Wellness Academy” which has the mission to empower those who are suffering from burnout reclaim their health, rediscover their spark and become unstoppable in all areas of their lives. Her memoir “Burnout to Unstoppable” details her transformational journey from a burned-out autism mom who lost her identity to the self-actualized woman that she is now. Her second book “Stop Motherhood Burnout: Self-Care Habits to Become Stress Resilient and Unstoppable” will explore in detail the self-care, mindset optimization and stress reduction strategies that transformed her life and are now part of her proprietary process the “H3MJPC Self-Care and Stress Resilience Method”. She coaches and teaches these strategies to busy women all over the world.

*How to achieve a good Skin quality at any age*



**Kokkori Eleftheria**

*Marketing & Management in Cosmetology,  
National & Kapodistriakon University of Athens,  
Greece*

**Introduction**

Globally a glowing skin with flawless features is something everyone desires at any age.

Good skin quality is composed by a healthy and luminous natural complexion. The need of a good skin quality is a matter that is gaining ground more and more nowadays all over the world. The aesthetic and cosmetology science are growing rapidly with innovative products and technologies for skin rejuvenation and noninvasive procedures..

**Aim**

So today I am going to present how can a person achieve a good skin quality at any age. Starting firstly from the younger people from 18 years old to 25 years old. At this age we deal most of the times with a very nice complexion, a healthy skin with no premature ageing. But a lot of young women are taking their young skin for granted, they are not taking care of their skin properly. At many cases, young women do not clean their skin properly even after using make up, they do not follow a healthy diet, they eat at many cases a lot of quick prepared food, poor in nutrients, they tend to have an increased alcohol intake more than others and in addition they are sometimes smoking. In addition to all these factors, the constant use of electronic devices that produce blue light affects the skin.

**Materials and Methods**

All of these factors tend to make the skin more tired and dull. So what can we, the aesthetics professional suggest? At the age of 20 until the 30s the fibroblasts are producing enough collagen, elastin and hyaluronic acid to have healthy skin glowing but due to all the factors I mentioned before the professionals in Aesthetics we deal at a very young age a very dull complexion. Also, a lot of young women they

appear with photo ageing signs as they do not take care of their skin under the sun with sun protection. So, to deal with all these problems we should advise them to take care of the skin in advance before the actual ageing begins. Firstly, we should suggest to keep a healthy skin care routine. Young people at this age do not need expensive products or extraordinary rich in a lot of ingredients products. They have to clean their skin properly twice a day, especially to take off their make up before going to sleep, use a good moisturizer with vitamins and also some minerals enough to have a good complexion and also advise them to consume a lot of quantity of water. Because moisture comes first from within and from the outside as well. At our professional space we could advise them to have facials with moisturizing factors and deep skin cleansing treatments when they have oily skin. There is another group of young people who tend to have skin blemishes and acne imperfections even after their teenager years. In this case we must follow specific treatments on a professional space and the right skincare at home in order to regulate their sebum secretion. Sometimes we have to deal with inflammatory acne and at that point we have to suggest to the person to consult a dermatologist so as to have prescribed medication topically or orally so as to prevent the acne from getting worse. If inflammatory acne is not dealt properly might leave the skin with scars and imperfections. Regarding skin care pharmaceutical products or cosmeceutical products are more efficient as they have gone under many clinical trials and they can keep a young skin hydrated glowing with a good quality. At the end of our 20s and at the beginning of our 30s the actual ageing process appears. Every year on our 30s the dermis is becoming thinner due to the loss of production of collagen and elastin fibers and hyaluronic acid proteins which are essential for the density of the skin. As a result, fine lines start to appear especially around the eyes and the forehead.

## How to achieve a good Skin quality at any age

During this period of our 30s in order to maintain a good skin quality we must follow specific routines which include ingredients that boost the production of collagen and elastin. This can be achieved both by enhanced skin care and professional aesthetics treatments that do exactly that. Professional noninvasive procedures that combine special technologies and the correct ingredients.

For example, treatments with ultrasounds, radio frequency, luminotherapy etc. With these technologies we can achieve a double benefit. We can penetrate specific nutrients in the deeper layers of the skin and on the other hand we activate the skin's own repairing procedures. By activating the micro blood circulation, we provide more oxygen and nutrients to the cells. With these professional treatments we can provide the following results:

- Deep penetration of active ingredients as vitamins, hyaluronic acid, antioxidants.
- Penetration of light chemical peels which can boost the reproduction cycle of the cells.
- Elimination of fine lines.
- Deep hydration and nutrition for the skin.

The ingredients that are suggested are vitamins, especially Vitamin A -Retinol, Vitamin C and Vitamin E. Also peptides and amino acids are of big importance as they are the key factors because they induce the synthesis of the skin's proteins, collagen, elastin and hyaluronic acid. Also, if the skin is extremely exposed in sun rays and shows signs of photo ageing like hyperpigmentation other factors should be used as well as AHAs and BHAs. With these methods we revitalize the skin in depth, we correct the premature signs of ageing due to sun damage and we maintain the skin healthy and young for an extended period of time. On our 40's the ageing signs are more visible. The nasolabial folds and smile lines are deeper and the fine lines around the eyes, become deeper wrinkles. The professional treatments are numerous depending on the skin's needs. We can resurface the upper layer of the skin with AHA's in higher concentration. This procedure has great results in the skin's texture, the wrinkles of the face become less visible, and the skin is glowing even more. In this situation as well, we use all the technologies I referred before (ultrasounds, radio frequency, luminotherapy) but using them with more efficient parameters and stronger in results ingredients. One thing we can suggest to our clients is the daily use of Retinol which plays a key role to the revitalizing of the skin and the maintenance of our professional treatments. On our late 40s if the ageing signs are more severe, we can propose more efficient technologies with worldwide proven results such as Thermage, HIFU and Endermologie which is very effective for the muscles tone. Also, we can combine skin dermabrasion and needling methods which are

very effective on wrinkles. Another important factor that can accelerate ageing in these years and on is menopause. Menopause creates significant changes on the skin, and on the internal structure of the face due to hormonal changes. The skin loses its glow, becomes thinner, the expression wrinkles and lines are more obvious, internal fat pads are becoming thinner and so is the bone density becomes less.

All these changes can be dealt with numerous methods depending on the severeness of the ageing of a specific person. In a lot of cases due to the hormonal changes' hyperpigmentation occurs and dark spots make their appearance. In this case we can work with more invasive peels like TCA and Phenol peels which will fade away the dark spots but also rejuvenate in depth the skin.

Regarding the loss of volume, the ideal concept would be to work with an Aesthetic doctor who can perform treatments with hyaluronic acid fillers which will replace the loss of volume on the cheekbones, on the tear trough, on the oval, the temples, the nasolabial folds etc. Also, the aesthetic doctor can perform botulinum toxin on the forehead and the periorbital area to soothe the appearance of folds and wrinkles. Daily our client should use products with hyaluronic acid, organic silicon, retinol, glutathione, vitamins and amino acids.

### Conclusions

The most important thing on the skin is to be healthy and have a natural glow even when ageing signs are visible. THIS IS THE REAL MEANING OF GOOD SKIN QUALITY.

Before I close this presentation, I would like to point out some beauty rules that we should

follow at any age so as to extend our youth:

- Take care of your skin twice a day – do not forget your neck, décolleté and hands.
- Drink at least 2 lt of water.
- Get facials regularly.
- Get advice for home skin care only from professionals.
- Use SPF cream every day and avoid sun exposure.
- Increase your intake on vitamins from fresh fruit and vegetables.
- Do not smoke.
- Decrease your alcohol intake.
- Decrease sugar intake.
- Live a healthy life style.
- Do not stress.

A good quality skin is good for our emotional health, our self-esteem and how others see us.

Skin care is Self-Care!

*How to achieve a good Skin quality at any age*

**Biography**

Kokkori Eleftheria Kokkori Eleftheria initially studied cosmetology and aesthetics. During her career of 25 years she has been trained to innovative methods in holistic beauty, lasers and devices operation, spa and thalassotherapy procedures in Greece, France and Italy. She has studied a lot regarding Aesthetic medicine and due to her knowledge and working experience has the ability to create and organize any kind of establishment regarding beauty. She has successfully organized training sessions with beauty professionals including medical aesthetics workshops for doctors. Her passion for self-improvement has led her to study marketing and advertising. Her desire is to study and continuously learn the revolutionary expansion of the beauty field and to be given the chance to pass on her knowledge to the younger generation of beauty professionals. Presently she is the Scientific Director and Aesthetics Educator for Fillmed Laboratoires in Greece

*Adolescent Suicide Prevention*



**Dr. Vadim Baram MD, DFAPA**

*Britney Kneibeit PMHNP, BSN, RN and Kelley  
Cassens PMHNP, BSN, RN*

***Introduction***

The devastating action of intentionally taking one's own life. This act is now being attempted or completed by young people at alarming rates. The adolescent population suffers from many of the same, well known causes of suicidal behavior observed in the adult population. Adolescents are also exposed to other factors that are more age-specific, such as bullying, or having reduced control over their ability to access resources. Adolescents of all races, genders, sexual orientations, economic statuses, and cultures have been affected by suicide. This is a concerning issue on a global level and the World Health Organization (WHO) has identified the need for high quality mental health services in communities as an objective in their Comprehensive Mental Health Action Plan (2013). Addressing depression and suicidality in adolescence at the primary and secondary levels of prevention is a proactive approach to this mental health crisis. This presentation will explore causes of adolescent suicides, primary and secondary levels of prevention, early recognition of depressive symptoms and suicidality, and treatment options for those experiencing suicidal ideations, behaviors, and attempts.



## *Women's Mental Health Matters: How to Break through what was meant to break you*

**Rhonda M. Wood**

*CEO, RMW Enterprises, Upper Marlboro*

### **Introduction**

Women are the most resilient and tenacious creatures on the planet with a superhero type of strength and endurance. They possess an undeniable superpower ability to be able to juggle family, career, and community responsibilities, often against remarkable odds. But despite their accomplishments, many women suffer from emotional oppression that leaves them stressed and overwhelmed as they carry the weight of expectations and obligations on their shoulders. Good mental health in women is essential to their overall well-being. More than 1 in 5 women in the United States experienced a mental health condition such as depression or anxiety in the past year. Many mental health conditions affect more women than men or affect women in different ways from men.

### **Aim**

Unacknowledged and untreated mental health issues in women limits their ability to cope with the normal stressors of life to function productively and effectively. Women suffer disproportionately from the kinds of adverse life experiences that can lead to depression, anxiety disorders, and toxic levels of chronic stress. Cultural stereotypes, economic insecurity, gender discrimination, stigma, and shame all impact the mental health of women, preventing them from getting the support and treatment they deserve. We will discuss concrete ways for women to take back their power, recover from mental health challenges, and thrive.

### **Materials and Methods**

Participants will hear an engaging 15 to 20-minute mental health empowerment speech followed by an interactive question and answer discussion. Participants will learn more about women's mental health

awareness, why it's important, and how we can all do our part..

### **Results**

Whether a student, single parent, homemaker, career professional, or something else, many women balance lives that demand a constant, firm grasp on mental acuity. It is imperative to take the necessary steps to safeguard their mental health and recognize the importance of prioritizing oneself and refusing to succumb to external expectations.

. As more women take this action, it will force conversations about the importance of mental health and make it much harder to do nothing or look away and easier for people to see the need to ask for help.

### **Conclusions**

Now that world is starting to focus more and more on mental well-being, let's turn up the volume and create global conversations. We need to be educated, equipped, and empowered on raising mental health consciousness, decreasing stigma, providing resources, advocating for support, and understanding the benefits of therapy. And continue the important work to normalize, destigmatize, and prioritize our focus on mental health awareness, especially in women.

### **Keywords**

mental health, mental wellness, mental health awareness, mental health advocacy, mental health empowerment, mental wellbeing, employee mental health, mental health matters, mental health resources, depression, anxiety, stress, stigma, therapy

*Women's Mental Health Matters: How to Break through what was meant to break you*

***Biography***

Rhonda M. Wood is an international empowerment speaker, bestselling author, and mental health advocate. Her specialty is helping people reclaim their inner power, make peace with their past, and prosper in their purpose so that they are empowered to reach their highest potential personally and spiritually. Rhonda speaks with a level of transparency that resonates in the hearts of people around the globe. In a world where people are expected to stay silent about mental health issues, Rhonda chooses to speak up and shine light and awareness on matters that often stay in the shadows. She is fully committed to her mission to normalize and destigmatize mental health conversations.

*Joyely: Open Spaces Open Hearts and Open Minds*



**Nicole Martin**

*CEO HR Boost, LLC*

The Human Side of Profitability reveals undeniable realities and reflections we face in business, both then and now. Nicole Martin shares her personal experiences and insights in a practical way with real events and stories that have impacted her outlook and passion for people. Leaders in business understand how small improvements can impact profitability while small mistakes can devastate the bottom line. The 11 Fundamental Truths in this book will shed light on areas that can optimize or threaten the human side of profitability.

**11 FUNDAMENTAL TRUTHS**

- 1.**Every Person Deserves to Find Work That Plays on His or Her- Strengths
- 2.**The Talent Deficit is Here and Talent Gets to Choose Where it Wants to Work
- 3.**The HR-To-Employee Ratio Does Not Work (and it is Not a 1-800 Number)
- 4.**Business Must Have Tactical (Transactional) and (Strategic) HR Plans Aligned to Fully Optimize and Witness (Transformational) Work
- 5.**Every Manager of the Future Needs to Be a Manager of Choice
- 6.**Every Person Must Have a Clear Explanation of What Success Looks Like in Each Respective Role and for the Business Overall
- 7.**As the CEO, the Founder, and/or the Entrepreneur, You Must Lead!
- 8.**Every Chief Visionary Deserves a Chief Challenger... or Challengers!
- 9.**Accountability Counts!
- 10.**Welcome, Welcome, Welcome the Talent!



## *When Women's Leadership Style of Management is Conflict Avoidant...Are You Leading Others from Your Dysfunction?*

**June Chambliss**

*Women Who Matter Too, Loma Linda*

### **Introduction**

Women leaders management style of leadership has been associated with conflict avoidant style of leadership. Research suggests that conflict management for women is impacted by such factors as gender, relational context, socialization, experiences, and female proclivities (Mukundan and Zakkariya, 2018; Rahim and Katz, 2019)

### **Aim**

Participants will explore how gender may well be connected to how conflict resolution is approached.

- Participants will look at socialization experiences and how those socialization experiences may manifest themselves to impact leadership behavior in conflict resolution situations (if the memory is negative or positive).
- Participants will be taught how to understand and identify life experiences that informs leadership behaviors.
- Participants will understand internal influencers on their leadership outcomes (behaviors).

### **Materials and Methods**

This talk will come from Conflict Management Theory. Dual Concern Theory of Conflict Management (Pruitt, 1983, Blake & Mouton, 1964) highlights two primary focal points of conflict. One aspect of conflict management using dual concern theory considers complexity of perspective. Complexity of perspective produces and emphasizes a mixture of five behavioral styles 1) accommodating (low concern for self/high concern for others) 2) avoiding (low concern for self/low concern for others) 3) competing (high concern for self/low concern for others) 4) compromising (moderate concern for self/others) 5) collaborating (high concern for self/others) and complexity of

perspective explains that for each low/high and low/low style, avoidant behavior is the outcome (Rahim and Katz, 2019).

This talk will focus on avoiding ...low concern for self/low concern for others.

### **Results**

Over 85 scholarly sources were sought out/researched to determine the material on women leaders and conflict avoidant leadership style of management.

### **Conclusion**

When a woman leader is unable to resolve conflict, research suggest the person in the subordinate position is affected by the conflict avoidant behavior and may be less productive in terms of his or her duties, engage in sabotage activities, or ultimately leave the job (Hurst et al., 2016). Thus, there is value in recognizing how socialization and early life experiences can lead to passive leadership behavior in conflict resolution situations (Ingersoll et al., 2017).

### **Keywords**

Conflict avoidance, gender and conflict avoidant leadership, women's leadership, socialization

### **Biography**

June Chambliss is a leadership researcher who has spent the past six years studying such things as female leadership, conflict avoidant leadership, leadership management styles, theories of leadership, and the impact these have on female leadership.

June is the Founder and CEO of Women Who Matter Too a nonprofit organization dedicated to supporting women leaders to enhance their leadership effectiveness. She has more than 26 years' experience

## ***When Women's Leadership Style of Management is Conflict Avoidant...Are You Leading Others from Your Dysfunction?***

in executive leadership and shares her knowledge and expertise to audiences globally. From her passion, she has developed *The Next Level Leadership Course for Women* – an online learning arena. June lives in Loma Linda, CA with her husband, Bill.

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*Fostering Authenticity at Work*



**Brittaney Young**

*CEO and Co-Founder of Launch Llama*

**Introduction**

It's a widely known fact in America that women have been systematically discriminated against in the workplace since they began working outside of the home in the early twentieth century. It's no surprise that today in 2022, women; most drastically, women of color, are still coming up short when it comes to equal pay and equal opportunity for employment and promotion. "Black women earn 64 cents for every dollar earned by their white-male counterparts and Hispanic women earn just 57 cents on the dollar." These statistics of inequality are expansive and generally well-known, however equally as detrimental as the national economical toll of these discriminatory practices, is the suppression-of-self women must practice in order to have a fighting chance against their male counterparts.

The very definition of suppression is "the act of stopping oneself from thinking or feeling something". In order to be viewed as successful at their job, women must act as if they don't have families. Likewise, if women aren't able to take enough time to tend to the needs of their families, they are viewed as an inadequate caretaker. America's lack of adequate nationally funded paid-leave and affordable childcare is a glaring materialization of the general attitude toward working women. Consequently, women are required to compartmentalize, inevitably neglecting one or more aspects of who they are.

People do their best work when they are able to create from an authentic space. Authenticity suggests that one is able to freely express who they are in all facets of their life. There is a general narrative that authenticity is celebrated, and it should be. Unfortunately, however, the systems and policies that perpetually keep women marginalized at work don't allow them to show up as who they are at their core.

Women are brilliant. Women are mothers. Women are friends, sisters, and daughters. How can women produce top-notch results in the workplace when they have to pretend that they aren't a myriad of other things besides an employee? The suppression of women's authenticity keeps the current system in place. This system must be broken.

We break that system now. We stand up tall and be authentic. We stand up for one another and demand better for ourselves and our female co-workers. Or in my case, you work for yourself.

By working for myself, I have found that I am able to allow myself to be vulnerable to all the various things that go along with being a woman in the workplace. In doing so, I am able to set the tempo of the workplace in order to allow myself time to take care of myself mentally and physically, without negatively impacting the performance of my business. By extension, I have been able to extend this flexibility along to those I work with in order to encourage a more healthy work environment. Businesses and institutions of every variety must begin to recognize their employees as individuals with unique strengths and weaknesses rather than autonomous drones meant to do the bidding of the "powers that be". We must help each other to realize that the only way to break the mold is to be ourselves in the workplace and give support in order to not allow each other to be drowned out by antiquated workplace policies that destroy individuality and force people to internalize or ignore their uniqueness.

## *Fostering Authenticity at Work*

### **Keywords**

Authenticity, self worth, women in business

### **Biography**

Brittaney is a Paralegal turned Entrepreneur and brings her experience with processes and education in project management to every table and turns that table from frenzied to functional.

Brittaney was also named one of the Top Inspiring Women of 2022 by NYC Journal.

Being married to a Marine and living the nomadic lifestyle sparked her desire to start her own online-based business and has allowed her to work with a variety of companies and service providers from all over the United States, Canada, and Europe.



*Women Unleashed: Speaking from Your Heart To Create Intergenerational Transformation*

**Grace Harris**

*Author and CEO, Become The Woman of Your Dreams Academy*

**Introduction**

The rise of powerful and influential women in the 20th century was the beginning of an intergenerational transformation. Women like Rosa Parks, Mother Teresa, and Malala Yousafzai, have started an energetic movement – a movement that slowly but surely called women to find their voice and speak up, after generations of universal patriarchy, as well as anarchy, that dominated, as well as terrorized, the world, and the communities we live in.

Today, the world is facing cosmic shifts in the psychology of the human race. It is no longer enough for us to simply look up to these powerful women-icons. We, the common women, the ordinary people, are discovering our very own voice, our very own power.

Rapid personal transformation has become commonplace, through the high-speed technology, high-speed access to valuable information, and fearless actions, of the fearless, everyday woman; the fearless, everyday entrepreneur; the fearless, everyday healer; the fearless, everyday coach and mentor.

It is so commonplace that women, being the greatest untapped reservoir of talent the world ever had, are poised to create intergenerational transformation through unleashing the power of their very own, lived experience as survivors of trauma, adversity, patriarchy, and anarchy.

Everyday stories, will create everyday ripple effects on everyday people. And these ripple effects, when done consistently enough in great numbers – will create seismic changes, in the way that we live, the way that we communicate, and in the way that we evolve intergenerationally.

**Aim**

- Delegates will learn the context of empowered vulnerability and how it affects the quality of leadership in their business and/or organization
- Delegates will learn the power of real, lived experience of trauma, anarchy, adversity, terrorism, as a direct channel of open and honest communication, for the purpose of creating permanent and positive transformation, in the lives of their clients and/or employees
- Delegates will learn the impact of holistic healing as a tool for creating lasting change – rather than a symptomatic approach to suppressing intergenerational stigma and trauma in our society.

**Keywords**

Women, vulnerability, speaking from the heart, trauma, healing, empowerment

## *Women Unleashed: Speaking from Your Heart To Create Intergenerational Transformation*

### **Biography**

Grace Harris is the author of *Become The Woman of Your Dreams* – a bestselling memoir of her life, which tells the very first true story relating to the epidemic of child abandonment in the Philippines.

Now based in Gold Coast, Australia, she is a publisher, an author coach, and a Story Mastery Mentor, helping healers and coaches to unleash the power of their story, and become Heart Activated Speakers, to create intergenerational change in their communities.

As the Founder of *Become The Woman of Your Dreams Academy*, Grace is passionate about living the life and walking the talk, of a woman whose purpose and power came from her very own lived experience of trauma and adversity.

In January 2022, she created the “Women Unleashed” Project, where twenty-five international authors and speakers come together and talk about their own lived experiences of trauma, and how adversity helped to catapult them into total, personal transformation, creating lasting change, for their clients, and their communities.

Grace is seeking women who have been through trauma and have the potential to make an everyday impact, for everyday people, so that they can create intergenerational transformation



*The Practice of ACTIVATING Confidence*

**Sania S. Green Reynolds**

*1 Lit Education Ltd. Abu Dhabi,  
United Arab Emirates*

**Introduction**

Lack of or inadequate confidence is one of the leading reasons why women shut up or shut down. This results in us women not becoming all the greater beings we are created and wired to be as well as not experiencing fullest joy, inner peace and fulfillment.

**Aim**

- Participants will explore the importance of activating confidence on a daily basis.
- Participants will learn the 8-step process of activating confidence daily.
- Participants will assess how their level of confidence.
- Participants will apply the 8-step process to practice boosting their confidence daily.

**Materials and Methods**

Case studies show that women with little or no confidence get stuck in their heads about taking action or taking an even bigger action. There is a growing body of research highlighting the intricate connection between confidence and accomplishments and fulfillment. Evidence suggests that more women could be breaking glass ceilings were they more confident in themselves and their innate and learned abilities and knowing.

**Results**

Clients and students report total change after practicing confidence activation daily.

**Conclusions**

In order for us women to strive for the highest level of success and keep on rising without getting in our own way we must aim to refresh and boost our confidence daily just as we pay attention to our diets and meditation habit. Confidence is considered one of the most influential motivators and regulators of behavior in people's everyday lives (Bandura, 1986). Moreover, a growing body of evidence suggests that one's perception of ability or confidence is the central mediating construct of achievement strivings (e.g., Bandura, 1977; Ericsson et al., 1993; Kuhl, 1992).

**Keywords**

Confidence. Activate. Growth. Fulfillment

**Biography**

Sania S. Green Reynolds Sania Green-Reynolds is an International Award- Winning Educator & Author, Book Coach and Author Success Strategist. She's taught both adults and teens as well as facilitated group and 1-1 coaching with clients across the globe.

Sania has contributed to several international publications and believes that it is her duty to support fellow women in becoming the most equipped and psychosocially fit 21st Century citizens. She is a go-getter and pursuant of excellence who believes in giving back to the community. This is demonstrated by her work in community improvement and social work in education, which spans from the Caribbean to Africa. Sania is honored to be a Walden University Scholar of Change Awardee and bold business woman whose mission is to help Aspiring Authors illuminate the world with their words.

*Q.U.E.E.N, It's Time to Play Your Royal Position!*



**Dr. Nakita Davis**

- CEO & Founder of Jesus Coffee and Prayer Christian Publishing House LLC
- The Women Win Network & the Hills 90210 PR Agency
- Official For(bes) the Culture Member

**Introduction**

Women have been the backbone to thriving organizations and fostering relationships in the marketplace for decades; yet as a collective; we still earn considerably less than our male counterparts in the workplace and business. [1]. Women earn 78cents to every \$1 that men in earn in the workplace. (Sites Wikipedia- Gender Pay) [2]. In recent years, African American Women in particular have raised the bar in educational pursuits, earning more degrees than ever before and have quickly become the fastest growing segments to launching businesses. However, on average, we earn \$24,00 per year appx. in business in comparison to 142,000 average for all Women and our Caucasian Male counterparts who earn \$750,000+ appx. per year in business. Examples of publications who have reported statics and briefings on these findings include:

Harvard Business Review:

<https://hbr.org/2014/08/why-women-dont-apply-for-jobs-unless-theyre-100-qualified>

Forbes:

<https://www.forbes.com/sites/nextavenue/2014/09/11/are-women-too-timid-when-they-job-search/?sh=60d076f3411d>

Wikipedia:

[https://en.wikipedia.org/wiki/Gender\\_pay\\_gap\\_in\\_the\\_United\\_States#/media/File:US\\_gender\\_pay\\_gap\\_by\\_state.svg](https://en.wikipedia.org/wiki/Gender_pay_gap_in_the_United_States#/media/File:US_gender_pay_gap_by_state.svg)

America Express State of Women Owned Business

[https://www.americanexpress.com/content/dam/contenthub/us/en/images/wp-content/uploads/2013/03/13adv-wbi-e-stateofwomenreport\\_final.pdf](https://www.americanexpress.com/content/dam/contenthub/us/en/images/wp-content/uploads/2013/03/13adv-wbi-e-stateofwomenreport_final.pdf)

<https://about.americanexpress.com/all-news/news-details/2019/Woman-Owned-Businesses-Are-Growing-2X-Faster-On-Average-Than-All-Businesses-Nationwide/default.aspx>

Black Enterprise

<https://www.blackenterprise.com/black-women-entrepreneurs-earn-24000-average-revenue-according-to-report/>  
CNBC

<https://www.cnn.com/2021/08/03/black-women-make-1-million-less-than-white-men-during-their-careers.html>

She is the CEO of Jesus Coffee and Prayer Christian Publishing House LLC. and has helped hundreds of Women to Live Out Their God-Sized Dreams of Authorship and gained National Notearity through her robust Publishing and PR platform. Dr. Davis collaborations/media sponsorships and connections have resulted in her/her clients being Nationally recognized on FOX, NBC, CBS, BET, People magazine, Blavity, SHEEN, Los Angles Tribune, Tamron Hall Show, The View, Disrupt magazine, Stellar Awards, the Gospel Billboard Top 100 Charts, Grammy and Superbowl Billboards too. She owns the Women Win Network, a Television Network and Magazine company celebrating Women Who Win 365! Her team serves Women Globally but has 3 distinct USA locations: Atlanta, Georgia Headquarters- Miami, Florida, and recently acquired Beverly Hills 90210, California.

Prior to becoming a Full-Time Powerhouse PR, Publishing Maven, and Global Influencer Dr. Davis grew her personal and professional brand as a Top 2% Sales, Leadership, and Development business leader for a Fortune Top 9 firm. As a respected leader for nearly 15 years in Corporate America, Dr. Davis's strategic forward-thinking, helped generate millions of dollars all while grooming Top leaders under her sound tutelage and ferocious work ethic.

**Her Motto:** Queen, It's Time to Play Your Royal Position!

Dr. Davis is an Ordained Minister and received her Doctorate (hc) from Trinity Theological Seminary of South Florida. She lives with her loving husband and two beautiful children in Atlanta, GA.

## Q.U.E.E.N, It's Time to Play Your Royal Position!

### Aim

- Participants will learn 5 fundamental concepts along with tangible examples on how to drop the internal excuses that stops, delays, or derails them from living out their God-Sized Dreams as Women pursuing their professional and business pursuits and live the life they deserve. Participants will identify systematic factors contributing to Women earning less money than our male counterparts and factors contributing to them taking less risks from fulfilling those dreams in the workplace/marketplace.
- Participants will learn practical strategies, tips, and sound advice to stop playing small, earning less and ways to successfully play their royal position!

### Materials and Methods

Evidence suggests that multiple factors play a part in Women not earning what they deserve in the workplace and marketplace. Studies will show that some issues are systemic, some are due to lack of resources, lack of financial capital, and proper marketing among other things. Research will also show that Women have been programmed since school years to follow the system rules. Although great for grade school and college; some concepts may cause more harm in the workplace and marketplace as business leaders. Leading to taking less smart- calculated risk, applying for fewer positions that could cause great financial gain along with self-fulfillment and living a life of mediocrity regarding their pursuits.

### Results

Women are accelerating in business in record breaking numbers as a collective. African- American Women are undoubtedly the fastest growing segment of entrepreneurs in the United States; however, there is still a gap in employee wages and generated profits.

### Conclusions

5 concepts that will be proposed to help Women take their professional and business endeavors higher in the forthcoming year is to:

- Quit Making Excuses
- Understand Your Assignment
- Enlist Your Supporting Cast
- Establish Your Winning Team
- Now

This is the Q.U.E.E.N Xperience and methodology I have created to among others to effectively negotiate my pay and perks while in Corporate America for nearly 15 years as a Top-rated Sales leader and development performance coach. Once I decided to leave Corporate

America to pursue my own God-Sized Dreams as an Awarding-Winning Publisher and Publicist for authors, speakers, and Women entrepreneurs; I quickly crushed the status Quo ordinarily associated with Women and Women of Color. I look forward to sharing my personal findings, expertise, and wisdom with this global audience.

### Keywords

Women, Women in Business, African American Women in business

### Biography

Dr. Nakita Davis

Powerhouse Speaker, Award-Winning Publisher, 13x Best-Selling Author, Global Influencer, PR Guru & Official For(bes) the Culture Member- an Elite Forbes platform.

With 3 Primetime USA locations: Atlanta, Miami, and Beverly Hills 90210; Dr. Nakita Davis is the Heartbeat and CEO of Jesus Coffee and Prayer Christian Publishing House LLC. – the #1 Christian Publishing House in the Land and the Women Win Network- a Global TV Network and Magazine.

Known for her creative Genius, unparallel Industry connections, business savvy, and ability to deliver the goods; Dr. Davis and her Queen Clients have been featured on countless publications-including ABC, NBC, CBS, FOX, & MTV.

*Workplace Psychological Safety for Marginalized Populations*



**Kessie Stevens**

*Founding Partner ARTIS*

**Introduction**

This presentation covers a variety of perspectives around workplace and community harassment, bullying, and violence. The focus is on minority work populations using examples from Canada's indigenous communities within the context of the Truth and Reconciliation movement. An overview of the Canada's history of Indigenous Peoples will be presented resulting in prevalent victimization, disempowerment, lateral violence and oppression in the workplace, as a result of Intergenerational Trauma of colonialism of Canada.

**Aim**

To draw attention to issues of workplace and community violence, harassment and psychological safety against minority populations. The concept of psychological safety as a base for building safe environments will be presented as a way to be consistent in dealing with complex problems.

**Dicussion**

**PRESENTATION FOCUS:**

We have developed online and in person classes and workshops that we will discuss as well as case studies and best practices for diversity and inclusion in the workplace to promote psychological safety. We will discuss leading and lagging indicators, intergenerational trauma, perspective shift for employers and community members, and power imbalances.

**Keywords**

Violence, harassment, psychological safety, workplace safety, indigenous, micro aggressions, minorities, diversity, inclusion, lateral violence, oppression, intergenerational trauma.

**Biography**

Kessie Stevens has worked in Disability Management and Occupational Safety & Health since 2007. She has a degree in Applied Psychology and graduated with honours from the University of Alberta's Occupational Health and Safety Certificate program and is currently completing her Master of Science degree in Occupational Safety and Health from Columbia Southern University. She holds a variety of certificates and designations related to her field of work. In 2013 she founded Artis, a safety and disability management consulting firm. She specializes in WCB appeals, disability and safety program development for employers, and course development with a specialization in diversity and inclusion.



## *Workplace Psychological Safety for Marginalized Populations*

**Ruby Little Child**

*National Director - Indigenous Relations at  
SNC-Lavalin*

### **Introduction**

This presentation covers a variety of perspectives around workplace and community harassment, bullying, and violence. The focus is on minority work populations using examples from Canada's indigenous communities within the context of the Truth and Reconciliation movement. An overview of the Canada's history of Indigenous Peoples will be presented resulting in prevalent victimization, disempowerment, lateral violence and oppression in the workplace, as a result of Intergenerational Trauma of colonialism of Canada.

### **Aim**

To draw attention to issues of workplace and community violence, harassment and psychological safety against minority populations. The concept of psychological safety as a base for building safe environments will be presented as a way to be consistent in dealing with complex problems.

### **Discussion**

#### **PRESENTATION FOCUS:**

We have developed online and in person classes and workshops that we will discuss as well as case studies and best practices for diversity and inclusion in the workplace to promote psychological safety. We will discuss leading and lagging indicators, intergenerational trauma, perspective shift for employers and community members, and power imbalances.

### **Keywords**

Violence, harassment, psychological safety, workplace safety, indigenous, micro aggressions, minorities, diversity, inclusion, lateral violence, oppression, intergenerational trauma.

### **Biography**

Ruby Little Child Ruby Littlechild, MBA, M.Ed., is Plains Cree, originally from Maskwa cis, Alberta, Canada. Ruby is of Treaty 6 territory, descent from the Wandering-Spirit bloodline, one of Big Bears' revered spiritual warriors. She works towards alleviating systemic barriers, stigmas and stereotypes associated with Indigenous people. Ruby believes training, education, collaboration, reclaiming Indigenous identity, and the understanding of intergenerational trauma are key factors in successful and thriving Indigenous workplaces. Ruby has a Master's in Education and an MBA and is currently completing her PhD. She works for SNC-Lavalin as an Indigenous Relations Advisor. Ruby has worked for the Government of Alberta, Association of Professional Engineers and Geoscientists of Alberta, and the Alberta Indigenous Construction Career Centre at NorQuest College.

*Discover the Power of Your Voice and Own Your Amazing*



**Dr. Denise Moore Revel**

*Own Your Amazing Movement*

**Introduction**

It is estimated that roughly 85% of people worldwide (adults and adolescents) have low self-esteem and feel powerless. Many women today do not feel empowered. Many women have settled for less than they want and believe they deserve. Many are “playing small.” Playing small usually means dismissing what you truly want in life to maintain a present-moment illusion of security, acceptance, or control. Many also “play small” by being quiet. They believe their voices are silent. But now more than ever, the world needs women who are courageous enough to let their voices be heard and live their worth out loud.

When someone is empowered, they can accomplish something, - knowing it, giving them the confidence needed to succeed. In **Discover the Power of Your Voice and Own Your Amazing**, the focus is on discovering the power every woman has to use her voice. [1] In this presentation, the word “voice” is emphasized in physical and literal terms. [2] The importance of the paradigm shift is needed to use the power of your voice to create a meaningful and purpose-driven life.

[3] Use key strategies to develop an action plan to create more success in every area of life

**Results**

- Participants will explore the interplay between using their “voices” and empower, leadership and confidence.
- Participants will learn 3 key points to help understand the power of your voice and the impact it has on relationships, business, career, self-care, and fulfillment.
- Participants will learn effective strategies for using their voices in every area of their lives
- Participants will create an action plan to create more success

**Materials and Methods**

It is estimated that roughly 85% of people worldwide (adults and adolescents) have low self-esteem and feel powerless. Mounting research underscores the connection between using your voice and having high self-esteem and confidence. Evidence suggests that as people feel empowered, they create the life they want that makes them feel alive, experience greater love and connection with others, feel a deep sense of peace, and live with greater freedom.

**Results**

Given the right tools and strategies, women can discover of their voices and boldly show up in every area life.

**Conclusion**

Studies show that 85% of people worldwide (adults and adolescents) have low self-esteem and feel powerless. But it is possible to live a more empowered life. Once a person learn effective strategies to discover their voice, then they are able to own who they are and create an authentic and amazing life.

**Keywords**

voice; self-expression; empowerment; leadership; confidence; authenticity; self-esteem.

*Discover the Power of Your Voice and Own Your Amazing*

**Biography**

Dr. Denise Moore Revel Dr. Denise Moore Revel is a CEO, founder, award-nominated-best-selling author, speaker, and personal development and business coach. For over 25 years, Dr. Denise has worked as a speech-language pathologist. Her job has been to help her clients discover their voices.

As an extension of her work, Dr. Denise founded The Own Your Amazing Movement, a personal development company. The Own Your Amazing Movement focuses on women who feel stuck and frustrated to dig deeper to find their voice and live their worth out loud. Through coaching, mentoring, and workshops, Dr. Denise ignites and energizes women to find the power to be authentic, to show up more powerfully, and create extraordinary lives they love

*Master Your Mind Master Your Life*



**Merete Stangeland**

*Leadership Of Life*

**Introduction**

We need to focus on the importance of setting goals in your life. More awareness to our subconscious mind, conscious thinking mind and our body, and how they are connected.

You are responsible for your life . . . for you own feelings . . .

for your own personal growth . . . and for every result we get . . . there are no mistakes, only lessons. Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.

**Aim**

- Participants will explore the interplay between the unconscious and conscious mind.
- Participants will identify the impact of our thoughts and how they influence our lives.
- Participants will learn that it is not more effort that is needed, but rather the importance of focusing on what they really want to attract into their lives.

**Materials and Methods**

There is a growing understanding both scientifically and among common people, how intimate the connection between our mind and body really is.

It is proven that we in fact consciously can influence our thoughts, and then by constant repetition will be able to change our paradigms, one habit at the time. Some research even suggest that you can change your paradigms in one giant quantum leap. These kind of quantum leaps often coincides with other external impacts, such as accidents,

marital breakdowns. Or even on a larger scale, 9/11 and this past years Covid-19 pandemic.

We are all born with the same DNA, and our brains all have the same capacity, but most people never reach their potential in life. As children we are born into a family with certain habits, later we become participants in a community with certain habits and in all different aspects of life we are influenced by certain ways of doing things. There is little space for uniqueness, we are all told to behave ourselves and to do the “right thing”

That is why so many of us just follow the mainstream and become someone we are not supposed to, and it is quite common that we at a certain point stop and have some existential thoughts about life and what we have been doing.

What if there are ways to effectively jump-start our brain, stimulate it to make new neurological connections between brain cells and may be even activate some genes in our DNA?

**Conclusions**

You can use your mind to get the results that you want. This will potentially have an amazing impact on both your work and your family life.

**Keywords**

Decision, goal setting, persistence, responsibility, confidence.

## *Master Your Mind Master Your Life*

### **Biography**

Merete Stangeland Merete is holistically-minded woman with more than thirty years of work experience in different types of corporations, varying from sales consultant in the grocery business, onboard ships in the cruise/ferry industry, in the administration for a maritime technical/management company

that is responsible for operating several ships and in several shipbuilding projects.

Merete is a person who's aim is to help the different people cooperate in harmony, to train and help the employees create a well-functioning system that will benefit the company as well as the people themselves. Blending her interest in people with cognitive science and her own experience in life, she has experienced that something is significantly missing in the way companies evaluate their employees. How the administrations easily forget that it is the employees who hold the knowledge in the company and that the company is nothing without them.

Instead, she believes that they should strive to encourage the employees to achieve greater physical, mental, and emotional resilience so that they look, feel and perform their absolute best.

Her passion is bringing forth the idea to make use of more untraditional methods, such as using mentoring and mental programs to train both the executives and employees.

Being a woman amongst men in the company for many years, she has also a burning passion for encouraging more women to sit at the table with men in business.

Merete is now on her way to becoming a Certified Proctor Gallagher Institute Consultant. She decided that by joining the life coach company "Leadership Of Life" as a partner, she could make use of specialized programs as tools in helping individuals as well as corporations reach their full potential and be able to create better results.

She believes that in this time with the most intrusive measures in the world due to the covid-19 pandemic and the great climate threat, women are needed more than ever before, to take part in the changes we need to do, so that the world once again can become safe and peaceful.



*Building Psychological Safety: The Neuroscience behind Shaping and Influencing MINDSET Shifts*

**Debra Dupree**

*Dispute Resolution Specialist | Mediator & Conflict Coach | Podcast Host | Speaker & Author*

**Introduction**

We've come a long way in creating physical safety in the workplace and in our daily lives over the last century to prevent injuries that could otherwise alter our lives, e.g. personal protection equipment, vehicle seat belts, ramps and so on.

However, little has been done to address "psychological safety" needed for our emotional well-being. Day in and day out, I encounter people who have been traumatized by adverse childhood experiences (ACEs) or through contemporary adult exchanges and experiences. The impact of trauma goes unrecognized and untreated.

This presentation dives deeper into problem behaviors that trigger adverse physiological reactions that contribute to negative exchanges and outcomes. Participants will discover simple but strategic tools, based on neuroscientific evidence, that help redirect the mindset in ways that lead to productive outcomes and relationships.

**Aim**

Improving mental health through mindset shift strategies for authentic connections and personal accountability by embracing an agile 'growth' mindset. Learn, live, lead and grow consciously, courageously and with curiosity.

**Materials and Methods**

This presentation is designed to deliver key concepts through research-based evidence, video and lecture presentation coupled with experiential exercises for immediate integration for take-away learning and application.

**Keywords**

Positive psychology, Mindset, Behavioral science, Neuropsychology,

Communication styles, Conflict Management Styles, Psychology of Conflict, Your Emotional Potential, Emotional Intelligence, Negotiation, Mediation.

**Biography**

Debra Dupree • Dr. Debra Dupree is a featured faculty member for the American Arbitration Association (AAA), teaching lawyers and mediators on the psychology of conflict, the power of persuasion, and applying emotional intelligence to the art of negotiation and mediation.

- Debra is a prominent speaker with the Hong Kong Institute of Mediation, Mediation Steadfast in Perth, the American Bar Association, and on the board of directors for the Southern California Mediation Association.
- Dr. D has served on the faculty for California Western School of Law, National University, and is currently with California State University, San Marcos, teaching dispute resolution strategies built on emotional intelligence and communication styles.
- In 2016, she was selected as one of the top ten global trainers for SkillPath Corporate Strategies.
- Debra's been featured by Newsweek as one of San Diego's top psychotherapists and recognized by the Los Angeles Executive Board as a "Super SMART" Mentor Mediator for federal professionals in training.
- She is the author of two eBooks: Your Emotional Potential: How You Show Up Matters and Building Courageous Workplace Cultures. Her next three books are slated for publication in 2022: The Psychology of Good Bosses vs. Bad Bosses and Its Implications for Leadership, Hooked at the Hip and Step Back to Step Forward.



*Study of utilization of telemedicine services of MDtok across the continents in COVID-19 pandemic*

**Abhijeet Nakave, MD**

*MDtok*

**Introduction**

Covid-19 pandemic has reached its arms to every corner of the world. Recently a second wave hit India in April 2021. Many helping hands have reached out to people who were affected due to COVID-19 from different countries. With overburdened healthcare system, the efforts were made by overseas doctors of Indian origin to fight against COVID-19 and support their counterparts in India via web-based telemedicine service of MDtok.

**Aim**

Study the utilization of telemedicine services via a web app – MDtok by overseas doctors of Indian origin from different continents to the affected patients and families residing in India.

**Materials and Methods**

Overseas doctors of Indian origin were reached via contacted directly or through various organizations like American Association of Physicians of Indian Origin (AAPI), American Indian Physicians of Northern Ohio (AIPNO). Emails, text and phone calls were the primary mode of communications. MDtok platform development was started after the first pandemic from June 2020 and used a secured HIPAA complaint policies with user authentication and end to end encryption technology. Platform was launched when second wave hit India in April 2021. Enrollment of doctors into the platform was done after verification of their credentials manually. Patients or families were able to sign up for their accounts with an email verification system. Patients had the choice to choose a specific doctor based on their timings, language and specialty and they were able to upload their medical results in advance for doctors' review during the appointment. All appointments were made available for free with the voucher code

'mdtok2021'. Doctors were able to login independently and were provided with a demonstration video during their registration. Doctors also have full control over their scheduling, cancelling appointment and rescheduling. Recommendations by overseas doctors were send to a staff doctor, a registered license practitioner residing in India and hired by MDtok medical foundation. The final recommendations were verified and passed on to the respective patients in MDtok account by staff doctors.

**Results**

There were around 3 million hits on the website of [www.mdtok.com](http://www.mdtok.com) during the month of May 2021. Around 170,000 users accessed the webpages on the website of MDtok. Total of 3599 patients created their account in MDtok and 3000+ prescriptions were written by the staff doctors during the period of May 1 to May 20, 2021. More than 25,000 counseling sessions occurred during the same period. As the COVID-19 numbers started to decline in India at the end of month in May 2021, the users started to decline along with total encounters. On an average a overseas doctor spend atleast 2-3 hours a day for 4-5 days in a week during the month of May 2021. There were many no shows from patient side whose feedback and survey is still ongoing.

**Conclusion**

A global telemedicine service is desired for specialist services and in situations where local healthcare is overburdened or not easily accessible. Primary reason for users to reach to telemedicine service was more for opinion and counseling purpose than actually getting a medicine prescription.

*Study of utilization of telemedicine services of MDtok across the continents in COVID-19 pandemic*

**Keywords**

1. Global Telemedicine
2. MDtok
3. COVID-19

**Biography**

Abhijeet Nakave has completed MD from Eastern Virginia Medical School and MBBS from Seth GS Medical College, Mumbai, India. He is the founder of MDtok, a global telemedicine service, and is working as a frontline covid-19 physician at Mary Washington Hospital, Virginia. He has published scientific journal articles, a reviewer in many international reputed journals. and is active in healthcare technology and telemedicine domain. He is awarded the Best Physicians award in 2013,2014 and 2020 and was selected for a top 100 healthcare visionary award in 2021.



*Healthy vs Narcissistic Love and Relationships!!  
Your Health Depends On It!!*

**Ina Johnson Myers Clc**

*CEO*

*When She Rise, LLC*

*Author, Speaker, Certified Life Coach*

**Introduction**

Psychologist report that over 158 million people in the U.S. are affected by narcissistic abuse and over 450 million people worldwide. Incidentally, those numbers only account for a portion of narcissistic abuse victims, it doesn't account for the narcissistic parents who raise narcissistic children, and the generations of those narcissistic children and so on.

**Aim**

To help women understand the difference between healthy and narcissistic love and relationships. Giving women the tools to embrace their sunshine in the midst of their storms..

**Materials and Methods**

Being cognizant of who is in your space allows you to have a more balanced and healthier lifestyle. Being purposeful in spotting and identifying the red flags of Narcissistic personality. Finding your sunshine, in spite, of your storm. Your Health Depends On It!!!!!!

**Conclusions**

- To be cognizant of who you allow to sit at your table and the conversations you have with them.
- Do not ignore the red flags you see and hear in your personal and professional relationships.
- Confront fears because your success is on the other side.

**Keywords**

stress, mental health, narcissism, mindfulness, healing.

**Biography**

Ina Johnson Myers, CEO of When She Rise, LLC. She is an Author, Speaker, Radio Host and Certified Life Coach. She is a 24-year retired Combat Veteran, a survivor of Military Sexual Trauma and Narcissistic Abuse. She helps women understand the importance of spotting those red flags during the dating phase, the not so obvious narcissistic personality traits and mannerisms to avoid, and the journey to their healing. Because of her own experiences with toxic relationships, she advocates to help other women be cognizant not ignore the red flags they see and hear in their search for that perfect partner.

*Women leading Sustainability (SDGs)*



**Marie Sebueng**

*Founder and CEO | Leadership Coach | Speaker*

***Introduction***

Marie Sebueng is the founder and CEO of IAMS Powerhouse consulting. The company provides innovate people management solutions. A dynamic businesswoman, speaker and facilitator. She has over decade in workforce dynamics, with a passion and for leadership development.

As a seasoned professional, she has held positions in Investec, ArcelorMittal, MMI and American Tower Corporation; a Fortune Global 500 listed company. Her career experience and achievements spans across manufacturing, telecommunications and Financial services. Operating in Europe Middle East and Africa.

The company's purpose is "to unearth potential, empower leadership and enable performance excellence in Africa". Providing expert advisory and offering training and development for individuals, entrepreneurs and corporates.



**THE DAWN OF DIGITAL HEALTHCARE, EXCITING  
NEW THERAPY HORIZONS**

**Randy Macsisak**

*Through a private entity specific towards their  
initiative for geographic state of Pa*

**Introduction**

What have we witnessed a pandemic driven societal lockdown.

**Aim**

Gain an understanding of the benefit we (providers/therapists) all can be a part of.

**Statistic**

Over half of patient care currently occurring over phone, through texts and/or video

**Question**

What is a digital therapeutic?

**Definition**

Official definition "Digital Therapeutics" (DTx Alliance 2018)

**Education**

Advantages of Digital Therapeutics

**Location**

Virtual Platform Site(s)

**Result**

Distinguished between Traditional Therapy vs. Digital Therapeutics

**Conclusion**

My personal belief and vision

**Biography**

Randy Macsisak completed his Bachelor's Degree Science from Kutztown University. He has been working in both the mental health and addiction field for @ thirty-five years. His current employment through a private Medical Doctor's practice and a National provider's out-patient program. Previously employed through PACCO as Intake Coordinator, B2B/B2C Representative & Medical Liaison for ten years. Current to keeping "brand" PACCO virtually.

## Key Role of Facilitators in Medical Tourism Sector



**Ece Gunay**

*Ege University, Business Administration, 2015*

### **Introduction**

Assessment of the medical tourism sector and a state of affairs around the world. And explaining the fundamental role of medical tourism facilitators in the sector by also sharing my experience in Clinic Center.

### **Aim**

Evaluate and explain the position of medical tourism facilitators and their benefits to improve the sector.

### **Materials and Methods**

Examination of facilitators in different countries, their role in the sector, how they change the process and add value compared to individual clinics or hospitals. Also, comparison of brokers and facilitators.

### **Results**

It is obvious that in the countries where the medical tourism sector improved, contribution and added-value of facilitators is non-ignorable. They improve the service quality by focusing patient satisfaction before, during and after operation, regarding this facilitators lighten hospitals, doctors' burden and they can only focus on their core job

### **Conclusions**

In conclusion, outsourcing in medical tourism is a win-win for each party, even for the sector. Facilitators should be in the sector both for patients and doctors, hospitals since they have many benefits for both parties. The only ragged edge about facilitators is they should be inspected by government authorisations since they are part of healthcare and assisting doctors, hospitals in the process

### **Education**

Advantages of Digital Therapeutics

### **Keywords**

Medical tourism, facilitators

### **Biography**

Ece Gunay has completed his bachelor's degree at the age of 24 years from Ege University, Turkey. She studied a term in Warsaw, Poland with an exchange programme. She is the director of Clinic Center, a medical tourism agency. It has been more than 6 years she is working in the medical tourism sector. She has been living in the UK and working in the London office since September, 2019



*The Authentic Female Leader of tomorrow – How to stay on the center stage of your life*

**Connie Lee Benette**

*Meraki Training Academy, 4 Rue Botzaris*

**Introduction**

Being an authentic female leader means courage; it means to stand in your own power 100%, embracing vulnerability as your greatest strengths. As women, often we don't have the courage to show up and dare to make our voices to be heard. But when a women leads from heart, being who she truly wants to be, inspiring others with clarity, confidence and charisma, and embracing her vulnerability, she had the power to change the world.

**Aim**

- You will have a good understanding on what female authentic leadership means, the difference between leading from head and leading from heart.
- You will understand that showing your vulnerability as leader, it is not a weakness but a strengths, and people are thirsty to follow leaders who can be their authentic selves, and they can address to their audience with clarity, confidence and charisma.
- You will gain an insight on why your greatest power is your ability to know how others feel, by connecting with them on a deeper level, and being able to understand them deeply, through your own experiences.
- You will learn how to make your voice heard, taking the risk of being your true, vulnerable self.
- You will learn how you can "own the room" as an authentic leader.

**Materials and Methods**

Who is the real you? How to be an authentic leader?  
If you ask this question to your clients enough time, the question will get back to you like a boomerang. I have been looking the answer to

this question, for the past few years, whilst trying to find out how to be myself, how to be the real me, but on the same time to be a good leader. As a female leader, we are highly influenced by our environment, our circumstances, the society, stereotypes about how a woman "should" lead. De Joe Dispenza talks about how who we are, is greater than our environment, time and our bodies. So, what is left is the essence; is your spirit; is your truth. For a woman, to be who she really is, and to show up as her authentic self, takes a lot of courage. First, she needs to go deep inside herself, to reveal her naked soul and from within, to make her voice to be heard outside.

Being an authentic women leader means that your actions and decisions, are not dictated by your environment, by your circumstances or by the way how society perceives that you "should" lead, but instead it is dictated by your heart, your soul, your essence.

**Conclusions**

Being an authentic female leader means not allowing the environment, the circumstances tell you how you "should" lead, but instead listening to your soul, presenting yourself with clarity, confidence and charisma, embracing vulnerability as strengths and not allowing others to control YOUR emotions. Authentic leadership means creating from your soul, from inside out.

Becoming an authentic leader, becoming who you really are, is the journey, the daily discovery, the daily spiritual practice of getting to know yourself deeper and deeper.

**Keywords**

Authentic leadership, Clarity, Confidence, Charisma

*The Authentic Female Leader of tomorrow – How to stay on the center stage of your life*

**Biography**

Connie-Lee Bennett is the CEO of Meraki Training Academy, and the founder of the Meraki Therapy healing technique. She has a strong background in psychology, she is a renowned international speaker, has appeared on international TV, featured in international magazines.

Connie-Lee is a multiple author, and she loves to inspire others from her soul, on how leaders can be their authentic selves and how they can present themselves with clarity, confidence and charisma.

Her vision is to inspire Authentic Leaders around the world, and she is ready to bring her knowledge and expertise to a larger audience. She wants to motivate and inspire woman from all walks of life to lead, start and drive their businesses.

She loves to ask, “Who is the REAL you?”, and she confess that in the past few years, her vision and how she see herself changed, mainly as a result of her working with son many female leaders and on the same time, on herself. She found out, and now she can clearly define her vision , which is to inspire from heart, from soul, other female leaders how NOT to be INFLUENCED by the environment, by the expectation of others or by circumstances, but to dare to show their authenticity and vulnerability.



## *The Importance of Health And Nutrition—coping with COVID-19*

**Amanda Bishay**

*Australian Therapeutic Skin Care Institute(ATS-CI) Merrylands Medical and Cosmetic Clinic, Sydney, New South Wales*

### **Introduction**

Australia took strong measures to manage COVID-19, including contact tracing and harsh 'lockdowns'. Individuals could only leave their homes for a few key reasons, including exercise, medical needs and food—for weeks on end. Socialising was restricted. Coping with the impact of COVID-19 placed a huge strain on the population's mental and physical health.

The well-known relationship between health, wellbeing and diet means that when our psychological state is low our food choices may change in response to this low mood, and we reach for 'comfort food'. Change in appetite from stress and anxiety brought on by COVID-19 is now a common human experience. In addition, we know that relationships between nutrition and long-standing mental illness are compounded by barriers to maintaining a healthy diet.

There is abundant evidence that shows exercise can enhance your health and wellbeing. Exercise is also a scientifically proven mood booster that decreases the symptoms of both depression and anxiety. Doing exercise and physical activity increases our endorphin levels. Endorphins are the body's famous 'feel good' chemical—producing feelings of happiness and euphoria—released by the brain and spinal cord. Even just moderate exercise throughout the week can improve depression and anxiety. However, maintaining a good exercise regime is only part of maintaining health and wellbeing, maintaining an effective immune system is also essential. COVID-19 spurred many of us on to search for science-based answers to questions about health and nutrition for developing an optimal, healthy immune system. We already know that what we eat and drink can affect our body's ability to prevent fight and recover from viruses and infections and reduce the likelihood of developing other health problems such as obesity, heart disease, diabetes etc. Depression and anxiety are the most common

mental health conditions worldwide, making them a leading cause of disability. Therefore, new approaches to managing both clinically diagnosed and subclinical depression and anxiety were needed during these difficult times.

Epidemiological research has observed that adherence to a healthy diet is associated with a reduced risk of depression and supports a stronger immune system. This means that supporting a healthy immune system was crucial in the fight against COVID-19 and the following Delta strain. We also know that some medications and lifestyle factors suppress the immune system.

The government allowed outdoor activity and encouraged exercise such as walking and jogging during the lockdown periods to overcome the mental and physical health challenges brought upon by COVID-19. But for many people during the lockdowns, their preference was for sedentary pastimes, such as watching TV, surfing the Internet, or playing computer and video games.

Our clinic took the approach to promote and implement healthy eating and exercise strategies to assist our patients to stay focused on staying healthy in the fight against COVID-19, instead of allowing the strain of coping with COVID-19 to affect their mental health. We aimed to minimise the damaging effects of COVID-19 on our patients and support both their physical and mental health.

### **Aim**

To outline the importance of health and nutrition in coping with the increased stress and anxiety suffered during the pandemic.

### **Materials and Methods**

We undertook a 12-month in-practice trial to see how successful our methods of reaching out and supporting our patients with health

## *The Importance of Health And Nutrition—coping with COVID-19*

and nutrition were. At the weight management clinic we assess each patients needs, taking into consideration their health and their goals. We create targeted diets are to improve our patient’s health, taking into consideration their culture, religion, food habits, allergies and food preferences. Diets are based on blood tests and a detailed medical report and are customised to each patient’s needs. This can be achieved to the point that patient’s medications are reduced or stopped. Weight loss is monitored through regular blood testing, measuring and weighing. If clients are compliant they usually loose six to 10 kilograms in six to 10 weeks.

### **Results**

The results of the trial monitoring our patient’s health and nutrition over a period of 12 months saw 58% of the patients taking part reach their desired results. This group followed our advice on health, nutrition and exercise. We saw that these results set in place a positive chain reaction of improved psychological benefits due to weight loss and leading a healthy life style.

They were motivated to stop smoking, their blood pressure returned to normal, which also improved their skin texture, gave them more stamina, better sleep and more energy. All these factors made them feel more attractive, which in turn also improved sexual activity and improved mental health.

Relapsed patients (with smoking and weight) made up 18% of the group. This group were fluctuating in their weight, and in some instances put on more weight than they initially lost, or they were trying to quit smoking but not succeeding, or were inconsistent in exercising and dieting.

Those that did not achieve their desired results made up the final 24% of the group. This group simply did not achieve any of the above due to either not being compliant or did not try.

### **Conclusion**

Exercise and an effective immune system are essential to wellbeing and mental health. COVID-19, the Delta strain and government decisions for managing the spread of COVID- 19, such as lockdowns, have impacted on our mental health, which in-turn has made it more diffi- cult for us to continue healthy eating and exercises regimes in favour of mood-guided comfort eating and sedentary activities. Reaching out to your patients and creating simplified lists of healthy choices and exercises that are easily taken up will help in the fight against COVID-19 and maintain physical and mental health and build a healthy and effective immune system.

### **Keywords**

COVID-19, immune system, wellbeing, mental health, health and nutrition, exercise.

### **Biography**

Amanda Bashay Amanda is passionate about health, beauty and wellbeing and keeping up-to-date with the latest research and trends, and sharing her knowledge and experience with both patients and students to improve their health, self-confidence and advance her students’ careers.

Amanda is a medically accredited Cosmetic and Laser Aesthetician, Medical Practice Manager, international certified trainer educator and assessor. She has a Diploma of Health Science (Beauty Therapy), a Certificate III Pathology and a Certificate IV in Training and Assessment. Amanda has completed 18 postgraduate courses in the field of cosmetic dermal and laser therapies.

Amanda is a professional member of the Australian Institute of Laser Therapy, the Australian Association of Professional Aestheticians of Australia, the Australasian Association of Cosmetic Tattoo and the Australian Association of Practice Management. She has over 18 years experi- ence in the cosmetic and dermal industry. Amanda has shared her unique and holistic insights speaking at overseas industry conferences. She has over 25 years experience as a Practice Man- ager. Amanda has worked with some of Australia’s leading plastic and cosmetic surgeons. She is currently managing Merrylands Medical and Cosmetic Clinic (with a database of over 30,000 patients) with husband Dr Refaat Bishay (General Practitioner Consultant and Cosmetic Sur- geon), which accommodates all allied health and specialists.

Amanda runs a weight management clinic that considers the individual’s health, needs and goals. Diets are targeted to improve their health, taking into consideration the patient’s cul- ture, religion, food habits, allergies and food preferences. Diets are based on blood tests and a detailed doctor’s medical report and are customised to each patient’s needs.



## Connecting Vs. Collecting

**Tandra A. Price**

*“The Networking Ninja”*

Networking not only means you'll have a more significant base of contacts and opportunities, but you also will have people who are ready to work with you and willing to invest in your product and services.

### Conclusions

Being a part of meaningful relationships and having strong contacts can make all the difference for your business. Every new connection you make becomes part of your personal and professional network. You'll gain insight from resources and contacts to find out what you need to do to close the gap between where you are and where you want to be in your business and help you achieve your success goals faster.

### Keywords

networking, networking skills, how to network, how to network effectively, business networking, network marketing, business networking events, best networking advice, sales and networking, good networking skills, Networking is one of the most important tools for growing a business. business networking groups, how to network, small business networking, how to network for business, network marketing, professional networking, personal development

### Biography

Tandra Price, an international keynote speaker and coach, believe that connecting, networking, resources, and accountability are the keys to building a successful business and generational wealth. She spearheads multiple networking communities focused on serving and supporting women in six different locations across the United States of America. Tandra has made tremendous contributions in various facets of her field by creating thriving online communities and platforms. As the editor and publisher of a renowned magazine Tap-In, which amplified the visibility of women entrepreneurs. Tandra is most fascinated by opportunities that allow her to bring people to the realm of networking.

### Introduction

Networking is one of the most powerful tools of our time. It has empowered us, connected us, and allowed us to build and create at a faster rate than ever before. Networking is not just about collecting contacts or following connections. Networking is about the quality of your relationships. It's about the meaningful conversations you have with people and their impact on your business. Networking isn't just about making money, although it can do that. Networking is about being part of something greater than yourself. It's about how you impact the lives of others and how they impact you in return.

### Aim

Participants will learn about the ecosystem of networking and how it can create an unlimited possibility for connecting and growing your business.

- You can network virtually anywhere
- Learn about the benefits of Networking
- Learn about how to start plugging into pre-existing networks
- Take action by following through and making valuable connections

### Materials and Methods

You wouldn't build a house without the right tools and materials. Why would you build your network without coaching, training, or mentorship? We can help you build stronger relationships through coaching, training, and mentorship that can be simple, effective, and empowering.

### Results

Relationships separate the successful from those who don't reach their potential. One of the most critical parts of success is finding the right people to help you succeed and knowing who to connect with.

*The land of wonders*

**Somaya El Shafei**

*Global Goodwill Ambassador (All)- Founder & CEO Boosterbees*



**Introduction**

With so many factors to consider, we know seeking overseas medical treatment can be a real challenge. Egypt was famous for its cities, its mineral and sulfur waters, its dry, moisture-free atmosphere, the sand and silt content of its soil suitable for the treatment of many diseases, its numerous beaches and the waters of its seas, with its distinctive natural properties. Egypt also offers high-quality medical facilities, spas, and health services, while at the same time incorporating accommodation in five-star hotels into the package. Egypt becomes a chosen destination for medical travelers from the Middle East, Arab, African and European countries such as Russia, Ukraine, Hungary, and others. Egypt occupies the 28th place in the world in medical tourism due to its distinguished location and outstanding medical and treatment services. It also ranks 63rd in the world in terms of services and health care, surpassing Turkey and Algeria. Jordan, Libya, Lebanon, India, Yemen, Brazil, Russia, Sudan, China, South Africa and other countries of the Middle East and Africa.

**Aim**

- Participants learn more about enabling patients around the globe to secure assurance of treatment, regardless of cost, location, or procedure.
- To have a world with the highest standard of healthcare throughout
- Participants need education and information to understand what they should look for in finding a provider in a foreign country.

**Materials and Methods**

With so many factors to consider, we know seeking overseas medical treatment can be a real challenge. From hospital selection to plan travelling, we will concisely simplifies the wealth of information onto a simple platform so you can make informed decisions with dependable insights.

**Conclusions**

Medical tourism is not a new phenomenon, but has recently been gaining attention and is currently more frequently discussed. Although medical tourism itself is not a new trend, the flow of medical tourists reversed through the time it exists, to people from high-income countries seeking treatment in less developed nations.

**Keywords**

Medical Tourism, Travel, Physicians, Health, Wellness, patients

## *The land of wonders*

### **Biography**

Somaya ElShafei Somaya El Shafei holds a diploma, marketing and advertising (LCCI), a Master in Social Media, Google and Facebook Marketing Digital marketing. She is now obtaining her Masters of Business Administration at University of South Wales – UK. With her diversified background being Arabian women, graduated from Faculty of Fine Arts & penetrating the Business industry with a different mindset, she has worked as a Marketing & PR consultant from August 2016 till Present with many National & International customers. She studies the company profile and operations to understand its marketing needs. She conducts marketing research to identify industry trends and commercial opportunities. She develops and implements a marketing strategy according to objectives and budget. Not only she prepares detailed proposals and marketing plans but she also advises on branding, positioning, communications, and other marketing issues. She gives direction to marketing efforts with the most effective methods and tools and monitors marketing projects and analyzes results. Forming relationships with various people and constantly communicating with the organization's personnel, media professionals, public interest groups and other key people. She is currently the Director of Business Development at Expand-Co.

*Medical Laboratory Scientist*



**Josephine Ines Kadeu**

*MBA, MLS(AMT) Medical Tourism, Healthcare*

**Introduction**

Medical tourism occurs when consumers choose to travel across international borders with the intention of receiving some form of medical treatment. This treatment may span the full range of medical services, but most commonly includes dental care, cosmetic surgery, cardiovascular surgery, elective surgery, and fertility treatment. There has been a shift towards patients from richer, more developed nations travelling to less developed countries to access health services, largely driven by the low-cost treatments available in the latter and helped by cheap flights and internet sources of information.

The global growth in the flow of patients and health professionals as well as medical technology, capital funding and regulatory regimes across national borders has given rise to new patterns of consumption and production of healthcare services over recent decades. A significant new element of a growing trade in healthcare has involved the movement of patients across borders in the pursuit of medical treatment and health; a phenomenon commonly termed medical tourism. According to a recent report by Research Dive, the global medical tourism market is forecasted to reach \$142.2 billion by the end of 2026, from \$58.6 billion in 2018.

In medical tourism, quality laboratory diagnostics plays an important part in patient management. Effective, accurate and precise routine measurements are essential for diagnosis, risk assessment, treatment and follow-up of patients. The contribution of the diagnostic laboratory in the overall diagnostic process is app. 40–60%, depending on the kind of disease status investigated.

While the healthcare provider expertise, the cost of treatment and

latest technology are important aspects to consider when seeking treatment in a foreign country, many people do not consider the reliability of that country’s diagnostic laboratory which plays a big role in their treatment.

**Aim**

To highlight the role of providing accurate and quality medical lab diagnosis in medical tourism.

**Materials and Methods**

A research study was conducted to assess the quality of Laboratory diagnostics testing in developed countries such as US versus developing countries. The findings were as follows.

**Results**

In the developing countries, there is a severe shortage of both quality laboratories and laboratory professionals. For example, all sub-Saharan countries, except Botswana and South Africa, have less than one pathologist for every 500,000 people. Haiti, a country of over 1 million, has only 7 pathologists. Diagnostic testing is offered by the occasional network of unregistered laboratories, operating without regulatory oversight. A survey of 954 labs in Kampala, Uganda, revealed 688 unregistered labs completely unknown to the Ministry of Health. Lack of professional direction and oversight might contribute to poor quality tests, misguided use of tests, and faulty interpretation of results. In fact, the WHO estimates 80% of suspected malaria cases are treated without confirmatory test results, in part due to lack of availability and in part due to physician mistrust of inadequate testing.

**Medical Laboratory Scientist**

*Challenges and solutions for instituting an efficient maintenance program for laboratory equipment in developing countries*

Equipment Management		Type of laboratories		
		Clinical and Research Laboratories (Developing Countries)	US and laboratory staff	
			Clinical Laboratories	Research Laboratories
Planning for New Equipment		An annual plan		
Equipment Acquisition		Through MOH*	Through the laboratory budget	
Equipment Validation Plan		Not found	Through contracts with manufacturers	
Calibration and Maintenance	General Laboratory Equipment	Not found	Periodically by manufacturer	Periodically by manufacturer and lab staffs
	Laboratory Instrumentation	Not found	Periodically by manufacturer	Periodically by manufacturer and lab staffs
Quality Control		Not found	Lab staff	
Troubleshooting, Service, and Repair		Technical service according to contract	According to contract by manufacturers	
Decommissioning of Equipment		MOH	Director of laboratory	
Managing Equipment Records		Not found	Equipment master files	

**\*Ministries of Health**

**Conclusions**

For many labs in developing countries, the approach to quality-assured testing and in particular the management of laboratory equipment is not in line with international standards. In the US, management of laboratory equipment depends on direct local administration, compliance with ISO and CLIA regulations, and compliance with federal, state, and local laws. In contrast, management of laboratory equipment is centralized in the developing countries, with a number of organizations involved.

An alternative approach, calibration verification by distributors of the manufacturer, has not been performed consistently. The responsibilities of vendors are not properly defined, and responsible organizations such as the national Ministries of Health are unaware of the current

problems in equipment management. Therefore, laboratories often do not ensure essential elements of equipment management such as scheduled calibration, verification and QC.

These challenges threaten the validity of test results from laboratory services in developing countries and serve as a barrier for rapid detection and control of outbreaks of infectious diseases and other public health threats at their source, and therefore represent a threat to proper health management.

**Keywords**

Laboratory Diagnostics, Accuracy, Precision, quality Healthcare, accreditation, quality control, Medical Tourism..

## *Medical Laboratory Scientist*

### **Biography**

Jossie is a recent graduate from the Johns Hopkins Carey Business School where she earned her MBA in Healthcare Administration. She is a Holder of a BSc in Medical Laboratory Science from the Catholic University of Central Africa based in Yaounde Cameroon. She currently works for one of the largest operating Healthcare Organizations in the U.S.A, Kaiser Permanente.

She is very passionate about the role that the clinical laboratory plays in providing accurate medical diagnosis to healthcare providers and the patients. Jossie is zealous about bringing the lab out of the basement to the forefront of global health and medical tourism.

Jossie is a Mother to a 12yr old Beautiful girl named Angelina-Tessie and an active member of the American Medical Technology Association. She loves cooking, dancing, watching movies and hosting Family and Friends.

*Living Optimally Vibrationally Exceptionally*



**Martha Davidson**

*InnerMe Transformation*

**Introduction**

One of the greatest challenge facing entrepreneurs, professionals and leaders is managing S.T.R.E.S.S. ninety four percent of American workers experience stress in the workplace. Twenty six percent of female entrepreneurs experience stress. Each individual has an identity which is connected to their Stories, Thoughts, Responses, Emotions, Self-Image and Self-Communication which creates our S.T.R.E.S.S. Identity. Our unique identity encompasses memories, experiences, relationships, and values that create one self.

Identity is an encapsulation of an individual's inner being or one's self that is reflected differently for each person creating a unique Personal Reality or how one thinks and feels. The innate drive to excel and be exceptional is often not obtained. Often attributed to childhood experiences, during early childhood, due to the lack of understanding by our nurturers the value and the role of emotional intelligence for children and the importance of nurturers in managing their attitudes, beliefs, thoughts and experiences not to unintentionally impact their children. Many individuals grow up holding on to adversity from childhood experiences which impacts their relationships personally or professionally. Without letting go of adverse experiences it creates a large percentage of individuals experiencing the stress and illnesses referenced above. A desired goal for many professionals is to Live Optimally Vibrantly Evolutionary and to love what you do.

Understanding how to use the brain and mind one can transform their current reality into a new mentality that minimizes the stress that creates emotional distress and activates the power within the mind and brain to use stress as motivation and allow you to become exceptional. The engagement of the mind and brain is the most powerful medicine to manage stress and the best innate technology to elevate desired success.

**Aim**

Provide a strategy to transform one's S.T.R.E.S.S. to L.O.V.E.

- . Participants obtain the knowledge and understanding the value of engaging their brain, mind and heart to achieve mind mastery.
- . Participants learn rules of the mind which impact their self images and learn how to reframe the rules to change their self image.
- . Participants will learn how to reframe their S.T. R. E. S. S. Identity to create a personal reality that minimizes stress and amplifies happiness.
- . Participant learn the value in implementing daily practices to minimize stress.
- . Participants tap into their intro on to make better decisions.

**Keywords**

stress, anti-aging, mindfulness, meditation, self love, personal reality, self image, Ideal Atten- dees: Professionals, entrepreneurs, leaders



*SOCIAL CONCIOUS LEADERSHIP : Mental Health Effects*

**Derashay Zorn**

*TV & Radio Station Owner at Kingdom Influencers Broadcast and Business Coach at Kingdom Strategist Solutions*

**Introduction**

Derashay Zorn is a servant leader who is very compassionate and dedicated to helping others birth out what God has placed inside of them. She believes that there is greatness inside of everyone among the earth and she reaches to tap into that greatness. Derashay is an enthusiastic woman of God that is a powerful minister, teacher, and life coach in the word. She finds it a privilege and honor to serve others. She comes as a humble servant to deliver the necessary tools to equip individuals for life according to their purpose. God utilizes her with words of wisdom, encouragement, and empowerment to break the chains of bondage so that all may live as ambassadors of God in their day-to-day living. Ms. Zorn has been an intricate part of community collaborations through bridging the gap between community entities. Mrs. Zorn's believe in building stronger communities through encouraging, empowering, and educating families. Her passion to assist others comes from being an over-comer of many obstacles individuals face within society.

Mrs. Zorn has a M.S in Business Administration and a M.S in Information System Management from Keller University School of Management. Derashay works full time for the kingdom of God building his people, church, and community. She is an entrepreneur; consultant, empowerment speaker, mentor, and friend. She has held various leadership positions within the community and has extensive work in nonprofit organizations. She has been involved in nonprofit startup, technology analysis and implementation, as well as establishing curriculum and training youths.



*Overcoming gender stereotypes growing up in a traditional society and reclaiming personal power: a journey to impact*

**Zoe Rizokosta**

*Holistic Wellness & Life Coach, Business Mentor,  
Branding Consultant*

#### **Introduction**

Growing up in Greece during the 70s and the 80s, I learned since a young age that girls become happy women when they get married, have children and take care of their family. All the rest should be side activities (work, hobbies, social life). That idea, not only limited my ambitions and perception of what I could achieve in life but created an expectation and a specific life path for me, no matter if that was what I desired. After moving abroad and raising my daughters in countries with a different social structure, I realised that I could combine raising a family with my own professional and personal endeavors, without guilt and regrets. In the process, I had to overcome several limiting beliefs connected to my upbringing and perception on gender roles and reclaim my “right” to decide about my own life. In today’s complex and ever changing world, traditional gender role ideas are challenged and constantly shifting. Women worldwide, especially in traditional societies, are upgrading their role and claim their right to combine family, motherhood and career or entrepreneurship. This shift positively influences society and the balance among genders contributes to a world where inclusion, compassion and cooperation for the collective good are the dominant elements.

#### **Keywords**

women empowerment, gender stereotypes, female leadership

#### **Biography**

Zoe Rizokosta Zoe Rizokosta is coaching and mentoring women who desire to live an empowered, fulfilling and joyful life. She inspires, motivates and supports her international clients to discover their unique gifts, create a life vision they are passionate about and take the steps to make it their reality. She is a certified Life & Mind Body Nutrition Coach and has a corporate background in Strategic Communications and Relationship Marketing, as well as Fundraising for NGOs. A native of Greece, she currently lives in Amsterdam, the Netherlands, having raised her two daughters and experienced the ups and downs of an expat, creating a new home from scratch in a foreign country twice (Germany was her first “assignment”). She is coaching and mentoring private clients, leads women’s circles and masterminds and organises workshops in various topics, such as Self-Discovery, Vision Creation, Goal Setting and Holistic Wellness for a Balanced Life. She is passionate about exploring different cultures around the world.



***P.I.M.P.™ Your Career into the C-Suite***

**Dr. Karen Hills Pruden**

***Pruden Global Business Solutions Consulting,  
LLC***

***Introduction***

Project management is the process of leading work to achieve all goals within given constraints. Project Management saves time and money, empowers individuals to make data driven decisions, and serves as a roadmap to repeat success on similar endeavors. This session will discuss and demonstrate how to utilize the elements of P.I.M.P.TM Project Management to create a plan to increase your visibility and excel your way to a promotion in senior leadership.

***Aim***

- Participants will learn how to plan and prepare for promotion by assessing total work history, education and work profile
- Participants will learn how to implement a professional career elevation plan
- Participants will learn how to monitor and make adjustments to plan based on incremental success
- Participants will learn how to administer post-debrief assessments of plan at the conclusion of each employment recruitment process

***Ideal Attendee***

Mid-level to senior level professionals, entrepreneurs, executives

***Keywords***

C-Suite, promotion, leadership, professional development, workforce planning, career progression.

***Biography***

Dr. Karen Hills Pruden is the C-Suite Career Elevation Expert for women. She has over two decades of experience in influencing others through global speaking, coaching, workshops, and authoring bestselling books. Dr. Pruden works as a Chief Human Resource Officer for a Virginia university, Pruden Global Business Solutions Consulting (CEO), Sister Leaders Conference (Founder) and the Creator/Host of Leadership Is Served an international television show that facilitates uncensored, leader-to-leader conversations. Dr. Pruden has been interviewed on ABC, NBC, CBS affiliates and national radio stations. She has been a keynote speaker on many international stages.

*Resilience, Resourceful. Reboot, Rebuild.*

**Marie S Hall**

*Founder and CEO of RubyMac Learning Academy Inc and Myrtle Tree Publishing*



**Introduction**

Cancer is one of the most egregious diseases that affect the human body. According to the World Cancer Research Fund, breast cancer is the most common in women. While breast cancer is the most common in women, there are many other types of cancers that women have suffered from, such as cervical, colon, pancreas, and stomach cancers, to name a few. Care for someone who has cancer can cause many dynamics to change in family life. 1. Often, roles are reversed, especially if the caregiver now must become the dependent. 2. Responsibility shifts and relationships change. There are many moving parts when faced with caring for a loved one, and considering this is a life-threatening illness, most of us have had no prior experience with knowing how to deal with so emotions may run high. 3. Being aware of physical and emotional needs. When caring for a loved one, it is vital to be aware of their feelings and what they are experiencing. They may not always verbalize it or express themselves, and it may look and sound different from another's perspective. But it is equally important to be attuned to your own emotions and needs. 4. Knowing when to restore yourself and take time for yourself is vital. Learning to give yourself grace and being okay because it is a process, and it takes time to come to terms with a diagnosis, treatment, and the unthinkable.

**Aim**

The personal storytelling will inspire participants and life account of being a caregiver to a parent and how learning to become resilient during the most difficult of times provides more grace to know that one can withstand the storm.

- Participants will learn to identify their resiliency during the most challenging times, which provides more grace to know that we

must continue to push through the storms of life as women.

- Participants will identify how learning to be resourceful may help them become more solution-oriented to solving problems at home, work, and their social space.
- Participants will be empowered that it's okay to reboot. Just like a computer that finds itself not functioning correctly and running slow, sometimes it must be shut down and restarted.
- Participants will be encouraged and impacted to learn that there is always an opportunity to rebuild. All things can become new again. Learning to embrace change, having an open mindset, and looking toward the future can spark innovation, change, and elevation.

**Materials and Methods**

Cancer influences the quality of life for an individual suffering from the disease and often the caregiver. A research study conducted by Mahwash et al. (2021) determined a correlation between a loved one suffering from a life-threatening illness impacts both the individual and caregiver with deep sadness and debilitation of life. This disease can be crippling to women and their families. Learning how to cope and muster through the pain, depression, and unknown provides us with guidance, insight, and strength to persevere in the darkest of times.

**Results**

Participants will leave rejuvenated, empowered, and enlightened. Living with or caring for someone with cancer is no easy feat. Encouraging others and inspiring them with transparency and truth provides a way to heal and feel comfort.

*Resilience, Resourceful. Reboot, Rebuild.*

**Conclusions**

Caring for a family member suffering from a life-threatening disease can be overwhelming. But everything we go through can be used as a tool for learning that can be applicable for work, home, and social life. The tools learned will encourage hope and reassurance that caregivers' feelings and well-being are validated. It also acknowledges that life is not over, but a new beginning can be born. We must build up our resiliency, learn to be resourceful, make ways always to reboot and open to expanding our minds, and never stop wanting to rebuild after a fall. There's always newness awaiting us through the most challenging times.

**Keywords**

cancer, caregiver, family, health, illness, wellness, rebuild, resilience, resourceful, reboot, self-care

**Biography**

Marie S Hall Marie S. Hall is an international best-selling author and transformational speaker. She has been featured in ABC, Digital Journal, CEO Magazine, Pittsburgh Post-Gazette, The Chicago Journal, and a host of others. Marie works with individuals and organizations to amplify and leverage their confidence, skills, and knowledge to significantly impact the world. Using her ministry, business, and education background, Marie weaves storytelling to deliver a captivating tale that inspires and encourages people to move from their trials to be triumphant. She is the founder and CEO of RubyMac Learning Academy, a nonprofit organization that believes in educating, empowering, and elevating people to become their best selves.



***RESTORE (Improve Resiliency, Manage Stress):  
Improving Resilience and Reducing Burnout in  
Critical Care Nursing Staff***

**Rachel Ogilby**

*Kent State University*

***Introduction***

Burnout remains a significant problem for nursing staff around the world. Current research suggests that critical care units have some of the highest rates of burnout with an urgent need for resiliency training. Resilience training is a crucial intervention for critical care staff to promote well-being and reduce burnout symptoms. The purpose of this DNP project was to determine if a four-hour resilience class focused on emotional intelligence, self-care, resiliency, and art therapy decreased burnout symptoms in critical care nursing staff. Literature shows that a reduction in burnout symptoms may improve job satisfaction, decrease staff turnover, increase patient satisfaction, and improve patient outcomes. Resiliency training is an evidence-based method to reduce burnout symptoms.

***Materials and Methods***

Participants were recruited from critical care units at one large Trauma Level I hospital in Northeast Ohio. Inclusion criteria included part or full time English-speaking critical care staff. The Maslach Burnout Inventory measures burnout and was offered at the beginning of the training (n=90) and again six weeks after training. A demographic questionnaire was collected from all participants in the intervention and control group. The project utilized a quasi-experimental design with a pretest-post-test that included a control group (n=12). A paired t test (within groups) was used to evaluate if participants' burnout symptoms decreased after resilience training. Additionally, a paired t test was to assess the between-group difference.

***Results***

An unexpected outcome was the increase in depersonalization symptoms from the pre intervention to post intervention group. This may be explained by the study taking place during COVID and staffing challenges. Other findings showed that critical care nursing staff at this organization have worse burnout symptoms than those of the general population of workers in human services professions. Nursing staff who plan to leave the organization in the next five years showed emotional exhaustion mean scores that were significantly higher than those who do not plan to leave. Participants who were ages 25-34 showed a significantly higher mean score of depersonalization when compared to those who were ages 45-54 and 55 and older. Additionally, participants who were ages 35-44 showed a significantly lower mean personal accomplishment score when compared to those who were ages 55 and older.

***Conclusion***

Feedback from RESTORE participants demonstrate that staff found the content useful, and the program affected their practice by improving their mindfulness, self-awareness, and ability to reflect. The hospital can use the results from this study to focus resiliency efforts on specific age groups that are at risk for burnout. Additionally, the organization can capitalize on the knowledge that their critical care nursing staff is showing high rates of burnout and staff with high emotional exhaustion levels are planning on leaving the system within the next five years. The hospital may be able to mitigate turnover costs with burnout reduction strategies. Through clinical inquiry, it can be observed that resilience training is a clinically relevant intervention to improve the health of critical care nursing staff.

***RESTORE (Improve Resiliency, Manage Stress): Improving Resilience and Reducing Burnout in Critical Care Nursing Staff***

***Biography***

Rachel Ogilby Rachel Ogilby is a DNP student at Kent State University. She completed her MSN from Kent State University and her BSN from Cleveland State University. She has bedside experience in MedSurg and Neurosurgery and has supported Cardiology, Heart and Vascular Lab, Endoscopy, and Radiology as a Clinical Nurse Specialist. She is passionate about resiliency and the health of nursing staff. She has given multiple presentations on nurse health and wellness and created a website dedicated to this passion: [www.happyartichoke.com](http://www.happyartichoke.com). Her professional goals include preparing students for the demanding career of a nurse by learning resiliency strategies early and making a positive impact on the current nursing force

**Anti-Aging Skin Cell: Our Battle to Youthful skin**

**Dr Parin Somani**

*Independent Academic Scholar*



**Introduction**

As life longevity increases the skin suffers from extrinsic and intrinsic ageing factors. The human skin is the largest organ of the body. Since birth, it is continuously exposed to environmental factors. Generally, the physical appearance of the skin alters with age exposing wrinkles, poor elasticity, laxity and a texture that appears rough. This is when individuals embark upon their journey towards youthful skin, seeking remedies to cure anti-aging skin cell, thus undergo procedures without fully understanding implications and side effects.

**Aim**

To understand the changes in human skin occurring through aging and explore treatment strategies that claims to slow down, prevent or reverse the aging skin cell.

**Materials and Methods**

A systematic literature review through a thorough literature search is conducted. Published and grey literature has been used through searching manual and electronic databases to understand changes in human skin and the exploration of treatment strategies contributing to anti-aging skin cell.

**Results**

Physiological factors contribute to intrinsic aging while extrinsic is related to external factors, as the combination creates changes within the skin. The study has highlighted models and molecular mechanism advancements like oxidative stress, shortening of the telomere, mutations and DNA damage, genetic mutations and inflammation.

**Conclusions**

This study has deduced that methods like antioxidants, stem cell therapy, telomere modification, hormone replacement therapy, retinoids, anti-inflammation and diet are some of the strategies that claim to slow down, prevent or reverse the aging skin cell. It is evident that individuals want to remain eternally youthful through their appearance, attaching great importance to anti-aging skin solutions. Disastrous therapies have been a result of uncertainty in the skin's molecular mechanism causing controversies, despite successful solutions. It is recommended that individuals stay updated and obtain sufficient knowledge to make an informed decision before implementing anti-aging solutions, to ensure effective results..

**Keywords**

Anti-aging, Skin, Cosmetics, Treatments, Youthful skin, Young

**Biography**

Amb. Dr. Parin Somani is an Independent Academic Scholar, Educator, Motivational speaker, Author, Writer. Four Doctorate degrees: Doctor of Philosophy (PhD): Education Media; Doctor of Philosophy (PhD): Education Leadership; Honorary Doctorate (Hons Causa)- Literature D'Litt; Honorary Doctorate (Honoris Causa)- Global Education. Published 31+ educational papers in reputed journals, newspaper, magazine articles. She is affiliated with various international universities and travelled 79+ countries globally. Featured in 47+ videos, 90+ newspapers and books for societal contribution. President- Shantidoot Parivar; International Director-SAARC Nations International Human Rights Association; Ambassador- Global Peace, England; Ambassador-Project Life India Global; Vice President-Global Education Sector MSME; Multi-International Award Winner.

*Suicide Prevention*

**Constance Woulard**

*Professional speaker, moderator, visionary leader, and  
6X best-selling author*



**Introduction**

Suicide Prevention: Collaborative Approach to Developing Effective Patient Safety Plans.

The implementation of safety plans for the mitigation and prevention of suicide is crucial in mental health environments. Safety plans provide strategies, developed in collaboration with a provider and patient as a tool to prevent suicide, especially when the patient is at risk for suicide. Using a more multi-disciplinary, collaborative approach is essential in the development and implementation of the safety plan, so that all staff are aware of the risk and how to properly manage the suicidal patient. According to The Joint Commission, “Safety Planning Intervention is an innovative and brief treatment, for suicidal patients evaluated in the ED, psychiatric inpatient units, and other acute care settings” (The Joint Commission, July 1, 2019). Therefore, suicidal risk is identified upon admission and the treatment team is collaboratively engaged in the process of developing a safety plan for the patient that is identified at being at risk for suicide.

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UK  
*Speakers*



***Women Empowerment - Creating Global Progress Through Partnership and Participation.***

**Seetha Sagarán**

***Personal Development Trainer, Motivational Keynote Speaker, Lifestyle Consultant, Author***

***Introduction***

Defining what empowerment or to empower is.

Why is it important to consider women holding the key to development?

Relationship between women empowerment and sustainability.

Ways to support others and be a contributive part of their empowerment journey –

- \*Appreciate and focus on Improvement and Development.
- \*Celebrate the successes of the women and men we know
- \*Sharpen Listening Skills - For better and closer personal and professional relationships.
- \*Work on projects to collaborate, learn and grow.
- \*Actively contribute to the progress and growth of other women.
- \*Empowerment through recognition of vulnerability as a strength rather than a drawback ( with anecdotes).
- \*Why education with enlightenment matters

***Biography***

Seetha Sagarán is a Personal Development Trainer, Lifestyle Consultant and Motivational Speaker with a background in English, Psychology, Counselling (including Crisis & Trauma Counselling, (U.K), Hypnotherapy, Metaphor Therapy and Teaching Children with Special Needs (U.K). She is also a Licensed Practitioner of Neuro-linguistic Programming (N.L.P) from The Society of Neuro-Linguistic Programming (U.S.A). A Toastmasters International (U.S.A) member for the last 17 years, she is also a Distinguished Toastmaster (D.T.M.). In 2020, she launched her customised online personal and professional mentoring program, “The Nankurunaisa Mentoring Program”. Seetha is a co-author of the motivational book “Your Dose of Motivation”. Published in 2020, she has shared some lessons from her life and attempted to simplify

the concept of self-motivation in the book. As a co-author of the motivational book “Women Who Inspire”, published in 2021, she has elaborated on the importance of mentors in life and the positive impact that mentors can make in our lives. She also co-authored the 2021 published book of short stories, “Sagas of Destiny”, and the same year, co-authored an anthology of poems, “Reverie”. She is also a co-author of a soon to be published book on leadership, “We are Leaders – Expressions & Experiences”.

A recipient of Global Training & Development Leadership Award- 2017, Exceptional Women of Excellence Award – 2020, and Iconic Women Creating a Better World for All Award – 2020. She was also a recipient of Exceptional Leader of Excellence Award – 2021 and Outstanding International Guest Speaker of the Year 2021. Seetha was included in “The World Book of Hoinser Queens 2021” as one of the top hundred influential women of 2021.



**Sarifa Alonto Younes**

*Best-Selling Author/ International Speaker/ Serial  
Edupreneur/ Philanthropist / President &  
Founder*

**Introduction**

President and Founder - International Academy of Marawi (I AM), Philippines ; CEO and Founder - Arndell Park Early Childhood Learning Centre, Melbourne; Director & Co-Founder - Training College of Australia (TCA); Global Director - Speakers Tribe Women: Speakers Tribe Global ; Australia 2018 AusMumpreneur Multicultural Business Excellence Award Winner. Awarded as an Exceptional Woman of Excellence by WEF- London 2019. Awarded as Ambitious Leader-Melbourne in October 2019. Finalist, Australia National Award 2019 AusMumpreneur: Women Will Change the World; and Telstra Award Nominee. Recipient of 2020 UK WOHA Mother Theresa Award; 2021 WAW Honorary Award - Hall of Fame; 2021 World Women Vision Awards- Philanthropy Award Category.



*Access into holistic health care educational Online or/and in person program, opening for financial, social and health resources for women.*

**Lone Sorensen**

*International Institute of Reflex therapy,  
Barcelona, Spain*

**Introduction**

To offer short education programs that helps women take advantage of opportunities that could benefit them and their families improving health and income.

**Material and Methods**

Since 2007, Lone Sorensen has organized training programs and courses ONLINE easy method to follow for both professionals and parents, with following main topics:

- Designed manual and natural Home Training model for parents.
- Program for children with difficulties to learn, behavioral issues, emotional problems, Autism, ADHD, Hyperactivity, Dyslexia and OCD.
- Senior Health Care Solution- training for families to provide a natural method of elderly care.
- Elderly Care Program, Natural non-toxic and manual method to obtain better life-quality and increase health conditions for senior citizens.

**Results**

More than 15.000 professional and thousands of parents already followed the program successfully.

**Conclusions**

Women in all social levels and cultures, will have a need for self-help methods in the future.

The teaching method is designed so that the same method can be applied to all cultures unmet language and skills.

**Keywords**

Education- Women- Health- Children- Family care

**Biography**

Lone Sorensen is the Danish woman behind the world's largest school of Reflex therapy. She pioneers a method called Neuro-Reflex Therapy. These modern techniques have been developed by her and inspired of ancient techniques from different cultures. The aim is to offer very effective and natural methods to promote health.

Lone has led many projects in the Amazon jungle in Argentina, Guatemala, in the Desert of Oman and in Denmark.

The method Lone Sorensen use are based in different Micro systems with scientific research behind; Dr. Yamamoto (YNSA), Japan, Dr. Castillo Morales, Argentina, Dr. Wong, USA, Dr. Chau, Vietnam, Maria Perez, Argentina, Dr. J. Bossy, France.

*Women's Health*



**Judith Bragado Viado**

*Co-Founder, Nutricraft*

**Introduction**

Healthy habits are the most effective means of avoiding sickness, extending your life, and living more joyfully. However, in the midst of the stress of a woman's everyday life, healthy living may take a backseat to chores, work, hectic schedules, and other obligations. A great deal has been said about the ability of women in science and education, and many hypotheses have been put up. Many publications have stated emphatically that, against popular belief, women have mastered complicated learning and have seen an improvement in educational chances. In this context of women's influence in science, we should note that science is a big and well-known subject throughout the world, and that it also contains or is inclined to technological advancements. And education is the most essential of all because it allows us to go through the process of learning, developing it, and putting it into action and products that have a positive impact on the world in which we live.

**Aim**

This study intends to investigate the interplay between the capacity of women on how they play their part in influencing, the value of science and education and as well as to find the edge of women in science and education. Specifically, it explores if the perceived power of women can have a big effect in science and education as they get exercising, eat a balanced diet, women vitamins, healthy aging, time for baby, good parenting, breast health and deal with stress.

**Materials and Methods**

An online survey was distributed to individuals in order to test the hypothesis that women's influence has had a significant impact and is appreciated in various events and organizations that promote the fields of science and education in terms of their habits and routines.

The results of the survey were used to test the hypothesis. All of the respondents were randomly assigned to one of two conditions (active learners or inactive learners), after which they were asked to respond to a series of questions. Respondents' responses were examined using statistical treatment in order to provide correct answers to the questions given in the questionnaire..

**Results**

Because women have shaped scientific aspects and applied them to real-world situations, the results suggest that women are great influencers. As a result, the measurement is highly visible in the result that women serve as leading influencers who have promising horizons and possibilities in women's health as they promote healthy well-being, the result suggests that women are great influencers. This clearly demonstrates that female influencers in science and education have had a big impact on the realm of scientific education as well as real-world circumstances.

**Conclusions**

We all have distinct roles that we play, and we all differ from one another in these positions. However, this does not imply that women are in any way undervalued in the fields of science and education. Women have historically had less opportunities in research and education than men, given the fact that their contributions in other areas are urgently needed by society. However, it is widely recognized that women have had a significant impact on society as they make an effort to learn and influence others, as well as to excel and promote women's health despite the fact that they have many responsibilities. On this foundation, the concept of women having an impact on research and education has been successfully realized, and we can truly see a difference as we acquire innovative developing worlds.

## *Women's Health*

### **Keywords**

Women's Health, Healthy habits, Influencers, Impact, Role, Power

### **Biography**

Judith Bragado Viado is a businesswoman who has commitment, determination, and passion. She is a mother of two teenage children that has drawn her as an inspiration as entrepreneur and her current success in helping others. She received several awards in recognition of her notable achievements in the business category. Together with his husband, they founded and established Nutricraft in Australia which envisioned a business that cares about the nutrition, health, and wellness of consumers. Their advocacy is for safe, smart, and healthy cooking which has been integrated with their business philosophy.

*The power of your presence*



**Desziree Richardson**

*Founder of Women of Heart Awards, Face of Woha, Women of Heart Foundation*

**Introduction**

My life to date has been punctuated by so many aha moments, despite moments of self-doubts, obstacles, dark clouds, and poor judgment. I believe the time I have today wouldn't be feasible to share it all. What I am about to share with you today is only the tip of an iceberg grounded in an ocean of lived experiences. The streams of memory causing through my head provide me with a splendid vista to share with the manifestation of these instances. I believe I was born and raised in a world with insufficient knowledge of empowerment on self-love, self-esteem, self-doubt, self-reliance, and self-confidence. Even though sharing love and kindness was the only value, I often was fascinated by these life tools without moderation. Therefore, I believe I never had an opportunity to access this information from an adolescent age, the reasons being, I did not know the data exists or never was taught, or I couldn't access it because of my humble beginnings.

I am sure millions like me across the globe cannot access this knowledge of wisdom to empower them because of their circumstances, and with passion and purpose, it is our duty that the messages of hope, love, kindness, healing, and acceptance reach every corner in the world to empower those who don't have access to the internet or any other facilities to watch and listen. I want them to know that they are special, unique, and worthy of this information, just like everyone else. It does not matter how we were born in the world; we need an opportunity to make a difference. Therefore, the only way we can do this is to share opportunities with others and learn the life skills to help us along our journey through life.

As a collective, we need to create more opportunities for others to feel a sense of belonging.

So that we all feel accepted and have access to the same rights from birth.

My name is Desziree Richardson; I was born and raised in the British Caribbean Island of Anguilla.

Can I brag a little about Anguilla, All smiles! Its paradise is enfolding with clear blue skies, white sandy beaches, and crystal blue waters. So, let's go to Anguilla for our next vacation. As the fourth child in a large family, I was used to seeing my mother struggle to guarantee a life for her children. Despite her best efforts, it became unclear that some girls were unrecognized because they did not come from a family in the right tax bracket; that girl was me.

And despite the many praises for my many revolving talents and abilities, they were unfortunately deemed insufficient in the wrong circles, which left me feeling unworthy. Even though I was living without life comforts, my experience as a child was cheerful and playful. However, these youthful experiences have shaped me into the person that I am today. They have grounded me and opened my eyes to the various realities of life and life as a woman.

My life experiences have propelled me to make a difference globally, which I envisioned at a tender age. What I am sharing with you today is something that you could use in your life daily or give to others. You are here for a reason, and for whatever reason, that is destiny to you from birth. Once you find your true calling and purpose, it allows you to know that you will take full responsibility for your actions with great intentions for yourself and society.

Suppose you do this one thing. However, if you wonder what in the one thing I am speaking. It is called love, and it is free; put it in everything you do. If we all do, the world will heal. It would help if you were always prepared to start making the changes you need to create and surround yourself with ambitious people. It is possible, and how you live your life will become more important to you.

## The power of your presence

### Aim

- Participants will explore the importance of why these tools are crucial elements in their everyday activities
- Participants will identify the need for these materials to help others feel empowered and support and empower the next generation the value and importance of these tools to have a better relationship with themselves and become successful as an authority in their field, thus helping to change lives.
- Participants will learn the principles of overcoming the challenges by applying these tools that will bring the world in harmony with love and acceptance.

### Materials and Methods

When faced with challenges, there is always a way to help you overcome adversity—search for empowering books, speeches, daily inspirational quotes. Words of encouragement, empowerment, inspiration, wisdom will help you find the best answers to your questions. Many people across more inadequate living conditions cannot access primary data, so word of mouth from community leaders and prayers to help raise their energy is crucial to their emotional well-being. If there is a story, a vision that you are connecting to, and you hope it will make a difference, please get involved with organizations such as volunteering in your communities; this has helped me learn transferable skills for business and career job prospects, and I am sure you will adopt different skills to help you expand. I had the opportunity to meet amazing people along the journey involved in community development and humanitarian work. I encourage you to show up and show a substantial amount of Interest to learn the necessary skills to elevate you and propelled and prepared you to in the right direction to receive unexpected opportunities.

Furthermore, writing a book to share your story and share your expertise and experiences will also open doors for your message to be share and listen to by millions. Therefore, you will need to have a positive and creative mindset for wisdom and understanding, strength, determination to Initiate the legacy you will leave in the world as you help others by showing them compassion and teaching them how to be kind, grateful, humble, and caring. Furthermore, to lead, you will have to be empowered with these crucial elements of everyday living, such as self-determination, self-love, self-esteem, self-confidence, self-reliance, self-care, and self-love.

### Conclusions

You are here on earth for a reason; it not how you enter the world, you came with nothing, but it's the legacy you are leaving behind. You will automatically stand in your power, presence, and greatness if you nourish yourself with self-love. When you offer love and kindness in anything you do, you are helping the world heal!

### Keywords

Stand in your power, Step in your greatness, love, kindness, empowerment, compassion, positivity, be known, leadership

### Biography

Desziree Richardson Desziree Richardson is an award-winning world women visionary leader, International best-selling author, humanitarian, face model, fashionista, producer, media personality, and entrepreneur.

She specialized in women's empowerment as a thought leader, transformational and inspirational speaker who uses her voice as a powerful magnetic vehicle to convey positivity and empowerment to help change lives.

Desziree does this to empower women and recognize their talents and achievements and celebrate them in their best, brightest, and boldest through her empowering platforms and projects, such as Face of WoHa, Women of Heart Foundation, and Women of Heart Awards designed to uplift and influence others positively, and through her fashion brands. Desziree's authentic presence and sincere transparency have showcased her unique talents as a speaker, author, media personality, broadcaster, and witty reporter. She is enthusiastic, personable, and a consummate professional. Her magnetic voice made her famous with her listening audience as one-part smooth, two delightful, and a large portion of entertaining and joyful communication.



## Why Equity Is The Key Factor To Creating A Female Friendly Business World

### Miranda Christopher

*Transformation Leader, Founder and CEO of Thrive & Grow for Female Entrepreneurs.*

#### Introduction

Women of my generation were encouraged to have it all. The career, the family and ambitions way beyond those of our mothers and grandmothers. But way too many women are suffering because of that encouragement. Burnout, mental health issues and increasing suicide rates have been on a dramatic increase. In 2014 I became one of those burnout statistics. Not only did my health fail, but my business also failed as a consequence. I went from having it all to having practically nothing.

During a long slow recovery, I went on my own hero's journey asking the question "why do women fail in business". As a transformation leader and cultural change expert having operated in corporate businesses, both in an employed and self-employed capacity, for over 25 years, I already knew of the challenges that women faced in the corporate world and the subtle discriminations that they experienced. I fully understood the "uniform" these women must wear if they want to progress, even if they are not aware that they are wearing it. So why, when women transitioned to becoming their own boss, did they did not thrive? Instead, they fail faster and with more psychological impact than their male counterparts.

The quick answer to my question is that women have not failed in business – the traditional approach to business has failed them. It is why I now encourage and support women to start their own ventures on their terms to become role models for other women, and ultimately for the traditional businesses. Those traditional business models that were designed by an elitist few for the benefit of those few.

#### Objectives

To share the understanding of:

- Why women need to take the lead and do business on their own terms and how they can do that to create balance in their lives,
- Why equity should be the major focus for bigger businesses with respect to its female workforce and,
- How increased profitability can be a natural by-product of female friendly businesses.

#### Background

Since the days of the suffragettes, women have been fighting for the right to be equal. Here is something you may not know. Everyone is born with the opportunity to be equal. What creates the unequal and unjust reality of women is our social, cultural, and familial behavioural conditioning. How traditional business operates is part of that conditioning. And, the good news is, that that conditioning can be changed. Change happens at many levels: for individuals, for small groups, for businesses and across society. Whilst it is imperative to have ongoing equality legislation to protect the interests of all people across society, an equity-based approach addresses the needs of subsets within society. And, given that women account for at least half the world's population there is an opportunity to create change on a global level, don't you think? If we take a step back and look at why we need equity for women in business, we can start to question why. As I have already stated traditional business, and the rules of society, were created for the benefit of an elitist few with the majority of those being male. Business operates still playing to the strengths of the few. Women are perceived as the weaker sex because of their physical bodies in relation to males. In that perception the true power and nature of women has been lost. Yes, males were typically hunters and females the gathers but to survive each sex needed each other's strengths. Businesses still operate playing to the strengths and traits of

## **Why Equity Is The Key Factor To Creating A Female Friendly Business World**

men. In a more enlightened society, we would respect the traits and strengths of both men and women. The problem with orchestrating change in bigger businesses is the focus on shareholder price and the subconscious retention of the behavioural conditioning by both men and women who lead in that world. It can be summarised as “the way we have always done things around here”. Pushing for equality in business is like offering a woman a jockstrap, a male under garment for protecting his male anatomy during sports, to stem her menstrual flow. We are trying to become equal in a world that was not designed for us..

### **Conclusions**

To gain true equality it is time to use an equitable approach; it is time to rip up the old rule book of business and create a new one, one that works for women and for the benefit of society as a whole.

### **Keywords**

Female Entrepreneurs, women in business, inequality in business, equity in business

### **Biography**

Miranda Christopher Miranda Christopher is an internationally recognised transformation leader, a no 1 international best-selling author and a leading authority on transforming business culture, female entrepreneurship and a keen observer of the human experience. As a renowned teacher on “what women need to succeed in business” and the creator of the MINERVA Manifesto™, a system that guides women on how to “Do Business, Make Money and Enjoy Life”, she has embedded her three and a half year research project into female entrepreneurship into the new online service supporting female entrepreneurs; “Thrive & Grow” a unique business support service for women.

Miranda has been likened to a modern-day “Medicine Woman of Business”. She integrates her intuitive knowledge of how things work with her studies into mathematics and psychology to transform the success, the financial results and the relationships of individuals, businesses and corporations.

Her clients include millionaires, leading global organisations across finance, utilities and legal sectors; public sector and governmental bodies – as well numerous small and medium sized enterprises.

In 2018 Miranda was invited to join “Association of Transformation Leaders–Europe” in recognition of her transformational achievements. Miranda has a long-established reputation for transforming workplaces to enable them to be more inclusive at the same time as increasing profitability. She is regularly sought as a ‘sounding board’ for business leaders.



*Shift that concept! Stop DOING more. How to find true bliss by connecting to your vision and unravel your hidden stories and beliefs.*

**Anja Fröhlich**

*The RAW You - Transformational Coaching*

#### **Introduction**

As women we are used to DO it all. We are focused on taking action. 90% of the women I talk to however lack a complete understanding of the importance of intentional creation of the life we desire. In order to live in alignment our WHY, our Mental State and our Actions need to be aligned. Action in itself and alone is not sufficient. Without being intentional about what we truly want and how to shift our mindset into alignment with this, our unfocused action, will mislead us, leaving us unsatisfied and feeling stuck.

#### **Aim**

Participants will learn:

- The importance of uncovering your big WHY and gain absolute clarity about how you want to contribute and who you want to serve in this world, to create your life's vision,
- How to overcome old stories and beliefs and shift your identity to become the person who is able to fully and courageously move forward with this life's vision, and
- How to take action with focused intention to get there.

#### **Materials and Methods**

I will introduce the alignment triangle to explain how you cannot find fulfillment if you only focus on action. We will talk about how to shift our identities by introducing the identity pyramid and I will share methods and tools for taking strategic, intentional action.

#### **Results**

The Session is meant to raise awareness about what is missing in finding true alignment and living a more fulfilled life, that energizes and fires us up. It's an opportunity to reflect on the elements we need to focus on

more, if we desire a big transformation, a change in any area of our life.

#### **Conclusions**

Pure action won't do. Intentional creation is the key to any transformation or shift. Intentional creation requires intent, a mental state aligned with the intention and focused action to get there.

#### **Keywords**

Intention, action, vision, stories, beliefs, mindset, transformation, change, alignment, purpose, bliss.

*Beyond 50:50 - How to improve gender equality in Brazilian tech companies*

**Carine Gomes Roos**

*CEO and Founder of Newa Consulting,  
São Paulo, Brazil*



**Introduction**

The tech sector in Brazil is not as innovative as it should be. It still suffers from the inequalities of gender, class, ethnicity and age in many ways: a lack of incentives to enter the field, scarce opportunities and barriers to promotion. These circumstances contribute to an unfair environment.

**Aim**

- Participants will understand the main barriers to hiring, retaining and promoting women in tech companies in Brazil
- Recommendations on how to make the work environment more inclusive from the point of view of diverse women.

**Materials and Methods**

Brazilian tech companies already know that investing in diversity is synonymous with innovation, improved productivity, happiness and better financial results. But many of them still do not know how to hire, retain and promote women in a structured and systematic way. Many haven't yet heard from their few women employees, to figure out the steps to become more inclusive.

With that in mind, I gathered 70 women for a full-day design-thinking workshop mapping the greatest difficulties in their professional journeys, from entering university to career consolidation. They also made suggestions on how companies can be more inclusive and diverse. These participants work in large companies or are entrepreneurs who stand out in the market or are still in search of an opportunity in the tech sector.

**Results**

Among the proposed measures to improve diversity are the listing of a smaller set of prerequisites on job offerings for entry-level positions;

better training for human resources staff; more inclusive leaders with increased awareness of their biases; more concrete feedback and clearer career path opportunities with more strategic role offerings.

**Conclusions**

It's still common to hear that tech companies lack women due to a shortage of talent: because they "simply do not exist". But after mentoring more than 2,000 women in the sector and mapping the main bottlenecks preventing their career growth, it became clear that it is not a question of talent shortage, but of scarce opportunities and lack of an inclusive and non-discriminatory environment. But there is light at the end of the tunnel and in this presentation we will show clear paths that organizations can follow to boost the careers of women in their companies.

**Keywords**

women in tech, women in leadership, women at work.

**Biography**

Carine Roos has been a specialist in Diversity, Equity and Inclusion for 10 years in São Paulo, Brazil. She is CEO and Founder of Newa Consulting, a social impact company that prepares organizations for a more inclusive future through awareness, training, and diversity consulting. More than 12,000 women have been impacted in experiences with more than 3,000 hours in classrooms and more than 2,000 mentored women, who today are better connected with their stories and potential. As head of Newa, Carine's mission is to prepare leaders so that diversity and inclusion are an immediate reality in organizations.



**WHOLENESS IS THE KEY FOR MENTAL HEALT  
A COMPLETE WELLBEING**

**Irene G. Ricotta**

*Dzogchen, Counseling, Mental Peace, Life &  
Executive Coach, Author*

**Introduction**

The presentation examines case studies of women in need of leaving their religious or cultural communities, some Muslims and some from southern Italy, where cultural patterns still have a huge impact on the daily life of individuals .Many clients reached a point of dissatisfaction, confusion, with a sense of loss, and even with certain anxiety and anguish that strongly impacted their relationships. They found themselves living a life, within a context, whether social or religious, internal or external, which did not allow them to express their full self. In other words, they could not embody their “wholeness” or manifest their “truth”. Their journey was an exploration of those limiting beliefs as well as an attempt to facilitate their ability to extricate themselves from said beliefs. This was achieved by questioning their acquired values (from society, family, religion, partners/spouses)) and finding their own “wholeness” and “truth”, resulting in an enormous improvement both in physical as well as mental well-being. All this, while taking full responsibility for their own limiting beliefs and values as well as recognizing the responsibilities of others.This presentation aims to offer a deeper understanding on how the relationship between the counselor and the client is a fundamental part of unconscious work. Also, the way in which the counselor or the coach views the client, crucially impacts the out come.It is about living as “wholeness” and, viewing the other person as a “Complete Human Being” , brings about incredible results in terms of quality of life. In other words, self-realization is comprised of total wellbeing, based on both physical and mental health..

**Aim**

The objective of this presentation is to prove, through various case studies, how embodying our own “wholeness and truth” can result in increased physical as well as mental well-being..

**Results**

Participants will feel inspired, motivated and understood. I hope to create a space of loving accountability, where each member of the audience not only feels driven to create the life of their dreams, but also leaves with tangible steps on how to do so. I would like them to reframe current challenges in their mind, now looking at them as opportunities for growth. They should understand how to do that with every challenge going forward. I want them to leave feeling motivated to relentlessly pursue their dreams, fully aware that they can create anything they desire. I hope they leave ready to be a better version of themselves.

**Conclusions**

This journey of creating true intimacy with the “wholeness” of a human being is capable of elevating their presence, their self-awareness and their personal truth so as to reach such a point that, not only do they change their thinking and behavioral patterns for what has been discussed or explored during the sessions, but it also has a whole impact on every aspect of their human experience. In other words, they achieve complete mental well-being that has marked repercussions on their physical health as a whole.

**Keywords**

Spirituality ,Women, Mental health , Philosophy, Religion, Identity Changing

***WHOLENESS IS THE KEY FOR MENTAL HEALT  
A COMPLETE WELLBEING***

***Biography***

Irene Giovanna Ricotta, a Licensed Professional Counselor in Italy, she was graduate at Istituto Cortivo in Padua. She is an HeartMath LLC, ECCC-ICF, NeuroZone Licensed Practitioner, NLP Practitioner Licensed with Attilio and Cristina Piazza, she is also Meditation Trainer and Rebirth Breathing Practitioner. She is GTCI-EMCC Certification in Progress and an experienced Cross Cultures Consultant as well as she is going to complete her second degree in Modern Literature. She gave Lectures at Padua University in Semiotics and Philosophy of Language because of her affiliation with Glossemathic Circle of Padua since 1999 and her knowledge in Islamic Religion and Sharia<sup>ah</sup> Law studied with Prof. Abdurrahman Bukil and Saaid Al-Askar. Since 2019 she became an affiliated to the Olivier Soumah Mis , “Cross Culuteres Consultant Network” based in Mexico City.

*Feminine Leadership: A new definition of success*



**Iris Angellys**

*Elite Soul Academy / Entrepreneurs Institute*

**Introduction**

Our world is currently at a crossroads. The paradigm for success, especially at the highest level of leadership in government and business, is profit at all costs. The structure for most big organizations is hierarchical. KPIs and box ticking ultimately lead to less accountability, not more. This approach has led us to a situation where the very entity that supports our existence, Earth, is in danger of becoming unable to sustain all life, not just humanity. I contend that most women are leaders already; they are the leaders of their families, and many of their small businesses. Women already have an amazing array of leadership skills that most of them are probably unaware of.

**Aim**

In this presentation, the participants will explore many different leadership qualities they already possess, so that they can claim their place at the table and be a part of the shift in leadership paradigms. With a new definition of success we can create a type of leadership that is sustainable for the leader herself, those she leads, her organization, her community and for Earth.

**Keywords**

Success, accountability, Sustainability..

**Biography**

Iris Angellys Iris is a health care professional, mentor and author. In her career, she has witnessed thousands of women making do with the tools they have. With an intricate journey from disempowerment to empowerment herself, her life's purpose is now focused on creating the space for women to discover the mystery and inherent power in themselves. She is a trail blazer, a healer and a Iris is passionate about enabling women to live their lives to their fullest potential. She believes the more at peace we are within ourselves, the more peace flows into our planetary community, raising human consciousness globally and heal Mother Earth, our home in space

Empower the Women via Education



**Mausumi Paul**

*Deputy Manager Deputy Manager  
CANAM KOLKATA INC, Canam Group*

**Introduction**

Through Education . . . .

- Women can enhance the quality of knowledge
- Women can broaden their Self-confidence about accepting challenges for visioning the new World. Women are born leaders. . . it does not matter how educated Women are?...

That's the reason why women have been nominated in the family for managing everything in a 360 degree way.

So now think. . . .

- if less educated Women power is managing family and family members in this prominent way
- Then what can happen with one Educated Woman?

My belief . . . definitely Educated Women will come out with a lot of magical explosions without any doubt. . . .

This statement is true to fulfill the empowerment of women in various fields. Also shows that empowerment of women in 21st century plays an important role in the development of the country. Women constitute almost half of the population in the world and access to education has been one of the most pressing demands of these women's rights movements.

Women's education has also been a major preoccupation of both the government and civil society as educated women can also play a vital role in socioeconomic factors.

Through Education Women enhance the quality for improve the quantity of knowledge and Put every steps further to achieve her goals and aware the society by showing the power of women's empowerment.

It is great to access that now situation to motivate the entire girl child for education .Women are key to problems lock, to open with their authentic solution.

Through Education Women enhance the quality for improve the quantity of knowledge and Put every steps further to achieve her goals and aware the society by showing the power of women's empowerment. It is great to access that now situation to motivate the entire girl child for education

Education is milestone of women empowerment because it enables them to responds to the challenges to confront their traditional role and change their life .Now just some year. Away, this can become reality only when the women of this nation became empowerment, Education enables a women to become strong physically by giving her knowledge about Good physical health, which would ultimately benefit her mental health Agrawal and Salve (2013).Each and every field like teaching, nursing care, Social work, medicine, Women Proved to be better than men.

Women's power is crucial to economic, educational, family, spiritual moral and Aesthetic growth. Education and literacy empowers women. The only way a society or aspire. To economic growth and development is to just through education but especially education. Among the women's citizens. Education is considered as a basic requirement and a Fundamental right for the citizens of any nation. It is a powerful tool for reducing inequality as it can give people the ability to become independent. Women, who come across discrimination in any spheres, have particular needs of this. Education is regarded as an important milestone of women empowerment because it enables them to face the Challenges, to confront their traditional role and change their life. Education of women is the

Most important tool to change their position in the society. Still large women folk of our Countries are literate, backward, weak and exploited Alva and Hans (2013).

## Empower the Women via Education

### II.ROLE OF EDUCATION IN EMPOWERMENT OF WOMEN

A] Education Manumit-Education manumit the thinking, mind, thoughts, imagination, Power, principle in various field for easy to survive and achieve knowledge through Education .Empowerment of women brings equal status to women, opportunity and freedom to develop her which also means equipping women to be. Education makes the women's self-sufficient in every aspect, she does not depend on her father, husband nor son nor brother.

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B] Education stay away from hurdles-Education gives equal rights to women in socially, Politically, culturally, gender, religious manners. She will bring equal status with men and That is the reason for fostering both national and international integration.

C] Education allows to take Decision-As education opens ways to take decision according to Their choice whether it is relates to life style, life partner, job, career, eating style, sexuality etc. Education teaches us to learn what is wrong and right .Education pushes us to stay independently on our own feet.

D] Education Garner- Education will garnishing women to defense against crime, social Devil, sexual harassment, marital rape and mental stress of society etc.

E] Educated women contributes to economy- If women are qualified and helpful for family To earn money that means she able to develop the economy status of family and also for Nation. Women can help, through their work; get rid of problems like India's high maternal Mortality rate, high rates of gender violence and other crime against women child sex abuse, Female feticide, implement family planning and other schemes etc. Sharma (2016)

F] Education enhances- Education enhances the quality of women and makes some Strategies to grow upward, to gear the entire education system to play a positive interventionist role in the empowerment of women. To widen women's access to vocational, technical and professional education at all levels, breaking gender stereotypes. Above six statement proof that education play very vital role for empowering Women. Paraphrasing a popular saying here-educated a man and you will educated one Person, educate a woman and you will educated a whole family would like to say that Educated women educated more generations.

### III. SUGGESTION

Awareness of girls education is essential whether girls from rural or urban .As per Para- phrased "educated mothers educated family."

- Change the system towards women based sex discrimination.
- Removal of gender inequality.
- Encourage women to actively participate in social and political issues.
- Spread the message that education of women is to build strong women to create an incredible country.
- Awareness needs to know that women are effectively good contributors to the socio-economic development of the nation.
- Education plays an important role to enhance the quality of women and increase the quantity of knowledge that is used in various fields where she survives.
- Motivate all girls and women who belong to rural areas and give training to polish their creativity.
- To make the women aware she should be encouraged in every field.
- Through education the entire girl child is independent and free from their rights and also freedom.
- Arrange different kinds of training, workshops and courses for grooming of girls and women for enhancing self-esteem and self-confidence.

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Increase the confidence for developing the ability to think critically. It is ensure that women Respect is important in all fields and necessary. Whether women's in family or other work Area.

Every woman should have the liberty to live her life according to their choice. Give Chance to select areas according to their choice like education, employment and health etc. Change the mentality of the people who still neglect women.

The word empowerment is only used in books and papers as a flowery language but Some- where in society it is still not used practically and truly. This thinking ability we Have to change from society. Education is milestone of women empowerment because it enables them to responds to the challenges to confront their traditional role and change their life .Now just some year Away, this can become reality only when the women of this nation became empowerment. Education enables a women to become strong physically by giving her knowledge about Good physical health, which would ultimately benefit her mental health Agrawal and Salve (2013).Each and every field like teaching, nursing care, Social work, medicine, Women.

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## Empower the Women via Education

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### *Empower the Women via Education*

in books and papers as a flowery language but Somewhere in society it is still not used practically and truly. This thinking ability we Have to change from society.

#### **Conclusion**

According to the Country Report of the Government of India, "Empowerment means moving from a weak position to execute a power." Education of women in the education of women is the most powerful tool of change of position in society. Education reduces inequality and increases the status of women in her family and also the country where she works.

Education motivates, guides and trains at all levels for improving and enhancing her qual- ities. Government providing various schemes for girls and women in her education like, free Schooling, midday meal, hostels, cloth, bicycle, scholarships, train concession etc. education Makes the women not only knowledgeable but very strong and powerful. Empowerment of a Girl's starts even start enterprise empowerment operations.



*Implementation a Domiciliary Tele monitoring protocol in patients COVID-19 positive by Telemedicine in Patagonia Argentina.*

**Dr. Ramiro Vaca Narvaja**

*Universidad Nacional Del Comahue, Neuquen, Argentina. (National University of Comahue)*

**Introduction**

On January 30, 2020, the WHO Director-General declared the novel coronavirus outbreak to be a Public Health Emergency of International Concern (ESPII) under the International Health Regulations. With the consequent issuance of recommendations both for the country where the event is taking place, as well as for the rest of the countries and the global community. Where it is highlighted that a greater international export of cases is expected to appear in any country. Therefore, all countries must be prepared for containment, including active surveillance, early detection, isolation and case management, contact tracing, and prevention of the spread of COVID-19 infection, and share complete data with the OMS.

Current evidence suggests that person-to-person spread is occurring, including among healthcare workers caring for sick COVID-19 patients, which would be consistent with what is known about other similar pathogens such as SARS and coronavirus. causing the MERS- CoV.

The use of telemedicine for home control and monitoring of patients in quarantine or with confirmed Coronavirus infection is a very useful tool to stop the spread of this outbreak that already affects much of the world.

Through remote access from any device with WI-FI access, the patient will be able to contact or be contacted by specialist doctors, either for symptom control or for monitoring response to treatment.

Controls could include, in addition to vital signs, pulse oximetry saturometry, giving an impact parameter at the oxygenation level.

**Aim**

The trial assessed whether provision of a package of a kit with a Saturometer, thermometer, tensimeter and guidelines with information.

**Materials and Methods**

During this phase, it will be imperative to decentralize confirmed patients in order to decompress the health system with those patients with mild or clinically stable symptoms, for which the Home Telemonitoring model is proposed.

Target patients

Confirmed COVID-19 case

All probable cases that present rtPCR for SARS CoV-2. Confirmed patients in conditions of home monitoring

In consultation with state or local health department personnel, a healthcare professional should assess whether the residential setting is appropriate for home care. Considerations for home care include if:

- The patient is stable enough to receive care at home.
- Appropriate care is available at home. Like the scope for food and other basic needs.
- The patient and other household members have access to the appropriate and recommended personal protective equipment (at a minimum, gloves and a mask) and are able to adhere to the recommended precautions as part of home care or isolation (eg, respiratory hygiene and hand hygiene)
- That there are no household members who may have a higher risk of complications from the 2019-nCoV infection, such as people > 65 years of age, young children, pregnant women, immunocompromised people, people with chronic conditions of the heart, lungs (asthma, chronic bronchitis, COPD, etc.), insulin-requiring type I diabetes, kidney failure.

**Results**

500 patients were randomized to the telemonitoring protocol. There was a high level of acceptance in all range of ages, there was a very

## *Implementation a Domiciliary Tele monitoring protocol in patients COVID-19 positive*

accurate detection of complications like respiratory failure, trombo-embolism suspect, and another related infections.

### **Conclusions**

The telemonitoring protocol in patients COVID-19 was an excellent tool in order to follow the evolution of the disease, detection of complications, reducing the internation rates and expotition of the health workers to patients COVID-19 in a good conditions.

### **Keywords**

Telemedicine. Telemonitoring. COVID-19

### **Biography**

Dr. Ramiro Vaca Narvaja has completed his PhD at the age of 24 years from University of Cordoba, Argentina, he is specialist in Critical Care Medicine and he has a master in Health Informatic. He is the director of Telehealth Department of Clinica Pasteur Neuquen. He has published up to 3 papers in reputed journals, about telemedicine, in 2020, and has been serving as an editorial board member and vocal in the Board Directory of AITT journal

*Die to Live*

**Manna Abraham**

*Personal Breakthrough & Business Growth Catalyst,  
NLP Trainer, CPA, Speaker, Mentor, Personal  
Leadership & Emotional Independence Advocate*



**Introduction**

You are merely a puppet of your emotions, memories and patterns. There is no subconscious and there is no past if you can truly live in the NOW and learn HOW

**Aim**

You will explore and gain an insight into the following:

1. Everything you think, everything you do and everything you believe you are – Is just a symptom and outcome of knowledge.
2. Anxiety, Depression, Stress, Poor Relationships, Post Traumatic Stress or Stagnation – Is also a symptom than a mental health issue.

**Materials and Methods**

Human system is intelligently designed to protect you. And everything you experience creates an indelible impression which results in emotions, memories and patterns.

And they form the foundations to filter through every future experience to protect you and validate your identity.

EMPR Method, designed to release the emotions, memories and patterns will unlock the perceptions and rebuild your identity.

**Results**

With over 2000 hours working with the clients using the above method:

- Trauma can be healed in less than an hour.
- You can rebuild your identity and experience emotional independence in less than 10 hours.
- You can truly live a life free from fear.

**Conclusions**

If you can realise you are merely a puppet of your emotions, memories and patterns, you will master the art of self discovery and free yourself from the prison.

There is no subconscious and there is no past if you can truly live in the NOW and learn HOW.

**Keywords**

Trauma, Emotions, Identity, Live in the NOW, Anxiety, Stress, Relationships, Business, Depression, Life, Spirituality, Thought, Mind, Energy, Body.

**Biography**

Over 20 years' experience in personal and professional leadership, working across Argentina, Australia, Germany, Canada, New Zealand, Hong Kong, India, US and the UK.

Manna Abraham is a thought leader, mindful entrepreneur, international life mentor, personal and business breakthrough coach, trauma healer, speaker, CA, CPA and Founder- EMPR Method.

She brings ancient wisdom and modern science together in enabling individuals and businesses to be successful.

"A Core belief is that Self-Awareness is the key to master your mind, body and redesign your life.

Religion & Spirituality should not stop your personal evolution. There is much more beyond that"

*The Energy Flow that brings you balance and connection– Raising your Vibrational Energy*



**Janelle Watson**

*Elite Soul Academy / Entrepreneurs Institute*

**Introduction**

We are all made up of atoms and they vibrate at a certain frequency. The higher the vibrational rates the stronger the positivity and connection to the Universal energy will be. We all feel the vibrational energy of others. We all connect with other people's energy, and we sometimes even become drained by this. Learning to protect your energy, to raise the vibration and attract others who are like you will help you on this journey called life. We are all energetic vibrational beings woven into a human body, so it's time to understand how this affects us all on each and every level of our existence. Understanding who we are and finding the flow that comes from your energetic being will empower you to make the choices you need with guidance and love.

**Aim**

- Participants will learn the importance of vibrational energy and how it impacts their life choices.
- Participants will learn to create an energy ball between their hands and how valuable this is.
- Participants will learn how to being to see their Aura, their energetic body, and understand what this means.

**Materials and Methods**

So many don't understand the power of connection with their inner being. They are held back by limiting beliefs and life's programming, telling them what they can and can't do. Using their own imagination, their own intuition and their own energy they will learn to sense, work with and maybe even see their own true power and begin to discover who they really are.

**Results**

The result will be a connection to themselves, a stronger connection if theirs has already begun, and an awakening of who they really are. The connection to their inner being and higher self will become a part of their life. They'll learn how to incorporate energy work into their everyday lives, not make it an extra thing they have to find time for.

**Conclusions**

We are all looking for our soul purpose, in one way or another. This is something that we can find by learning to understand and work with our own inner being, our own intuition. Learning how energy flows, how we can focus it and raise the vibration is an essential part of our structure and life. Changing the perspective of how you think, how you see things, working out what is really going on, will help you to understand how life really works. It's all about following the guidance of your soul, and the need for you to find that connection.

**Keywords**

Vibrational energy, soul, inner being, Universal connection

**Biography**

Janelle Watson Janelle is a Soul Coach, Internationally Qualified Master Trainer and Presenter, Co-Founder of Feather of Gold Pty Ltd, Elite Soul Academy. Janelle was a Software Applications trainer for 20+ years and now teaches others how to Raise and Master their Vibrational Energy to make the connection to their life, their purpose, their business, and the Universe as a whole. With purpose and passion, Janelle believes it is her privilege to use her intuition and inner knowing, showing others how to answer questions to stay on a positive path of power and guidance. Janelle is a gifted teacher, coach and trainer. body and redesign your life. Religion & Spirituality should not stop your personal evolution. There is much more beyond that"



## How To Lead With Passion That Inspires Your Human Capital In Industry 4.0

### Rose Rawani

*Executive Leadership Coaching ,Disruptive Leadership Mentoring , Human Capital Empowerment & Performance , Leadership Specialist , HR Practice ,Strategic Consultant , Speaker, Influencer*

#### Introduction

Led by Founder & CEO Rose Rawani, who is a highly in-demand Executive Coach and Expert Authority in Leadership and Human Capital Empowerment, our vision is to inspire and empower people through Leadership Development.

Rose has led Leadership and Human Resources strategies for businesses across Australia, Europe and the Middle East with a focus on leadership development, employee engagement and people empowerment. Rose is particularly skilled at fostering collaboration, innovation and performance to get the best out of people from every level of your business.

She is a strategic and innovative Executive Coach and HR professional who translates business vision into HR initiatives that improve performance, profitability, growth, and employee engagement. An empowering leader who supports companies and top executives with a unique perspective and appreciation that human capital is every organization's greatest asset. A genuine influencer who thrives on challenges and translates visions and strategies into actionable, value-added goals.

In addition to more than a decade of hands-on Leadership, HR and Consultancy experience, she has outstanding credentials in Executive Leadership, Human Capital and Business Management.

- Master of Executive Leadership (Coaching)
- Master of Law (Employee Relations)
- Master of Business (Human Behaviours)
- Bachelor of Human Resources (Business)
- Graduate Certificate (Media Sales)
- Advanced Diploma of Human Resources (Business)
- Advanced Diploma of Business (Advertising)

- Diploma of Business (Entrepreneurship)
- Certification of Meta Dynamics Foundations
- Meta Dynamics Level 3 Facilitator Certification Training
- Certified Practitioner of Deep State Re-Patterning
- Meta Dynamics Level 2 Certified Practitioner and Profiler
- Certification of How to Run a Successful Workshop
- Practitioner of Neuro-Linguistics Programming
- AusInternational Consultancy Management Group is a boutique Consulting and Executive Leadership Coaching agency dedicated to supporting senior executives transition to become highly effective leaders. Our vision is To Inspire and Empower Through Leadership Development.
- Our core expertise is in capacity-building, where we apply these skills to both Executive Leadership and Human Capital Empowerment and Performance.
- If you want to create a culture of high performance, provide a structure of excellence that does not choke innovation, but instead encourages it, maintain standards that do not turn into bureaucracy, develop people beyond their jobs and their careers, while at the same time developing their leadership potential, then contact us today to see how we can assist you to achieve your goals.
- Our mission is to be the leading consultancy company in Leadership and Professional Development Worldwide.

*Equity of Access and the Role of Telemedicine*



**Dr. Abby Harwood**

*Chief Medical Officer, Royal Flying Doctor Service  
Queensland Section*

**Introduction**

Abby has worked in a diverse range of health settings (primarily within remote locations), including general practice and Indigenous health, in-patient/out-patient hospital services; emergency care and remote area clinics, clinical governance, medical education and research, and aeromedical retrieval.

However, after two decades in remote health care, Abby decided it was time to look for her next challenge, and along with it, a change of lifestyle.

At the time, I was tossing up between moving to Darwin or Cairns when a good friend of mine, who was an RFDS Medical Officer at the time, told me of a position opening at the Cairns Base for a Senior Medical Officer.

Drawing on her experience, she is a thought leader in remote health and is frequently called upon to give her opinion on potential government policies and health issues, having appeared in the media multiple times. Her passion for remote health, and those who provide, is always evident.

It takes a certain type of personality to succeed as an RFDS Medical Officer," Abby says. It's why you'll find a lot of our Medical Officers have either been working with the RFDS for a long time, or have come from a strong background in remote health care.

(University of Western Australia); Graduate Diploma in Rural General Practice; Diploma of Obstetrics and Gynaecology; Diploma of Child Health; Australian Certificate of Civil Aviation Medicine; Graduate Certificate in Occupational Health and Safety Management; and a

Masters Degree in Public Health. She is a Fellow of the Royal Australian College of General Practitioners and holds a Fellowship in Advanced Rural General Practice.

Despite a wealth of knowledge surrounding health care, which could and did open many opportunities for her throughout her career, it is still the diversity which comes with a career with the Flying Doctor that keeps Abby excited in her role.

You're never just wearing one hat," she says. "You're always flipping, for example, between primary health care or chronic disease management, and then an emergency occurs and then suddenly you've got to go into a critical care emergency role. You need a huge amount of knowledge and very wide range of skills, and preferably a real depth of experience

*Grounding is the foundation of a strong immune system.*



### **Line Nicolaisen**

*Nurse, Hvidovre nursing-school, 2610 Hvidovre, Denmark. Student of yoga and healthy lifestyle, Rishikesh*

#### **Introduction**

Now it is more important than ever before, to strengthen our immune system, so it can match the challenges we are facing today. In a fairly simple way, we can all do that, without changing much and without big investments. It is possible to optimise the immune system in a way that is naturally integrated in the way we live our lives.

#### **Aim**

Everybody should have the understanding that the body is a wonderful piece of strong living material. Take good care of your body and nothing bad can happen to you.

- Everybody should know that the solution is simple, and have the confidence to act.
- Grounding is power and everybody should have the “know-how”.
- When you ground your immune system thrives.

#### **Materials and Methods**

Line Nicolaisens methods are simple and easily doable for anyone who wishes to get more grounded and who wishes to strengthen their immune system.

She is guiding you through your daily life, and show you how to make simple and powerfull adjustments in your physical, mental and emotional reality.

#### **Keywords**

Grounding, immune system, simple living and joy.

#### **Biography**

Line Nicolaisen Line Nicolaisen is a nurse, author, passionate about health and simple living and teacher of grounding. Grounding has not been taught in any school but life itself has been the Great teacher ever since her birth. One of the more outstanding lessons happened in 2006 in the form of a big rising of kundalini. It took 7 years to balance the effects. It was mainly done by super-grounding. Now she has transformed and is able to help others who find themselves ready to ground and to live a simple and joyful life.

USA

*Speakers*

*Advanced Strategies for Overcoming Stress and Achieving Positive Mental Health: Case Studies*



**Adil Dalal**

*President & CEO, Pinnacle Process Solutions, Intl., LLC*

**Introduction**

Would you agree if I tell you that stress and mental health is one of the largest and most devastating epidemic facing our communities, corporations, and countries today? 20% of children and adolescents (~1.6B), and 5% of adults (~400M) suffer from mental disorders, leading to a reduction in a life span of almost 10-20 years, and over 800K suicides annually. Apart from a human calamity, it is also a global economic tsunami, with depression and anxiety alone resulting in a productivity loss of about US\$ 1T annually. Chronic stress seems to be a leading contributor to mental health issues, making it a clear and present danger that needs to be addressed immediately at a national, corporate, and community level.

This opening keynote will focus on a demonstration of fundamental aspects of stress, and some advanced technologies and techniques to measure it. In addition, case studies of successful techniques will be discussed to present potential strategies that can be adopted to alleviate the devastating effects of this global epidemic. This is an informative, practical, hands-on, and interactive session that will be applicable to a wide audience.

**Biography**

Adil Dalal is a result-oriented, value creating executive with 15+ years of hands-on expertise in solving complex globalization and digitization challenges. His expertise ranges from digital transformation technologies and organizational change management, to human capital enhancement, and applications of biofeedback and neurofeedback to stress management. He has led 350+ strategic cross-functional transformation programs, and trained 9,500+ individuals globally on organizational excellence, enterprise-wide business redesign, stress

management, culture transformations, M&A, and digital technology transformations.

He is a thought leader, innovator, expert international trainer, executive coach, global keynote speaker, and author of four books. He is the recipient of several international awards, including the Global Award for Quality & Leadership, Shingo Research & Publication award, ASQ Crosby zero-defect medal, and the Axiom Best Business book award. He is well known for pioneering several key advances such as V-Factor™, Pinnacle Performance Zone™, iCulture™, iLean® technology, Holistic Lean® and lean4kids®.

Adil's mission is to focus on optimizing the human potential by developing the necessary technical skills for ensuring the long-term success. Adil holds two master's degrees and numerous certifications. His mastery has made him a sought-after strategic business partner and executive coach as he continues to drive excellence by implementing strategies for growth and long-term success.

*The Future of Sustainable Leadership*



**Therese Nadeau**

*Spiritual Teacher and Intuitive Leadership Expert*

pass. In turn creating a sovereign, capable and powerful leader.

**Introduction**

Throughout the years and even in the 21st century, young women face implicit and explicit messages to doubt their inner knowing. It's a process that is handed down generationally and taught in the media. This conditioning becomes more pronounced as women step into leadership roles. The foundation of sustainable leadership is having the skills to tune into and fully trust one's inner knowing.

**Aim**

To integrate one's intuitive authority using the Awe-thentic leadership process. This presentation teaches a three-step model to hear and integrate a leader's inner voice. Implementation of the three steps Awareness, Wisdom and Energy to thrive, not just survive.

**Materials and Methods**

The AWEthentic model was developed in response to over a decade working with hundreds of women internationally and seeing a common theme among them. Each one struggled with hearing and trusting their inner wisdom, instead bypassing what felt correct for them, making decisions or taking action based on someone else's opinion or suggestion.

**Results**

Clients experienced instant relief of anxiety, self-doubt, and clarity. Confidence was boosted along with an increased feeling of self appreciation. That confidence allowed them to make the choices and changes required to be fully empowered as a leader.

**Conclusions**

Using this AWEthentic method prevents self betrayal, burnout and anxiety. It aligns women to hearing the nudges and truths of her inner com-

**Keywords**

Intuition, sovereignty, leadership, power

**Biography**

Therese Nadeau Spiritual teacher and intuitive leadership expert, Therese Nadeau has seen the rise of spirituality on the planet. With more and more women embracing their spiritual gifts, it's become clear that we can no longer deny our God given gifts. With over a decade of spirit channeling, intuitive healing and real life business experience, Therese appreciates and shares with clients that a spirit based life and business doesn't mean you have to live in fear or poverty. It's not about being greedy or feeling guilty to live the life you were meant to lead.

Therese has been referred to as a powerful "healer" for her ability to remove the energetic blocks and a "straight shooter" for her clear and loving communication skills breaking down the illusions and illuminating the truth.

As a leader, Therese guides women to align their powerful gifts to generate love, health and wealth. With a strong passion for creating a world where healers and spiritual leaders prosper is only matched by her love affair with chocolate. She is dedicated to changing the belief system of "giving" your God given talents away to "receiving" the abundance in which is already yours. Therese is a Certified Reiki Master Teacher, Soul Coaching® Oracle Card Reading Master Teacher, Past Life Regression healer and student of Human Design, Shamanism and many other modalities. She is a digital course creator and the founder of Be The Oracle®.



*Bridging the Systemic Gap in Education: The Mind Body Currency Connection*

**Rachel L. Roberts**

*Clark Atlanta University; Atlanta*

**Introduction**

The absence of critical thinking, financial literacy, and understanding knowledge of self-curriculum in our classrooms has created a generational gap that can no longer be ignored. This systemic gap in our current educational system continues to plague our families and our communities.

**Aim**

We will bridge this gap by building an educational foundation which includes the principles of independent thought, self-reliance, financial literacy, and financial maturity through the Mind Body Currency Curriculum.

- Understanding of the 5 Pillars: Physical, Mental, Spiritual, Emotional, and Economical
- Knowledge of Self:
  - a. Awareness
  - b. Acknowledgement
  - c. Action
- Benefits of 'Tilling the Spiritual Soil'
- How to Transmute any Pain into unlimited power, uncovering passion and purpose

**Materials and Methods**

What is the Mind Body Currency Connection? A holistic approach to abundance attraction. We have been taught that these 5 pillars work independently of each other, and, to survive and thrive, we must be in constant competition with one another. All pillars must be aligned properly to 'flow' abundantly. By tapping into the source (self / seed) we can transmute painful situations into unlimited power, all with knowledge of who we are, and the power we hold within. This leads to an increase

in our 'currency' in all areas – physically, mentally, spiritually, emotionally, and economically.

**Conclusions**

How different would it be if this generation and future generations focused on who they were becoming instead of what they are. Everyone would have equal access to the tools to transform who they believed it was possible for them to become.

**Questions to Review**

What are the qualities students gain through the Mind Body Currency Curriculum? What do they gain in terms of emotional intelligence, personal success, and sovereignty? What doors does this now open for them that were not exposed before?

**Keywords**

Transformation; energy; currency; mindfulness; pain; purpose; power; generational wealth; legacy; love; holistic abundance; spiritual soil; connection; education; inspiration; motivation; investing in self.

## *Bridging the Systemic Gap in Education: The Mind Body Currency Connection*

### **Biography**

Hailing from Atlanta, GA, Rachel Roberts started her 20-year career in Healthcare Administration and Project Management before finding her true purpose in consulting and educating individuals on their quest for financial freedom, economic empowerment, and generational wealth. A self-described fitness and financial enthusiast, she has a definitive passion for educating communities and helping people realize their dreams of business ownership. This passion led her to establish Traveling Traders 365, an educational platform focusing on the skillset of currency and crypto trading and investing via the foreign exchange (Forex) market. This company was birthed out of her personal experience to ensure that every community, family, and the individual develops, builds, and acquires generational wealth legacies. Alongside this initiative, she founded The Currency Consulting Group LLC, which focuses on self, spiritual, and business development via the Mind-Body-Currency™ Connection. She illustrates how to literally grow your business from within as everything starts with your own internal (seed) growth. Using the concept of nature vs. nurture, she encourages her students to go beyond the external systemic façade of business building and focus on growing business organically, focusing on the internal seed (self) to produce and connect abundance in Mind, Body, and Currency.

*Philbrook Adult Transitional Housing: Matching Clients with Safe and Affordable Housing*



**Deborah Robinson, MS, FACHE**

*Department of Health and Human Services,  
New Hampshire*

**Introduction**

Philbrook Adult Transitional Housing (PATH) is a 16-bed voluntary housing unit that provides services to individuals who have been released from inpatient psychiatric care and can live independently, but need assistance to obtain permanent housing. This session will review this unique program and describe how the treatment has positively impacted both the referring state hospital and clients returning to the community.

**Aim**

Describe the PATH program and the supportive therapies for homeless individuals with mental health issues who live at PATH and have assistance to obtain safe and affordable housing

**Conclusions**

PATH opened on September 14, 2020, and in the first year served 58 clients, 81% of whom were on conditional discharges from New Hampshire Hospital.

Average length of stay for those discharged from PATH varies between 60-113 days.

**Keywords**

housing, mental health

**Biography**

Deborah Robinson is a healthcare administrator who has worked in various mental health settings during her career, from a state hospital to a state prison to transitional housing. Deborah has a Bachelor's degree from the University of Florida and a Master's Degree from the University of New Hampshire. She is a Fellow of the American College of Healthcare Executives and active in Toastmasters as well as P.E.O., a philanthropic and educational organization supporting women to pursue higher education.

*Indomitable leadership*



**Monica Hermosillo Herrera**

*Strategic Markets Manager at Laboratorios  
Sophia*

**Introduction**

Women's leadership is always present in our daily life. We can demonstrate it through the different roles we have. Sometimes we role play as moms, directors, teachers, doctors, chefs, technicians, and so on. However, the main thing about all of this is how we confront life and how we make decisions, because this decision making can be influenced by fear, low self-esteem and a subservient mindset and we cannot talk about leadership without relating it to these three factors.

**Aim**

Participants will be provided with the means to become aware that because of their dependence on others feelings, incomes and decisions they do not construct their own path. The participant will realize these need not be obstacles if we define success as our truth in our own terms.

Through a seven steps process the attendees will be able to develop an indomitable leadership.

**Materials and Methods**

Research was carried out by means of a questionnaire applied to women with different professional and personal roles, and in different age groups. X% of the sample allowed fear to influence their decision making and x% has considered that being a woman is a weakness. Reflecting on these results and my experience working with women entrepreneurs not only from Mexico but from 26 different countries around the world, has given me the opportunity to analyze and think in retrospect on my own life, how my fear and my thoughts about success had affected me and how I looked for a change.

**Results**

186 one-on-one interviews were made, out of which 47% were business woman, 32% employees and 65% were between 26 to 50 years old. The findings have shown that a subservient attitude is present among women who are in a productive age even when they are employees with good positions or entrepreneurs with a successful company.

This is due to family history, cultural or personal paradigms, beliefs or our own experience during our growth to maturity. Even though women have given great definitions for success and leadership, we have permitted fear to affect these clear concepts in our mind and led us to low self-esteem or submissive behavior.

**Conclusions**

There are lots of paths and roles we can play or take as part of our lives. Fear and a male predominance are going to be present in our daily lives, however it is our responsibility as women to confront our interior criticism, paradigms, beliefs, and fear to avoid a subservient attitude, because no one can deal with it except ourselves.

Women support other women so each woman has the responsibility to encourage another woman.

**Questions to Review**

What are the qualities students gain through the Mind Body Currency Curriculum? What do they gain in terms of emotional intelligence, personal success, and sovereignty? What doors does this now open for them that were not exposed before?

**Keywords**

Leadership, Women's leadership, health, self-esteem.

*Indomitable leadership*

**Biography**

Monica is Strategic Markets Manager at Laboratorios Sophia. She was Director of Spark UP, the business incubator and accelerator of Universidad Panamericana. Her passions are women's leadership, vocational education of youths and entrepreneurship and believes that collaboration can improve man's quality of life. She was selected by the U.S. Embassy in Mexico to participate with 24 other women from different countries in the chapter Women and Entrepreneurship of the International Visitor Leadership Program. She has a Master's in Technological Innovation Businesses and a B.A. in Management and Marketing. At Spark UP she has developed six new services in collaboration with other universities, and the government and private sectors..



*Who Are YOU? The Pursuit of Authenticity Through Personal Branding*

**Shaunda Thompson**

*Shaunda Thompson, Author | Coach |  
Speaker | Trainer*

**Introduction**

Too many people overvalue what they are not and undervalue what they are. It all begins and ends with YOU. In order for you to effectively communicate to the world who you are through personal branding, it is vital for you to understand who you are first.

**Aim**

In this interactive workshop, participants will: Understand how their VIPS (Values, Interests, Personality and Skills) impact their decision-making process; Identify self-defeating beliefs and behaviors; Create a unique value statement to revamp their personal brand.

**Materials and Methods**

In this interactive workshop, participants will conduct a self-concept inventory using a Positive Psychology and Strengths-Based framework. For the self-defeating beliefs intervention, each participant will be led through a cognitive reframe exercise and provided with strategies and resources to create an action plan to reset negative thought patterns and behaviors.

**Results**

To be Determined

**Conclusions**

To be Determined

**Keywords**

1. Self-Esteem 2. Authenticity 3. Personal Branding 4. Reframe  
5. Self-Concept

**Biography**

Shaunda Thompson is a seasoned and dynamic trainer, speaker and coach who focuses on helping women identify and brand their professional image, strengths and passions through career and personal image development.



## Whole Foods Plant Based Living from the Inside and Out

### Shannon Summers

*2 Girls and Plants Podcast, Shannon Summers Coaching; Albuquerque, NM 87113, LifeCanyon Ltd, Independence, OH 44131*

#### Introduction

Receiving news from a doctor that your health is not well can be devastating to a person. Typically, you are given medication(s), a small print out with a couple of paragraphs describing the condition and some changes you can make. You then return for a follow up in 6-12 months. That is a long time for a patient to wait to receive feedback on their healing and recovery. If you are not a Physician, a Nurse, or Health Practitioner, this news can be overwhelming and even devastating. Diagnoses may include Autoimmune diseases, Heart Disease, sky high Cholesterol, Obesity, Binge Eating, Diabetes, Depression, Anxiety, Cancer or other Lifestyle illnesses. The Longevity challenges we face as we age are endless. Certified Health Coaching is a wonderful and supportive way to bridge the gap for both Health Care Providers and Patients. It cuts down on frustration for both parties and has proven extraordinarily successful for improved health and reduced symptoms. Individuals have options when it comes to how we handle our diagnosis or health conditions moving forward. We have the choice to be our own advocate and take control when it comes to our health. We can participate and be proactive. We are no longer defined by our diagnosis. Health care does not stop the moment we leave the doctor's office. As individuals, we need to own our power and take responsibility for our health. Certified Health Coaching is the support system that helps fill the gaps and enables us to accept accountability for our healing and quality of life.

#### Aim

- Participants will explore the relationship between diagnosis and supportive Health Coaching.
- Participants will identify their power in being their own health advocate and options for supporting oneself with Lifestyle

modification.

- Participants will explore what a Whole Foods Plant Based way of living can provide to them as an individual and for their family.

#### Materials and Methods

What is a person to do when leaving a Medical Practitioners office with either a new diagnosis or one that they have had for years without making any progress? What is a Health Care Practitioner to do when they see a new patient or an existing patient not being proactive or partnering in their health care and following the recommended health plan? This can be a tough situation to be in for patients and Practitioners alike. Certified Health Coaching is a valuable partnership on both ends. If you need to make a change to simply improve your health or you need support while you navigate a new or existing diagnosis, you do not have to do it alone. If you are a Health Practitioner wanting a support system for your clients, you can guide their health care plan beyond their office visits. There are wonderful benefits to gain from having a Certified Health Coach to add to your arsenal. As Health Coaches, we have the time to uncover deeper issues that may arise and help clients work through and navigate tricky moments that can create a setback that lasts for months. We have a variety of Coaching packages offered between 3- and 6-months' time and would love to be a part of that healing from the inside and out, which is a win for everyone!

#### Conclusions

Health Coaching is a phenomenal system for individuals looking for ongoing support and for Health Care Practitioners looking to bridge the gap between patient visits. We are no longer limited to struggling with our diagnosis and can better serve our health looking at the whole picture and being proactive.

## *Whole Foods Plant Based Living from the Inside and Out*

### **Keywords**

Health Coach, Whole Foods Plant Based, Holistic, Podcast, Weight Loss, Autoimmune, Blog-ger.

### **Biography**

Shannon Summers Shannon Summers and Adrienne Kraig are Certified Health, Transformational, and Lifestyle Mastery Coaches with a passion for Whole Foods Plant Based living and a Holistic approach to one's health and lifestyle. Shannon Summers' private coaching practice, Shannon Summers Coaching, focuses on helping clients who desire a transition to a Whole Foods.

Plant Based way of eating, make that transition successfully. She is deeply passionate about the power and effects it can have on one's health. Shannon's journey with Autoimmune has been the inspiration behind her coaching practice. She loves seeing how a WFPB lifestyle can make the difference when it comes to the quality of life her clients lead. Shannon Summers is also a Blogger and loves sharing all things Autoimmune, Longevity, Food, and Life on her Blog, Plantiful Summers.



## Whole Foods Plant Based Living from the Inside and Out

**Adrienne Kraig**

*2 Girls and Plants Podcast, Shannon Summers Coaching; Albuquerque.*

### **Introduction**

Receiving news from a doctor that your health is not well can be devastating to a person. Typically, you are given medication(s), a small print out with a couple of paragraphs describing the condition and some changes you can make. You then return for a follow up in 6-12 months. That is a long time for a patient to wait to receive feedback on their healing and recovery. If you are not a Physician, a Nurse, or Health Practitioner, this news can be overwhelming and even devastating. Diagnoses may include Autoimmune diseases, Heart Disease, sky high Cholesterol, Obesity, Binge Eating, Diabetes, Depression, Anxiety, Cancer or other Lifestyle illnesses. The Longevity challenges we face as we age are endless. Certified Health Coaching is a wonderful and supportive way to bridge the gap for both Health Care Providers and Patients. It cuts down on frustration for both parties and has proven extraordinarily successful for improved health and reduced symptoms. Individuals have options when it comes to how we handle our diagnosis or health conditions moving forward. We have the choice to be our own advocate and take control when it comes to our health. We can participate and be proactive. We are no longer defined by our diagnosis. Health care does not stop the moment we leave the doctor's office. As individuals, we need to own our power and take responsibility for our health. Certified Health Coaching is the support system that helps fill the gaps and enables us to accept accountability for our healing and quality of life.

### **Aim**

- Participants will explore the relationship between diagnosis and supportive Health Coaching.
- Participants will identify their power in being their own health advocate and options for supporting oneself with Lifestyle

modification.

- Participants will explore what a Whole Foods Plant Based way of living can provide to them as an individual and for their family.

### **Materials and Methods**

What is a person to do when leaving a Medical Practitioners office with either a new diagnosis or one that they have had for years without making any progress? What is a Health Care Practitioner to do when they see a new patient or an existing patient not being proactive or partnering in their health care and following the recommended health plan? This can be a tough situation to be in for patients and Practitioners alike. Certified Health Coaching is a valuable partnership on both ends. If you need to make a change to simply improve your health or you need support while you navigate a new or existing diagnosis, you do not have to do it alone. If you are a Health Practitioner wanting a support system for your clients, you can guide their health care plan beyond their office visits. There are wonderful benefits to gain from having a Certified Health Coach to add to your arsenal. As Health Coaches, we have the time to uncover deeper issues that may arise and help clients work through and navigate tricky moments that can create a setback that lasts for months. We have a variety of Coaching packages offered between 3- and 6-months' time and would love to be a part of that healing from the inside and out, which is a win for everyone!

### **Conclusions**

Health Coaching is a phenomenal system for individuals looking for ongoing support and for Health Care Practitioners looking to bridge the gap between patient visits. We are no longer limited to struggling with our diagnosis and can better serve our health looking at the whole picture and being proactive.

## *Whole Foods Plant Based Living from the Inside and Out*

### **Keywords**

Health Coach, Whole Foods Plant Based, Holistic, Podcast, Weight Loss, Autoimmune, Blog-ger.

### **Biography**

Adrienne Kraig Adrienne Kraig's private coaching practice, LifeCanyon Ltd, focuses on a Holistic approach to achieving a healthy weight and body confi- dence, through courage and accountability. She provides support with Emo- tional Eating and the lifestyle changes needed to create the fit life her client's desire. Adrienne's personal journey with weight loss and emotional eating has inspired her passion for helping women become the best version of themselves when it comes to their health and making their journey easier. She is also the author of her own Blog, The Healthy Life Journal, for all things health.

Shannon Summers and Adrienne Kraig co-host the podcast, 2 Girls and Plants, their focus is on nourishing oneself inside and out. The podcast is a casual, fun opportunity to talk all things health, WFPB, and making nourishing lifestyle changes important for everyone's personalized health journey. The two Coaches enjoy inspiring others, sharing their stories, and having guest speakers join them. All while helping to educate others.



## *Employed Motherhood: Supporting Employed Mothers at Micro & Macro Levels*

**Rebecca Morrison Gleed**

*Rebecca Morrison Gleed, LLC*

### **Introduction**

Why are only 10% of first-time mothers still at work by the time their child is eleven years old? To what extent is it a preference – and to what extent is it due to the countless constraints placed on working mothers? In order to identify tangible, concrete, supportive measures, it is vital to understand the obstacles: Are new mothers leaving – or never re-entering – the work-force because of lack of access to quality childcare or employer support? Are they influenced by personal or familial factors, such as the child's temperament or health? What issues have impacted your transition back to work?

### **Aim**

- Participants will develop an understanding of what is involved in a mother's transition back to work after having a baby, as well as the importance of supporting employed mothers at micro and macro levels.
- Participants will deepen their understand on a mother's transition back to work after having a baby from the model Eight Dimensions of Wellness.
- Participants will identify micro and macro entities to support employed mothers during this major life transition.

### **Materials and Methods**

A wide range of research materials were utilized for this project to include interviews, academic articles, books, and government bodies.

### **Results**

Factors that shape women's return to work include: (1) Returning to better paying jobs,(2) Autonomy in work role, (3) Greater work history, and (4) Flexibility of job. Factors that influence a mother remaining in

the workforce postpartum include: (1) Living in a place that provides leave, (2) Providing leave longer than FMLA (United States), and (3) Longer leave is marginally associated with reductions in the number of years mother spent out of the workforce.

### **Conclusions**

Working mothers account for nearly one-third of all employed women in the United States– 23.5 million working women have children under the age of 18, according to the US Census. Now is the time for this vulnerable demographic to receive support at both micro and macro levels, particularly in the challenging period of transitioning back to work. Each dimension of wellness plays an important role in supporting a woman's return to work.

### **Keywords**

Postpartum, Motherhood, Employee, Maternal Mental Health

### **Biography**

Rebecca Morrison Gleed oAs I have focused on my private practice, I created a postpartum series that is widely available.

A workbook: How to Healthily Transition to Motherhood A gratitude journal: Thankful for Motherhood A book for working moms: Employed Motherhood: Healthily and Holistically Transition Back to Work after Having a Baby A practical journal: A Second Brain for Momnesia

*Technological Experiences used in the field of  
Telemedicine in Latin America*



**Styp Canto Rondón**

*Equipo técnico de la Dirección de Telemedicina*

***Introduction***

Styp canto is a Telecommunications Engineer with more than 12 years of experience, 8 of them in the field of digital health, with a lot of specialization in the area of Telemedicine.

He promote Digital Transformation tools, Interoperability (HL7 Fhir), Cloud Computing, Big Data, Data Intelligence, Artificial Intelligence, Telemedicine, Programming Language (HTML, CSS, Javascript, Python, React Native), Database (SQL, PostgresSQL) , Telecommunications Networks, Mobile Communications, Information Security, Project Management and Projects in Public investment.

He currently work as an IT Project specialist at MEDDI Hub a.s., a European company that develops Telemedicine technology solutions for different Latin American countries

*Telehealth in rural areas*

**Cintya Jesús Barrón Sarmiento**

*Equipo técnico de la Dirección de Telemedicina*



***Introduction***

Cintya Jesus is a Technical team of the Directorate of Telemedicine, technical assistance to the regions at the national level. Coordination with the different strategies of the Ministry of Health for the implementation of telemedicine. Organization of macro-regional workshops at the national level. Responsible for the implementation of the Emergency Decree to strengthen telemedicine services in Peru. she is a Specialist in Attention and Orientation to the User, reception of complaints and requests for intervention in health. Work in the back office, reception and response of documentation related to the protection of health rights. she is a Professional in obstetrics Professional in obstetrics DIRESA CALLAO • performance in the area of health assurance and quality. Monitoring of SIS indicators, drafting of production reports and follow-up of the services provided to the insured. Implementation of electronic FUA at the level of DIRESA Callao. Supervision, training and monitoring of the SIS facilitating staff in the IPRESS in charge.



*Assessment of knowledge and perception about Telehealth among the rural and low socio-economic populations of Pakistan*

**Dr. Khadija Haris**

*M.B.B.S., Family Practitioner, Abdul Rahim Medical Centre*

**Introduction**

Telemedicine has improved access to healthcare for people all over the developed world. However, its implementation in rural areas of developing countries like Pakistan to supply accessible and affordable health care is still a burning issue. To provide healthcare services through this medium, there is a need to understand the orientation, beliefs and hurdles faced by the people of rural communities in Pakistan

**Aim**

To evaluate the perception and obstacles in the delivery of telemedicine among people living in rural areas of Pakistan while creating awareness of this service.

**Materials and Methods**

Our research team reached out to 540 individuals belonging to various rural areas of Pakistan to fill in survey questionnaires for this observational study. The questionnaire consisted of 10 comprehensive questions that included the geographical location, the general perception of telemedicine including challenges faced, and the likes and dislikes of this medium of medical care. Utilizing the opportunity, individuals were also educated of the benefits and cleared misconceptions of this form of health care provision.

**Results**

A total of 540 individuals were interviewed. Of the total, 66.1% had never heard of telemedicine and provision of healthcare facilities through the internet. Having counselled them, 67.6% liked the idea and an encouraging 75.1% of the individuals were willing to try this service if provided in their area. However, 70.1% revealed that the lack of human touch would be the biggest obstacle, while roughly 50% each

expressed concerns of the cost of the service and availability of internet providers in rural areas..

**Conclusions**

Although telemedicine is a convenient way of providing healthcare services, there are many tangential factors that come into play while delivering these services to rural communities. In areas where low socioeconomic statuses and literacy rates play a vital role in the perception and knowledge of telemedicine, the acceptability and reviews of the recipient population also contribute to the efficacious delivery of medical services. There is a need for collaboration between medical administration, technological industries, and government agencies to be able to make the best use of telemedicine services for the welfare of rural populations.

**Keywords**

1. Telemedicine 2. Rural Pakistan 3. Obstacles and challenges encountered 4. Healthcare

**Biography**

Dr. Khadija Haris has completed her M.B.B.S. degree from Services Institute of Health Sciences, UHS, Pakistan and has been working in international healthcare systems since then. As CEO, she founded Abdul Rahim Medical Center in rural community in Pakistan with the aim to provide quality healthcare to people from low socio-economic class. She is a huge promoter of Telehealth and her efforts have been recognized by reputed professional magazines in the US. She has created a channel for Pakistani physicians in Canada to extend services to Pakistani populations through use of telemedicine at her clinic

*Pediatric telemedicine*

**Dr. Deepa Sukumar**

*Provider in pediatric telemedicine,  
Gracemdconnect & Teladoc*



**Introduction**

I'm a board-certified pediatrician with over 16 years of experience treating and caring for children. I have served in various settings including primary care offices, inpatient hospital settings, urgent care, and busy inner-city emergency rooms providing care for children from newborns to adolescents. I have also worked as a physician advisor at a prominent organization.

I stepped into telemedicine almost an accident when I quit my job as a physician advisor and was looking for more flexible options suitable for me as a wife and a mother and not let medicine overwhelm me. I did some online research and quickly figured out there were more than a couple of telemedicine opportunities. In 2016 I also started my own telemedicine practice for pediatrics in the state of Florida.

Our mission is to enhance access to the highest quality of care exclusively for children of all ages from the comfort of their homes (or from anywhere).

Why pediatric telemedicine - Vast majority of minor urgent issues can be treated via video or telephone chat sessions.

**Advantages**

- receive care from the comfort of your home, or wherever you are.
- avoid waiting times and travel time to the doctor.
- you can follow up with the physician if you use a HIPAA compliant chat all the time. They can message the physician anytime and ask questions about the progression of their current illness and they can direct them.
- the advent of digital otoscope, pulse-oximeter makes things easier.

Real-time testimonials from moms "She saw me via video as soon as I logged on to gracemdconnect and the whole process was quick, efficient, and took a lot of stress off me. relatively cost-effective".

When my son developed a rash on his face, I was able to immediately connect with a pediatrician via the app. Dr. Deepa Sukumar was very helpful. She was able to immediately diagnose the problem and prescribe medication that was sent to my pharmacy within 30 mins.

This helped us avoid unnecessary trips to the pediatrician's office as well as saving us the trip and expensive co-pay cost. I will absolutely use GraceMD Connect for future pediatric healthcare needs.

As a busy mom of 4, there isn't much time to get sick and go to the doctor. Being able to sign-up, see a doctor via secure video chat and get answers within the amount of time I would have been on hold to make a regular appointment. Thank you for the quick, friendly, and professional service!

**Challenges**

- We should always be careful about knowing limitations and not take risks. Know when we need to refer the patient to a pediatrician or to ED/ UC.
- we still don't have access to the universal digital stethoscope.
- We can order labs and do imaging but it could be cumbersome.
- insurance companies still don't pay like regular visits.
- Parents still have mental barriers about the patient not being physically there with the pediatrician.
- Still not a substitute for primary care physician

Finally, we do have quite a way to go, in terms of telemedicine replacing most of the in-person visits. The major hurdles are the need for a digital stethoscopes, parents seeing telemedicine in a different light, more physicians encouraging telemedicine for minor health care issues.

## *Pediatric telemedicine*

### **Biography**

Deepa Sukumar is a board-certified pediatrician with over 16 years of experience treating and caring for children. She served in various settings including primary care offices, inpatient hospital settings, urgent care, and busy inner-city emergency rooms provider care for children from newborns to adolescents. She also worked as a physician advisor at a prominent organization.

She stepped into telemedicine almost an accident when she quit her job as a physician advisor and was looking for more flexible options suitable for being as a wife and a mother and not let medicine overwhelm her. She did some online research and quickly figured out there were more than a couple of telemedicine opportunities. In 2016 she also started her own telemedicine practice for pediatrics in the state of Florida.

Our mission is to enhance access to the highest quality of care exclusively for children of all ages from the comfort of their homes ( or from anywhere).

*Meditation for Self -Love*

**Marianne Padjan**

*Meditation Minute with Marianne / MPowered  
Voice Publishing*



**Introduction**

2020 was definitely the year of anxiety and depression, not to mention a number of other physical, mental and spiritual issues. Not only do you have all of your patients to take care of but most of you have children and husbands and households and additional family members sometimes in laws and parents. That is a lot Pressure for anyone human being to have to endure. But we somehow do it. My belief is that self love is the foundation that you build everything on. Self love is strong enough you can pretty much do anything you then become A human that is made of rubber energy. This is so much easier as everything bounces off of you. Nothing affects you nothing sticks to you just move on. This is great most days other days we need help. If you can empower yourself more and you can empower your patients to meditate their way into self love, both you and your patients will have much better results in a quicker and more efficient manner. If you can write about this that helps everyone. I have already written a book on radical self love and there are many out there and yet not enough on self love and more are needed. If you write a book on your experiences with self love, your patients will likely get a copy as people get excited about knowing the author. Self Love is your superpower! Meditation is a beautiful way of achieving this. When you allow yourself to go deep inside deep inside of that place where it's beautiful, quiet and safe you can manifest anything you want. The trust that you create within yourself will carry you through life. Take this with you as 2020 is not the only time we have felt this energy.

**Aim**

- Guests will learn how meditation can help everyone strengthen their individual Selflove muscle and help others do the same

- Learn to get the message out to the masses via books

**Materials and Methods**

Most people grow up in an unbalanced environment whether it's the kind of country they grew up in or the households they grew up in or the neighborhood or the school they went to. This lack of balance then shows up later in life and we spend sometimes an entire lifetime healing that up. Most of these experiences affect us mentally as we all know spiritually. People don't sometimes realize is that it does affect our physical being as well.

We are not all qualified to tackle every single solitary thing about a patient. you are a spe- cialist and lungs you're going to deal with the lungs what you might what you might overlook is the energy of those lungs are carrying Energy in them of worry and survival skills. A cardi- ologist works on the heart and I believe by now most of them are aware of the emotions that affect the heart and not just the unhealthy food we eat. When someone has a chronic issue that keeps coming up it's usually a sign of energy that gets stuck in there and cannot flow. Medita- tion, meditation, meditation to go deep inside and access these energies and emotions to help people. What we are not a 100% sure of is how much it will help. Let's change a few customs, instead of sending them home with only medication perhaps a book or an audio book to help the med- itate and to talk to them about self love and why they should take some time for themselves. Some people wait until the doctor tells them that they have to stay off their feet and that they have to take some time off because their body can't take it anymore and that sometimes is the only time that they listen. For a professional to send someone home with a self love book, they will listen. If you do not want to write an entire book you don't have to there are many collaborative books that you can join and write one chapter in and that too will give you additional credibility.

## *Meditation for Self -Love*

### **Conclusions**

Self Love is the foundation for everything, meditation is a key daily practice for centering yourself, writing is healing and great for branding yourself and your business.

### **Keywords**

selflove is foundational, meditation daily, write

### **Biography**

Marianne Padjan Marianne finds people fascinating and is passionate about empowering and inspiring them. The learning part for her never ever ends as she has been taking courses and has a variety of coaches for the past 30 plus years. She is a self-proclaimed COURSE JUNKIE! She is a 5 time international, award winning, bestselling author, Guinness World Record Holder and Participant, an Empowerment Coach., a workshop Facilitator, Retreat Leader, Ordained Minister, Award Winner with International Forum for Advancement in Healthcare, a Reiki Master, Meditation Specialist, Kundalini Yoga teacher, a DIGITAL TV host of MEDITATION MILLIONAIRE, Radio host on Magnetic FM Radio of 3 shows Meditation Minute with Marianne, Self Empowerment and REAL Estate Ins and Outs and a Real Estate Agent with EXP Realty. Definitely an eclectic variety that keeps her busy!

Marianne has impacted many lives both professionally as well as personally. She has guided them from divorce to marriage as well as from bankruptcy to millionaire. She enjoys engaging people in their own growth so they find their power again and thrive!

As the CEO (Chief Empowerment Officer) of MPowered Voice Publishing/Coaching, Marianne Padjan will help you recognize your GREATNESS, find your authenticity and help you to achieve your dreams!

Depression & Anxiety

Elsa Rapudi

Transformational speaker



**Introduction**

Depression Tentacles reach out to every person's life. It Affects also the physiology not just your mood. Your physical health and how depression serves as a risk factor for most conditions mostly cardiovascular heart disease.

Depression is associated with cardiovascular condition and is the first screen that cardi- ologist run first.

Depression is technically considered a mood disorder but is far more than that.

Diagnosis To be able to depict the causes of depression and anxiety is through medical history. Especially people who have lost jobs.

Loved ones. People who are found to be victims of abuse and rejection, rape and those who are prone to long use of medications. People who suffered the most adversities you can imagine.

Epidemiology: In 2004 WHO announced depression as a number four cause of disability and other medical conditions people who suffer long term as well as terminal illness tend to be depressed.

They predicted that by the year 2020 depression will be number two. In 2020 it was declared number1. It keeps increasing.

It increase in prevalence and severity amongst us.

Think of the influence of technology. Smartphone you carry around represent one of the largest factors for young people today.

Addiction and Technology. Survey after survey is so engraved into the quality of life. The time we spend in front of big screens and computers is regarded the cause of depres-

sion. The so called epidemic loneliness, paradoxically in this over crowded world people are dying due to loneliness.

Precisely if I can say what causes depression?

The best answer I can give you is that depression is caused by no many

contributing factors, there is no single cause and likewise there is no single best treatment.

Treatment: There is no best medication for the treatment of depression. The one that is best is the one that works for you. Take advantage to seek help.

There are experts who studied about it and they help.

Medication regimen will be unique. There is no standard formula when it comes to treatment. This is based on the cause. There will be no drug that curse depression just like racism and poverty.

Antidepressants helps only to provide sleep but not for all. They have any form of relapse just like any other medication. No medication can offer you effective coping skills.

No medication can offer personal growth.

No medication can offer realistic explanatory styles.

No medication can offer Maintenance of positive relationship. No medication can offer an ability to solve problems.

No medication can offer decision making. Its all in the mind.

*What's in a name?*



**Lara Augusta**

*Embracing Potentiality*

**Introduction**

Our identities are often strongly tied to things external to ourselves. Our place of birth, families, and culture are all intricately woven into the tapestry that makes up our identity. As we get older, our identities are shaped by our titles: mother, wife, sister, partner, etc. But the most profound title we carry with us is our last name. We are born as a pure self, untouched by any of the baggage associated with these titles.

Then, immediately, we are given a last name and become responsible for the expectations attached to this name. But what is really in a name? How can we both honor the lineage of our name while honoring the person we are and the person we are working to become?

The first step is to get to know yourself. Identify your values, learn what motivates you, and become aware of how you interact with the world around you. Inevitably, you will also learn which aspects of yourself come from your culture, community, and family. With this knowledge and self-awareness, you'll have a stronger ability to define your path and set your boundaries. This is the premise of building a healthy relationship with others and yourself, and knowing how to lead yourself is vital to your growth, your contributions, your impact, and your legacy.

**Keywords**

self-knowledge, self-mastery, relationships, leadership, legacy

**Biography**

Lara Augusta Lara Augusta is a Life and Leadership Coach with International Relations, Global Sporting Events Hospitality, and Learning Design and Technology backgrounds. She has specialized in Energy Leadership™, Social Emotional Learning (SEL), and Positive Intelligence (PQ). She embraces a multicultural, multi-perspective approach to coaching. Here is how: she has lived, studied, and worked in Brazil, Canada, China, Switzerland, Russia, South Korea, the United Kingdom, and is now based in N.J., U.S.A. Her sense of wonder, curiosity, and willingness to learn has already taken her to 53+ countries (and counting). From these expansive and varied experiences, she provides an open-minded, deep, and rich coaching experience.

CHILD MARRIAGE

**Yvonne Mundih Mbuuh**

*Author, speaker, coach*



**Introduction**

Child marriage is a global issue, transpiring in all parts of the world, ranging from Asia, The Middle East to Africa. Even in the Western world, child marriage is being practiced. This is a serious violation of human rights especially against the female child who suffers the most. Despite the laws set in place to prevent child marriage, and sometimes false media propa- ganda, child marriage is on the rise especially in countries where the law officials closes its eyes against such in human practices.

**CAUSES OF CHILD MARRIAGE:**

Many factors can lead to child marriage or a forces marriage. This ranges from poverty, Insecurity, financial, lack of education, inadequate implementation of the law, food insecurity to cultural, religious or social norms. Sadly, whatever the causes, child marriage, it compromises a child's development and severely limits children's opportunities in life.

**EFFECTS OF CHILD MARRIAGE:**

**1. Poverty:**

Mainly driven by poverty, child marriage has many effects on girls' health. There is increased risk for sexually transmitted diseases, cervical cancer, death during childbirth, malaria, depres- sion in certain cases, continuous circle of poverty and lack of education and obstetric fistulas (It is estimated between 50,000 to 100,000 women worldwide are affected by obstetric fistula, an abnormal opening between a woman's genital tract and her urinary tract or rectum. The devel- opment of obstetric fistula is directly linked to one of the major causes of maternal mortality caused by obstructed labour. Women who experience obstetric fistula suffer constant inconti- nence, shame, social segregation and health problems. It is estimated that more than 2 million young women live with untreated obstetric fistula in Asia and Sub-Saharan Africa.)

Obstetric fistula is preventable by:

- Delaying the age of first pregnancy
  - The cessation of harmful traditional practices. And
  - Timely access to obstetric care.
2. It denies young children of education particularly young girls who are mostly affected. This strongly suggest that there is a dying need for us as parents, society and governments at large to not only promote girls education, protect child marriage, but to also provide the tools with which these children need to empower themselves and to live more productive lives as well.

Girls who marry as children are less likely to complete secondary education before the age of 18. This reduces the likelihood of girls secondary school completion by 4-6%.

Continuing education reduces child marriage each year in secondary schools, and this in turn reduces the risk of child marriage for girls by 6%.

In addition, the more education a girl has, the more likely her children will be educated and the more the line of poverty will thin out.

**1. Child and Nutrition:**

Child marriage increases the risk of maternal and undr-five mortality and morbidity, leading to significant social and economic impacts from the individual leve to national level. Analysis of Demographic and Health Surveys suggests that the risk of death before age five for children increases substantially when the child is born to a mother below 18 years of age, as compared to a child with similar characteristics born to an older mother. Delaying marriage therefore would help reduce infant and child mortality.

Children born to child brides also have higher risk of malnutrition than children born to older mothers, a significant barrier to the health of the child, their educational prospects, and will affect their future contribution to household and national economies through their labor. Analysis based on Demographics and Health Surveys suggests that

## CHILD MARRIAGE

children born from child brides have higher risks of stunting than children born from mothers older than 18, with additional risks resulting from a higher likelihood of low birth weight.

### 2. Fertility:

At the household level, higher fertility can be overwhelming to the brides and their families through increasing household size. More children in the home reduces the availability of funds to pay for food, education, health care and other important expenses for all household members. This in turn leads to other difficulties.

At the national level, child marriage contributes to population growth by increasing fertility. Surveys suggest that a girl marrying at 1.3 will have on average 26% more children over her lifetime than if she had married at 18 or later.

Child marriage has national impacts with an increase burden on basic services.

If child marriage ends, birth rates would decrease, productivity of goods and services will increase and countries could benefit from economic growth and a shifting population age structure known as Demographic Dividends.

### 3. Earnings and Productivity:

Child marriage has a substantial impact on women's potential earnings and productivity. Speaking from my experience, child marriage curtails education attainment which in turn reduces women's value and worth at the market place, and therefore a reduction in expected earnings both now and in the future.

It can also curb their influence within the household, in the community, limiting their bargaining power and the ability to lead with confidence. By ending child marriage, countries could increase their national earnings substantially by 1%.

## Conclusions

Child marriage is a human rights violation and has adverse effects on the children, overwhelmingly girls, who enter into these marriages, and on their future children, creating an inter generational cycle of disadvantage.

Ladies and gentlemen, I ask that we all stand against child marriage. It is hurting our children and our societies. If you agree, stand up and raise your hand so that we can stand together as women and mothers of the world to stop this human evil for our children and grandchildren. Ladies and gentlemen, I speak against Child Marriage with such passion, conviction and power because I am a thriving survivor of child marriage. I was 11 when my father forced me to marry a 38 year old man against my will and against the pleas and cries of my mother and grandmother. Refusal to do so, I suffered rejection, physical, psychological, emotional

and sexual abuse of all sorts. By the time I was 17, I had lived in different homes looking for Safety, Love and Acceptance. Because of my grandmother's determination to stop such evil, my father sent me away every night to live in the bush amongst animals. I have tasted intense abuse, rejection, hunger, poverty, squalor, lag, and homelessness.

I am here today because The Almighty God saved my life. That is why I have devoted the rest of my life to stand against abuse and rejection especially against women and children through the use of my unique story and Power Voice, helping, transforming, and building their hopes and dreams so that they too can become Ambassadors of change to the world.

No child deserves to go through all the dirt I went through. I have tasted hunger, poverty, homelessness and all kinds of abuse that no child should taste just because of my father's selfish interest to market me as property at a very young age.

It is therefore our God given responsibility as parents, adults, and members of the human race to see into it that no child no matter their background and status in life goes through this ever again. We are all interconnected, and together, IT IS POSSIBLE

## Biography

Yvonne Mundih Mbuuh Yvonne is on a mission to help others discover themselves through her unique story



***Searching the Brain for Happiness-A Pleasant Surprise!***

**Dr. Ann Marie Leonard Zabel**

*N.E.A.L.A.C., President of Private Practice, MA  
02644, USA, Curry College,  
Department of Psychology*

***Introduction***

The Brain is an amazing organ and a wonder when it comes to all sorts of emotion as and feelings. This presentation will focus on the power of the Brain to retrain it to enhance one's ability to experience happiness. We will review seven levels of Happiness and what brain-behavioral techniques can assist one to achieve personal joy. When moments of sadness, emotional trauma, and/or anxiety sneaks up on an individual, evidenced-based approaches could help one to achieve brain empowerment leading to a happier and healthy way of life.

After completing the presentation, professionals will be able to:

1. We will focus on understanding the brain-behavioral impact of stress and trauma and a range of mixed emotions upon one's health influencing the ability to achieve personal happiness.
2. Will explore user-friendly brain-behavioral health techniques to led the brain from stress to calm enhancing happiness.
3. Explore resources to use during moments of saddness, trauma, and/or anxiety to help empower one to a healthy, happy quality of life.

***Keywords***

Positive Psychology; Neuropsychology; Therapeutic Techniques..

***Biography***

Dr. Ann Marie Leonard Zabel Dr. Leonard-Zabel is a Full Professor of Psychol- ogy and serves as the Psychology Department Coordinator at Curry College in Milton, Massachusetts. She owns and operates a private clinic specializing in School Psychology/School Neuropsychology and Clinical Forensic Examining. She holds diplomat and fellow certificates/ certifications in Neuropsychology, Forensic Counseling and Examining, Psychotherapy, Autism, Addictions, Cognitive-Behavioral Therapy,

Clinical Anxiety, Disability Analysis, Brain-Behavioral International Coaching, Teleprac- tice and in Homeland Security. She was awarded the Lifetime Achievement Award from the American Board of Disability Analysts. Dr. Leonard-Zabel is the recent recipient of the Life- time Achievement in School Neuropsychology from the American Board of School Neuropsy- chology. She serves on the Learning Disabilities Worldwide Congress as one of the Board of Directors (LDW). Dr. Leonard-Zabel recently received international awards acknowledging her Keynote addresses encompassing school neuropsychological research on assessment approaches involving Autism Spectrum Disorders, Adolescent Addiction, and Mental Health focusing on the Anxious Brain, Assessment Practices, Learning Differences, Ethics & Law and Traumatic Brain Injury. Dr. Leonard-Zabel was awarded in December 2019 the title of Global Goodwill Ambassador (GGA), representing the USA with the "Humanitarian" designation for her volunteerism both nationally and inter- nationally. Throughout her career at Curry College, she was awarded the Curry College Excel- lence in Teaching Researcher of the Year Award, Excellence in Teaching with Partnerships & Collaboration Award, Excellence and Research in the Field, and Person of the Year, acknowl- edging excellence in teaching, mentorship, collegiality, leadership, and community service. Dr. Leonard-Zabel presents nationally and internationally on an ongoing basis.

Womens Confidence Coach



Anar Massani

Founder of FosterEmergence Coaching and The Designated Human Circle

**Introduction**

When you look at your life, have you every wondered, what happened? How did I get here? Who am I supposed to be? Where am I supposed to go next? What if I had made a different choice, would my life then be different?

If you have then you are not alone

Hello, my name is Anar Massani, I am a survivor, a Registered Nurse and the founder of the Designated Human Circle.

Often, I meet women who get lost in the daily operations of life, without truly understanding what is happening to them. They are daughters, mothers, wives, siblings, friends, PTA Presidents, carpool moms, corporate executives, etc and they forget that they are humans, they are women, they are alive. Over and over again, by the time we realize what is happening or how its happening, we find ourselves too far gone.

I am here to tell you its not too late for you, for your life, and for your purpose to come alive.

**Aim**

- Recipients will be able to learn how to expand to next level thinking and feeling within their own lifestyle.
- Recipients will be able to identify their sense of belonging
- Recipients will be able to find and execute their purpose in life.

**Materials and Methods**

Through online group and individual coaching sessions.

**Conclusion**

If you or someone you know is feeling suppressed, lost and struggling to find and apply their identity, and purpose, then you must join me in this movement of women’s journey towards self-reflection and empowerment.

**Keywords**

Identity, confidence, self-awareness, mindset, empowered woman, empowered women

**Biography**

Anar Massani, is a survivor of abuse, a Registered Nurse, a Single Mother of two, the founder of The Designated Human Circle, and FosterEmergence Coaching, and overall a human being. Her life experiences comprise of leadership experience both in her Professional and Personal life. Professionally, Anar is experienced in Management of Patient Care, Hiring, Training, Mentoring and Management of Nursing Staff, as well as other Direct Reports . Personally, She has raised her two children as a single mother, she volunteers as a Director for various Youth Organizations ranging from Early Childhood Development Programs, to Teaching , Camps, and Sports Clinics.

She is currently is a phase in her life, where she has set out to impact the world through transforming women’s lives, by supporting them in their Journey in finding a sense of self belonging, and purpose beyond roles that they fulfill for others.

*Impact AI in Healthcare*

**Dr. Ingrid Vasiliu Feltes**

*Deep Tech, Web 3.0 & Precision Health Exec TV/  
Media Partner , Author , Keynote speaker*



**Introduction**

The global AI market size has increased steadily over the past few years and is expected to continue to accelerate across all industries. The impact of AI in healthcare will be transformative and visible across the full spectrum of domains ranging from wellness, disease prevention, diagnosis, acute disease treatment, chronic disease management, rehabilitation, and longevity. In addition to increased adoption of AI across healthcare enterprises, we are also witnessing AI optimization and AI-driven innovation, with a focus on dynamic data stories, enhanced decision intelligence, X-analytics, augmented data management, cloud AUI enablement, and the creation of AI-powered data marketplaces.

This keynote will highlight latest trends in AI healthcare applications, such as computer vision, neural networks, federated learning, machine learning, NLP, RPA, VAS, etc. Additionally, the audience will learn about challenges encountered in AI deployments, as well as opportunities for further development and research, such as deploying AI for digital health twins, smart hospitals, smart health cities, The Health Metaverse and The Health Omniverse

*The Three Categories and 6 Types of Sex*



**Paulette Tomasson RN, RCC, MA**

*Private Practice, West Vancouver BC*

**Introduction**

Most people engage in sex without any idea of what they are actually agreeing to. How can they make a conscious choice if they don't understand what they are choosing.

**Aim**

To introduce the concept of the three categories of sex along with the six types.

**Materials and Methods**

This system of educating clients regarding sex was developed during my 50 years of working with clients in the fields of mental health, trauma and sex addiction.

**Results**

A method of categorizing for understanding the purpose for engaging in sexual intercourse. A design for choice and improved agreements.

**Conclusions**

Anecdotal responses and shared experiences have shown that when there is understanding of the type of sexual engagement that is wanted and agreed upon, the experience is more rewarding and fulfilling.

**Keywords**

Sex, arousal template, choice.

**Biography**

Paulette Tomasson received her undergraduate degree in nursing from the University of Saskatchewan with a clinical specialty in Psychiatry. Her Masters in Counseling Psychology was conferred by Antioch University in Seattle, Washington in 1985

In 2005 Paulette received the "Award of Excellence in Nursing Practice" from the Registered Nurses Association of British Columbia.

She is an internationally known and respected expert in the field of emotional health, sexuality and specialized addictions.

She published "Sensuous and Sultry: Sex is for the Courageous" in 2014. Currently, Paulette operates a private nursing practice in counseling and consulting in West Vancouver, British Columbia, Canada.



*“Live Life on Your Terms” is my thread*

**Wendy Bjork**

*The Empress of MS*

#### **Introduction**

We’ve heard about Christina Applegate, Selma Blair, Jack Osbourne, Jamie-Lynn Sigler, Richard Pryor, Teri Garr and so many others living with the mysterious illness called multiple sclerosis.

We live in a world of endless possibilities, yet we are told what to say, what to think and how to live. We are sent home with booklets and brochures and put into a “wait and see” holding pattern.

Wait for what? Until you are confined to a chair?

We are programmed to only listen to mainstream medical.

We are not encouraged to stand up for ourselves or be our own advocates. Until we realize this, our healing and our lives are completely out of our hands.

#### **Aim**

To show the audience it’s ok to be their own advocate, stand tall and eliminate as many gaps in care as possible that exist in their lives. Even if that means having mentors, coaches in addition to the mainstream medical providers in their life.

Maintaining a state of wholeness is a daily and constant undertaking, not to be taken lightly.

#### **Materials and Methods**

As The Empress of MSTM, I have been living with MS my entire adult life and then some. I was diagnosed at age 22, but had already been dealing with symptoms for at least six years prior.

I have been through the ringer with relapses, pharmaceuticals, permanent damage to my body and endless comments, weird looks, ignorant statements and questions from friends, family and even strangers.

As a child, I watched my grandmother live a horribly restrictive life with rheumatoid arthritis, another autoimmune condition. She endured many surgeries, and was basically confined to sitting in a chair only to look out her window all day long, watching the world go by. Being widowed at 48 did not help her condition nor did living in a time when women really weren’t allowed to use their voice.

My Grandma Celeste has been my inspiration ever since I found out I was dealing with the MonSter of MS. I decided then and there I was not going to give in and let it run my life. She unfortunately passed away when I was only 13, and my hope is she knows the path my life has taken.

#### **Results**

We all know there are many aspects to healing. There is never one quick fix to anything. We each have dreams in our heart, a “bucket list” of what we want to be, do and have in this lifetime. We want to live a fantastic life full of fun, joy and laughter. We want to be seen, heard and understood. We want to keep doing the things we did before the “MonSter” entered into our life. Maybe you feel like all of your dreams are now shattered since your body doesn’t move the way it used to. When we are treated with disregard, it makes it more difficult to envision a happy future.

You want to stay active and if you have children, keep up with them. You want to feel like you’re back in the driver’s seat of your life and in control again.

There are so many areas to address in order to achieve wholeness, and thrive in spite of a multiple sclerosis diagnosis.

*“Live Life on Your Terms” is my thread*

**Conclusions**

We should be taught how to take responsibility for our health instead of being shamed for thinking and living outside the box.. Our voices should be heard everywhere without having to explain ourselves over and over since MS is an invisible illness.

We would be encouraged to listen to and follow our heart. The steps to begin healing would be laid out for us.

We should be in the driver’s seat, not running alongside trying to hop in. t’s time to rise up, be heard and take a stand against the MonSter!

Together we are a powerful force. The first step to a new beginning is your decision to live life differently and you can do it in parallel with your providers.

Change doesn’t happen overnight, it’s the conscious, regular progressive steps that makes all the difference.

Learning to be true to yourself and love yourself will allow your bright light to shine!

Your days of just settling are over, the time is now, let’s begin creating your new experience!

**Keywords**

Multiple sclerosis; MS; MSLife; MS Awareness; Chronic Illness; Stand Tall; Never Settle; Hearts of Wellness; Women of MS; FiredUP

**Biography**

Wendy Bjork The Empress of MS Wendy Björk aka The Empress of MSTM is the Hearts of Wellness. Living with Multiple Sclerosis (MS) for over 35 years, she has developed her holistic Four Cornerstone Method™ to help clients regain control of their life in spite of MS.

An extreme pioneer in advocacy and mentorship, Wendy is leading a global revolution to change the face of MS. She has realized how many gaps in care exist and wishes to bridge those gaps.

She contributes to the National MS Society’s Momentum Magazine.

Wendy is regularly invited on expert discussions, international podcasts and interviews to share her story. Her global Ama- zon best-selling anthology, “Fired Up!” was released in Dec 2021.



**Impact Factor: The science backed every day actions fierce women use to create success**

**Chris Holter**

*Chris Holter Consulting, Miami FL  
USA*

**Introduction**

A fierce woman is someone that moves forward despite any insecurities or challenges. She wants to be in charge of her own life. The goal of this talk is to help you as a fierce women use science in a practical way to be your best to achieve your goals and your big mission.

**Aim**

Together we will unlock the process of becoming your own HERO and activating your unique Impact Factor.

**Materials and Methods**

Dr. Fred Luthans , Bruce Avolio & Carolyn M Youssef-Morgan developed the principle called Psychological Capital or PsyCap . (Luthans,Avolio,Youssef-Morgan(2015)Psychological Capital and Beyond; New York, NY: Oxford University Press) I had the honor of studying under Dr. Luthans and Bruce Avolio as part of my MBA program at the University of Nebraska and this where I learned about the concept. I can share some of the facts and data from there scientific work as a set up, the talk is on how a practitioner took the concept and made it real and work in the business world. I want to focus on how organizations can create a competitive advantage by focusing on building out Hope, Efficacy ( a fancy word for confidence), Resilience and Optimism personally in themselves as individuals and as leaders and then in others. I have found practical and easy ways of how to pull through the concept in a practical way as someone that has been practicing this concept in real life for years. Building it out in me and then in others. This is my work in real time as an executive of a fortune 200 company and building it out across teams in 35 countries and over 300 units.

**Results**

Each person will walk away with working knowledge in how to build out the Hero in them- selves and others and a weekly Hero principle process that will continue to maximize their success. And perhaps even more important how to build out the Hero in others. All of this is done in a short amount of time using real world methods that I have used throughout my career.

**Conclusions**

Participants will feel energized and more in charge of the way ahead. They will have a concept that they can implement immediately that will increase positive leadership of themselves and others.

**Keywords**

Hope, Confidence, Resiliency, Optimism, Talent, Happiness, Success, Authenticity

**Biography**

Chris Holter is the trusted advisor and go-to executive coach for business leaders who want to 10x their impact and achieve their mission. Chris is also a global award-winning thought leader, speaker and author. She spent three decades in a a fortune 200 company with more than 20 years as a global executive and has numerous certifications in neuroscience, positive psychology, and coaching. She started from the ground up and rose through the ranks of the world’s largest hospitality company into executive roles as a trailblazer developing Latin America and a new discipline called Revenue Management growing the division into multi-billion dollar organization across 35 countries and 18 brands. She uses practical experience and science to help individuals, teams, and organizations radically amplify their results. She believes that life is about creating yourself and has been told that she is that secret ingredient that leaders need to being their best, enhancing their impact factor and taking impossible goals and making them possible.



## 4 Girl Mindsets for Ending 4 Cultural Themes of Betrayal

**Paula M. Kramer**

*University of Wisconsin-Stevens Point  
Master's Thesis*

### **Introduction**

In 1988, a woman television talk show host made a female guest responsible for men's thoughts and feelings. If women are responsible for men's thoughts and feelings, they become responsible for men's actions. This means that when men rape women, the women are responsible for the rape actions.

### **Aim**

To understand how a woman television talk show host could make any woman responsible for men's thoughts, feelings, and actions.

### **Materials and Methods**

Kramer watched every talk show hosted by a woman for two years. She recorded all topics and guests, then looked through each list to find patterns.

### **Results**

Kramer discovered four repeating topics for all hosts: Women as Mothers, Women and Their Appearance, Women as Deviants, and Teenage Girls as Threats to Society. All four patterns portrayed women negatively, even when men were at fault. The hosts varied in which patterns they continued and which patterns they challenged.

### **Conclusions**

Girls and women grow up learning to betray each other according to these four patterns, four cultural themes of betrayal. The betrayals happen through negative gossip. Equality between men and women is impossible as long as girls and women betray each. Equality between men and women will follow equality between women. Mindset changes are necessary for the negative gossip and betrayals to end.

Instead of continuing the betrayals, all-girl schools could lead the way in changing the mindset of betrayal to the mindset of equality. Only 3.5% of a population speaking the same attitude could change the attitude of the whole population (3.5% rule, Erica Chenoweth). If 3.5% of all-girl schools in any country teach equality mindsets, the betrayal mindset could eventually end in that country.

Kramer combines her more recent research findings with the work of two other women. Author and business management consultant Bernadette Boas provides evidence that many men take action against women who can be described as 'bitches.' Personal coach Andrea Johnson provides evidence that men take action for women who speak equality about other women.

### **Keywords**

betrayal, mindset, equality, education, all-girl schools

### **Biography**

Paula M. Kramer Paula M. Kramer has a B.A. in Women's Studies/Writing and an M.A. in Communication. She continued the gossip research she began for her master's thesis and now offers an online course, End Negative Gossip & Increase Collaboration. She also researched DISC behavior styles and the six attitudes/values identified by Edward R. Spranger. From that research she created her online course Invite Loyalty & Limit Backlash. She is an international bestselling author, an international speaker, and an AskMe Expert. Her mentoring topics on AskMe include Girl Grit Mindset, Girl Gumption Mindset, Girl Goodwill Mindset, and Girl Gems Mindset.



*A digital health intervention to prevent opioid overdose deaths and save lives*

**Dr Chandana Unnithan**

*Ph.D, Mbus Computing, MBA ) Adj. Professor in Digital Health and Informatics, Torrens University Australia  
Chief Security and Informatics Officer (CSIO),  
Lifeguard Digital Health Inc., Canada.*

**Introduction**

The Opioid Crisis has been declared a public health emergency in Canada since 2016 and combined with the pandemic crisis in 2020, it continues to claim approximately 8-10 lives per day. Between April-June 2020, there were a recorded 1,628 opioid toxicity deaths in Canada, representing the highest quarterly count since national surveillance began in 2016. Different harm reduction and prevention solutions have been deployed to address this challenge.

**Aim**

The Province of British Columbia sought a technology solution as a contactless yet effective answer to address the ‘twin’ crisis the opioid overdose deaths during the pandemic of 2020. Specifically, the aim was to design, develop and deploy a digital health intervention to support emergency health services, to address the surge in opioid crisis.

**Materials and Methods**

Lifeguard Digital Health Inc. a SaaS B2B organization collaborating with provincial health authorities, Overdose Emergency Response Centres (OERC) and British Columbia Centre for Disease Control (BCCDC) deployed a mobile user driven intervention (app) that connects opioid consumers direct with emergency services when an overdose occurs. The solution had been under controlled trials for 12 months, in social housing services, in BC. As the BC province sought a technology intervention to support emergency health workers, in the added or ‘twin crisis’, LifeguardApp, offered the best solution. It is a user-centric mobile app that efficiently interrupts an overdose in progress by sending a prioritized alert directly to ambulance/paramedic services. In May 2020, the solution was deployed across the province of BC, Canada, by all health authorities.

**Results**

Over 3000 users had downloaded and registered to use the mobile intervention since deployment in May 2020. Over 20 lives have been saved using the mobile app, and in one instance, the user’s life has been saved by emergency workers twice, as initiated via the solution. The solution has now incorporated and also channels users into Crisis Lines or Counselling, and also protects them via notifications/alerts in the app relating to illegal/bad drugs in circulation. The solution has been supporting prevention of deaths by overdose, and channeling users into supportive/rehabilitative services, successfully.

**Conclusions**

The digital intervention (mobile app) has successfully assisted emergency health workers to prevent deaths by opioid overdoses such that it has been deployed across the province. Other provinces in Canada that are currently experiences similar surges have begun considering the uptake of this solution that has been effectively saving lives.

**Keywords**

1.Opioid Crisis 2. Digital Health 3. Mobile Apps

**Biography**

Dr Chandana Unnithan a scientist/ professor in digital health from Australia, with expertise in Cognitive AI, IoT, Telehealth, Health informatics and health blockchain. She has published over 120 papers and is an invited keynote speaker/panelist in Australia, Canada, USA, and Europe. She is currently CSIO of Lifeguard Digital Health Inc., a B2B SaaS company that has been saving lives from the opioid crisis by preventing deaths by overdoses. She is also part of the WHO Digital Health Technical Advisory Group in the Roster of Experts; and a digital health expert and representative for Australia in the United Nations COPUOS STSC.

*3 Tools to Increase Your Emotional Intelligence*



**Dr. Patty Ann Tublin**

*CEO & Founder of Relationship Toolbox LLC*

***Introduction***

Emotional intelligence is a different way of being smart. At its core, Emotional Intelligence is the ability to perceive and manage emotions in one's self and others, in real time, that create, nurture and sustain healthy relationships.

And here's the really good news- Emotional Intelligence can be learned and improved upon!

Following today's presentation, you will know 3 simple, easy and highly effective tools you can use to increase your Emotional Intelligence.

*Lost in Translation*



**Melody Garcia**

*Co-Founder and Owner of Soul Script LLC.  
Keynote Women Speakers North America Leader*

**Introduction**

“ I do listen, I have clear understanding, I know what you mean” are just some of the daily communication language in a very diverse world, beyond culture, countries or time zones comes two different worlds that I’ve come to explore because of a personal journey in growth and more powerfully in love. I’ve been known for my platform on social conscious leadership, that’s opened up a global opportunity to bridge gaps of true leadership. Today, I graduated that baton to someone else who will powerfully qualified to speak on it bringing kingdom order even more with his intellectual anointing and conviction. Today, I have the platform to further bridge gaps where many fail to go deeper... the power of understanding.

What is the value of human life? How important is relationship in your life? Do you know about the original human design when it comes to relationships? Yes, I will be speaking from the time it was designed from Genesis... with all due respect. Because relationships are more impactful than you think, and more often than not, the breakdown starts with the lack of understanding, compassion, and when words gets lost in translation. As a parent, we play a pivotal role in setting strong healthy foundations by what is spoken forth over our children, as adults whether you’re a coach, therapist, best friend, or stranger, your significance in giving the “right” counsel plays a deep impact in healing, building or further doing damage. The bible does state in Proverbs 18:21 “the tongue has the power of life and death” .. the stakes are high and today, I will show its impact, not only based on scientific experiments, but in real life experience just by the power of words and understanding.

Calamities called others to create movements that called for justice, equality and the plea to stop crimes of racial hate or intolerance. Heart breaks over human suffering, be it private in homes or global causes,

in its understanding of how much everyday language programs our thinking, reaction, action or lack of known as desensitization.

I was around 12 years old when my own life was thrown into a maddening chaos, my family’s life under threat over a murder of a relative living with us who wanted to tell the people about a government corruption he learned about. I went from having a “dream life” into a life of having to disappear from my own birthland almost overnight, leaving everything we owned. From a life of comfort to a life of pain, discomfort,

Falling in the typical predictable routine of going to work in the corporate field and when GOD continues to point to your true north of what may seem impossible and those very platforms of past traumas along the way paved the very way for a life of powerful purpose and presence to become a transformational catalyst.. with global impact and proven solid results. Dubbed now as “someone who moves Nations”.

You’ll hear about how one event she launched – faith activated – saved over 20,000 lives by the very power of words spoken in a prayer that activated it all.

You’ll hear about how that journey led her to start a volunteer team that ended up representing 192 countries in children global advocacy

**Aim**

: Are you truly an effective and powerful communicator based on your understanding? Audience / Participants will realize the power and disempowering ripple effect speaking and understanding the correlation of meanings and intention of words and its power to heal.

: How Partnership with a proven Mentor/Coach who has done what has been said is more changes your trajectory – evidence of “receipts” to becoming into their next level. What is the ROI with partnership with me and Soul Script?

: Unmasking the scripts and labels and thinking diverse understanding. Stop coming from just your own perspective, communicate to leave a

## Social Conscious Leadership of Global Impact

legacy of change agents and actioned intentions.

### Materials and Methods

High Level one on one coaching via goal mapping and PNA Strategies.

Multi- Media Exposure – Maximize your story.

Corporate/group consultations and individual targeted effective coaching.

Speaking on Global Platforms.

Joining Humanitarian Advocacy platforms.

### Keywords

Communication. Transformation. Global Impact. Media. Award Winner. Keynote Speaker. Coach. Humanitarian. Social Conscious Leadership. Author. International Best-Selling Author. Faith. Consulting. Enterprise. Entrepreneur. Business. Social Conscious Leadership. Leadership. Empowerment. Women Empowerment. Influence.

### Biography

Global Influencer

Transformation Catalyst

Socially-Responsible Entrepreneur

Melody Garcia is the Co-Founder and CEO of Soul Script LLC, an International Best- Selling Author, Award-Winning Sought-After Global Keynote Speaker, Thought Leader, Writer, International Media Icon, and one of the few certified PNA (Psycho-Neuro Actualization) coaches in the world who maximizes the human potential.

Melody is recognized as one of the most influential Filipino-Americans in the USA, winning coveted title of the prestigious award TOFA (the most outstanding Filipino Americans) top 10 in the entire USA joining the ranks of iconic figures such as Bruno Mars, Bobby Murphy (co-founder of snapchat) and more. Melody is also the Co-President of Global Innovations and International Executive Ambassador of Global Peace Let's Talk and Global Advisor and Ambassador for LA Global Foundation.

With over 20 years in Fortune 100 Corporate Management and Leadership, Melody has a proven track record of building winning teams, business processes, coaching, development and mentorship, and extensive experience in hiring practices call center management and more! She has extensive leadership certifications and high-ranking accolades that boast of her winning mindset and expertise. Her entrepreneurial spirit, combined with top executive commercial industry expertise, gives her a lethal edge in a visionary focus, balancing

microscopic attention to detail and macroscopic implementation for increased revenues, connectivity and staying power of any marketplace.

She is an International-Best Selling and critically- acclaimed book, Women Who Influence was

Led by her humanitarian heart, Melody founded the 14th Congressional advocacy team for UNICEF. Known as UNICEF Unite, it is based in Orlando, Florida and represents 190 countries in global advocacy platforms. She also launched One Night, One Voice, an event that impacted over 20,000 lives across the globe and has been deeply involved with other philanthropic and humanitarian endeavors.

An international multi-media powerhouse, Melody's award-winning articles, podcast and TV show exposed her to increased global connectivity and reach. Melody has had the incredible opportunity of securing world-exclusive interviews with iconic influencers and globally-renowned figures such as Trent Shelton, Dr. Steve Maraboli, and Kelly Wright, etc. Melody also launched her podcast titled Life Unscripted, now currently on iTunes, Spotify and i-Heart Radio and launching another podcast soon.

Melody is a global speaker, polarizing her audience across international auditoriums and stages with her platform messages and has represented the USA as a keynote speaker in London, Dubai, India, etc. She was also the featured keynote closing speaker at Harvard University. She has met with the Dalai lama, the Ambassador Princess of Morocco, the US congress and other global leaders to address important critical humanitarian decisions. She shared the stage with World's Greatest Motivational Speaker Les Brown; additionally, she has shared empowerment platforms on the United State of Women with Michelle Obama, Jane Fonda, Tarana Burke and other iconic legends. Simply put: her messages drives people to global change, massive actions and standing ovations.

*Holes in My Pocket*

**Reginald Hicks**

*Appropriations Committee – Global Peace Let’s Talk-  
Mike Wroten and Associates – Division Leader Rescue  
Mission (homeless shelter) - Volunteer*



**Introduction**

When you hear investment, you think financial right? It’s probably one of the most boring topics unless you’re about financial growth and investment. We live in a world that runs on economic transactional exchanges. However, scientifically and scripturally, it’s been proven that humanity’s definition of success love, and connectivity far outweighs financial goals. Void of community relationships and personal relationships, the wealthiest man becomes the loneliest man.

I did get in the financial industry due to experiences of financial struggle. The language of “wealth” was absent, rather replaced by scarcity. My family has experienced living negative paycheck to negative paycheck and were limited on resources. Someone had to break the cycle so I went on an education journey on how to build wealth in references to finances and as a result also realized that beyond financial gain, came the clarity of the other components of critical measures that is wealth but far beyond monetary.

You’ll hear about some of my dark adversities that robbed me and stalled me, and finally finding freedom that contributed to happiness and self-confidence. I wore a mask for survival until I realized my worth – not in the way the world dictates it, rather my identity in GOD and the calling of my life in filling those holes in the bucket to heal generations from the brokenness, especially with men and help them rise up as better fathers, providers and leaders.

I had a lot of self-doubt; it still creeps from time to time however I see the bigger picture and the ripple effect of what happens when I don’t step up. I’m just one of many of billions of people on this planet, but the purpose of my message is to plant the seeds that are necessary for

impact and change.

You see, if you don’t limit the GOD we serve, HE doesn’t limit who you are.

What is your identity and what is that one burning desire in you that would leave an imprint that changes destiny for the greater good of humanity?

**Aim**

Participants will think deeper about leaving an impact legacy especially men.

Participants will learn to invest wisely since time is a gift.

Participants will learn about the true source that defies it all.

**Materials and Methods**

Speaking engagements

Partnerships in coaching to heal men.

Shedding past identities into truth of who you are.

Financial Investment

**Conclusions**

Independence as a success barometer is a lie. No man can “do it on his own” and “self-made” is overrated.

**Keywords**

Investment, Financial, Men empowerment, Healing, Impact, Leadership, Speaker, Purpose, Fatherhood,

## *Holes in My Pocket*

### **Biography**

Reginald Hicks is a Financial Coach, Inspiring Speaker , A Registered Nurse and Author where he enjoys encouraging his audience on the importance of living a life of purpose. After applying the traditional money concepts from his parents on paying bills, saving money in a savings account, and budgeting did not equip him for the real world. He struggled to get ahead in life living paycheck to paycheck even after obtaining his Bachelor's in Nursing degree. Three years of studying personal finances, Reginald immediately saw the missing pieces that kept him from succeeding financially. In addition, Reginald started seeing a bigger picture that his calling wasn't limited to just financial literacy. rather in finally facing his past, and bravely looking at the deepest adversities came the catalyst to another calling. The platform of "Healed Fathers equals Healed Generations" became incorporated in his message. His book is set to be published by Spring 2022. His goal is to teach and empower not only on financial literacy but living a life of GOD's calling to not only build generational wealth but breaking generational cycles of pain and suffering especially when it comes to men.

His passion and source of inspiration are his five children. His goal is to educate over one million individuals in living a fulfilled life balanced with financial successes and moreover, for men to heal so they can be the leaders and fathers they are meant to be.

**SOCIAL CONCIOUS LEADERSHIP : Mental Health Effects**



**Mark Anthony King**

*Co-Founder and CEO of Soul Script LLC  
Co-President of Global Innovation and International  
Executive Ambassador of Global Peace Let's Talk*

**Introduction**

In a world that was thrown into chaos, silence and having to pivot or reinvent processes, policies and life, against an invisible enemy came the focus of something authentically that no longer be ignored.

Covid rendered the blue check marks on social media - that validity of someone's public figure status- useless. Instead, the very same message I have keynoted in several platforms, in many, stages, media messages came to critical realized fruition and truancy more than ever.

What is authenticity at its core? Why has the world promoted the need for validation at toxic levels that's now negatively affected mental health? A world of delusions and quick purchase "as featured in or international best-selling" mysticisms just so that we can say were sombodies? We live in a world that propagandas value = net worth = your importance = happiness & fulfilment, yet the entire globe proved the opposite in the new normal. Society where the filtered life is celebrated, followers purchased, and posing next to expensive cars people don't own or paying to pose with a celebrity to give that impression of higher-level association, access or clout.

I'm not saying wealth is bad. Wealth utilized for good and to serve good is beautiful.

Calamities called others to create movements that called for justice, equality and the plea to stop crimes of racial hate or intolerance. There are angel investors who takes risk in You'll hear about the true impact of authentic and impactful leadership void of any fake validations and the true power in staying real. You'll learn about the negative effects on mental health when living this social media approved life and social dysfunction validation with society perpetuating this as "normal".

I'll take you on a journey about my life, the deepest adversities I had to overcome masked by trying to fit in a society of acceptance fueled by ego and validation then finding the catalyst of my true identity, mirror

and irrefutable truth that became the crossroad that changed my life, into becoming a global leader of impact in social conscious leadership, engaging in suicide interventions, advocacies and a new meaning of success in all my GOD given endeavors.

**Aim**

: Audience / Participants will realize the difference between living in inspiration mode versus a life of transformation and impact.

: Audience/ Participants will learn about faith-based principles and truth that is powerful (and the original source of every personal development lesson, books and more).

: How Partnership with a proven Mentor/Coach who has done what has been said is more changes your trajectory – evidence of "receipts" to becoming into their next level. In other words, why you should be mentored by Soul Script LLC or counsel- because what we do has irrefutable evidence of successes- true legacy impact.

: Unmasking the scripts and labels and thinking global. Change of outlook leads to changing the outcome. The power of changing of changing outlook equals the change of outcome

**Materials and Methods**

- High Level one on one coaching /consulting.
- The power of your story – as a master storyteller.
- Multi- Media Exposure – Maximize your platform
- Corporate consultations.
- Why your book matters.
- Joining Humanitarian Advocacy platforms.

## *SOCIAL CONSCIOUS LEADERSHIP : Mental Health Effects*

### **Keywords**

Transformation. Global Impact. Media. Award Winner. Keynote Speaker. Coach. Humanitarian. Social Conscious Leadership. Author. International Best-Selling Author. Faith.

Leadership. Empowerment. Author. Publisher. Artist. Faith. Entrepreneur.

### **Biography**

“When you change your outlook, you change your outcome.”

~ Mark Anthony King

I have a personal journey that was filled with adversities which eventually led me to passionately pursue and intently study different fields of expertise in the last 15 years with one clarified purpose, to help humanity maximize their potential, whether it's in the area of health, mindset, authorship, relationship, and finance. Life is too short to live in the long-term suffering when you can live life in happiness and fulfillment.

My certifications include NLP Master Practitioner, Timeline Therapy, Weight Loss Management, Holistic Health, Strategic Intervention Specialist and an International Business, Social, Emotional Intelligence Coach. Additionally, I am a Transformational Speaker, an International Best-Selling Author and a Media Columnist for two International Award-winning magazines, Exquisite International Magazine and Manila Up International Magazine.

I work closely with high level Entrepreneurs, Speakers, Authors and those who have a burning desire to take their life to next levels. Authentic communication that connects at the heart and soul space is unfortunately a dying art in today's industry. In a world that sees others as a “number”, my client's success is grounded in my ability to build a safe space of trusted open exchange, high level accountability, mutual respect and a focused professional relationship with a deep level of personal care.

## The Self-Reflection Crisis



**Felicia Dhanani**

*founder of Spark Soul*

### Introduction

In a world where we are constantly being judged- by social media, our families, co-workers, our community, other women, and ourselves, it's no wonder we find it so difficult to see our own true reflection. In this frenzy of perceptions, how do we know what is our authentic self and what is cultural programming? Do we have the courage to dismantle our belief systems to uncover the truth? Are we willing to see what's reflecting back to us and accept responsibility for it?

Being responsible or acting responsibly is based on expectation or something you are supposed to do. This is NOT what I'm talking about. Accepting Responsibility is an act of courage in which you take ownership of your behavior and the consequences they enacted. This reconciliation process with ourselves is the start of our inner healing.

As a former Perfectionist and people pleaser from an immigrant family, this was not an easy lesson for me to learn. I thought I had done everything the way I was supposed to. Went to college, I was a collegiate athlete, worked for a Fortune 200 Company, built my own business, I married, had a baby, and continued to follow the path of "the good girl" all the way through. So, when it all . . . completely fell apart, the last place I wanted to look was at myself.

I had the audacity to dismantle my belief systems. I realized my own self-sacrificing nature was a mask of unworthiness and my desire for validation was a reinforcement for love. I had to OWN my dysfunctional participation in my dynamic. I take full responsibility as a co-creator of my life as an Indian Woman, a Single Mother, an Entrepreneur, I am a co-parent of a five-year-old, the Founder of SparkSoul, A Conscious Woman, a lifelong Seeker, and a Personal Conscious Connection Coach.

When I stopped looking for validation from other people and their requirements- I found my true freedom. I found liberation when my true authentic reflections mirrored my integrity and authenticity,

regardless of anyone else's acceptance. Only then, could I break free from the shackles of my cultural belief systems.

I started asking deeper questions:

1. As Women, why do we continue to give our power away to others and allow them to dictate how we see ourselves?
2. Why do we celebrate Marriage based on longevity, yet desecrate the choice of divorce when the relationship is stagnant and beyond revival?
3. Why are we so scared to set Healthy Boundaries and say the word NO?
4. As Mothers, why do we subscribe to the "not good enough" standard and believe our children "should" be compliant, nice, obedient, successful, happy, and virtually perfect?
5. What is best for my Spiritual Evolution?

This is not going to be a feel-good talk in which you walk away feeling inspired to do good or save the world, but My Hope is that it deepens your awareness to ask yourself the hard questions. In doing this, it reignites our power to take responsibility as a co-creator of our lives and it allow us to find liberation at any point in our journey. This will, most importantly, strengthen your relationship with yourself so you can find true freedom in your life.

To become a Conscious Woman of choice who lives a life of authenticity, you will value your own voice so much that you will place yourself in the position of great honor and courage. Your own inner compass will guide you and you will no longer fall under the spell of other's opinions and be seduced by their validation. You will lose friends and upset loved ones. You will disrupt your own life with this courage to be disliked, but it's a small price to pay for your personal freedom and realization of your true self.

## *The Self-Reflection Crisis*

### **Audience Take-Aways**

1. As women stepping into our Power, we must be willing to take responsibility as a co-creator of our own lives.
2. If we can surrender and find acceptance with what is, then we can end our own suffering. In this detachment is pure love and liberation.
3. In the space and quiet we create; we connect with our inner knowing.

### **Keywords**

Conscious Parenting, Self-Connection, Taking Responsibility, Conscious Connections, Unleash Your Freedom, Surrender, Conscious Woman, Single Mother

### **Biography**

Felicia Dhanani is an accomplished Entrepreneur and a Conscious Connection Coach. As the founder of SparkSoul- A Community for Personal Growth, Vikasa Integrative Health Expo, Lioness Pride- a community for Single Mothers and a Pre-School Owner she thrives on breaking through societal norms to create something unique and unprecedented to connect the global community.

Through her own desire of want more from her life, Felicia allowed this to be the catalyst and passion to create a platform for everyone to have access to personal growth professionals and healers of all kinds. The SparkSoul Community continues to grow, and she hopes will create a sense of connection and community transformation for a global perspective.

Over the past ten years as a Therapeutic Yoga Practitioner, Felicia has also studied the impact of yoga on the physical, mental, and spiritual body with renowned teacher from around the world, both based in Eastern traditions as well as cutting edge medicine. She has created a therapeutic yoga program called Brain Fit Yoga that bridges both Eastern and Western philosophies and is a trainer to nurses and teachers in this modality. Felicia now speaks on global platforms about Conscious Connection and its transformational impact on women and the global community

**Social Conscious Impact**

**Stephanie Bowman**

*One Heart for Women and Children  
Rotary Club- College Park division, Orlando  
Winter Park Chamber of Commerce Member, BNI  
(Business Networking International) Elite member*



**Introduction**

Scientifically it's been proven that humans need love, humans need connectivity and that was even more prevalent during the global pandemic lockdowns. Void of community relationships and presence, depression was at an all-time high.

Now, you already would have heard messages of turning pain into purpose. But do you even know what your purpose is?

What if, in the grand scheme of things, it was more than just about purpose? It's about impact.

I was a victim of rape at 15 years of age that jaded my trust that led me to toxic decisions that led to more suffering. I was abused and also the abuser. I became homeless, I short sold my values for toxic exchanges, I did things I should have landed in prison for, in fact, I was facing 26 years of prison time if it were not for Divine Intervention called God's grace. I lost custody and care of my 2 young daughters for near a year. In other words, I truly had no reason to keep going. Because the life I have lived was laced with nothing but darkness and hopelessness. No one could have saved me from the endless spiral down until a miracle happened.... Called surrender.

Surrender to HIM gave me the option to go to prison OR Rehabilitation. I chose the latter and it wasn't easy. It was the longest 8 and half months and most painful transformation I had to go through. You see, I had to face a mirror called accountability. I was victimized by someone at a young age, but... I chose to also continue to be a victim of situations where I actually had the choice to be a victor time and time again. It's that realization that hurt even more. It was a long journey back to becoming "accepted" by others and I didn't blame them because I hurt many deeply in my past life.

When the idea of starting my own nonprofit organization 13 years ago was presented, I thought "impossible! Not me! I'm not qualified, and I don't have the resources." Interestingly enough there's a divine orchestration at hand when the tragedies of life becomes the platform of impact.

The resources came, the volunteers came, the learning came, the mistakes came, the growth came, and the realization came... I was here to serve those that have been marginalized by society, I was here to serve the underserved and I was here not to judge those who are suffering despite their assumed economic status or titles. I was here to love.

Covid brought a unique challenge in a world that was used to close contact and close communication. It was a restriction imposed... 6 feet of distance, masks on, lockdown ... and due to economic impact, the need for basic human survival for those underserved became more critical. One Heart for Women and Children went from serving 3000 individuals each month PRE-Covid to over 20,000 monthlies. Hard to believe but it's a fact.

We just recently served our 5th millionth meal in less than a year and a half. Yes, you are hearing statistics that are the reality of many and I had the platform of serving to that capacity. 20,000 human lives monthly ... my purpose gave birth to social impact in scales I've never dreamed possible.

You see, if you don't limit the GOD we serve, HE doesn't limit who you are. Because on top of all this, I'm also a 7-time cancer survivor and through it all, I believe that HE has proven my impact is still very much needed because here I am standing in front of you today, having covered many stages throughout the years to tell my story.

What is your impact?

## *Social Conscious Impact*

### **Aim**

Participants will think deeper about having an impact legacy.

Participants will learn to consider that kindness prevails during times of adversities to “Meet people where they are at.” Not in judgement but in compassion.

Participants will learn we don't limit GOD.

### **Materials and Methods**

Speaking engagements

Coaching women to heal the hurt.

Transforming assumptions into healthy perspectives and taking action to their possibilities.

Building community relationships.

### **Conclusions**

Sometimes your breakthrough comes through the “gift of desperation” and the choice to now take action called accountability. You see, help is available but only when you courageously admit you need it. When you boldly humble yourself to those who has been sent to help you. Ego gets in the way, but Humility paves the way to recovery and Impact.

### **Keywords**

Experiences, gift of hope, life stories, loving others, charity, nonprofit, humanitarian, impact, leadership, empowerment, purpose, speaker, purpose, authority.

### **Biography**

Stephanie doesn't consider herself to be “much of significant importance” yet peeling back what she has built from the trails of her personal journey of what society deems as tragedies from being a former addict, suffering through abusive relationships, facing homelessness, a victim of sexual violence and a plethora of heart-wrenching impossibilities came the birth of One Heart for Women and Children, a non-profit organization, a laser beacon that serves an average of 20,000 individuals monthly providing hunger relief, education and community resources for the homeless and the chronically underserved in Central Florida and surrounding areas. One Heart has also partnered up with sponsors to distribute anywhere from 50,000-75,000 pounds of food on their monthly provision.

Stephanie has been featured on People's Magazine, the Kelly Clarkson Show and most recently landed the cover of Exquisite International Magazine with an 11 countries distribution. She has won a plethora of awards from Godiva and more.

But it's not the accolade or recognition that fulfills her purpose. Stephanie is a living embodiment that symbolizes hope, grace, kindness, and what compassion is about. She lives by the code of suspending judgement and “meet people where they are at”. Something she valued as those miracles along her journey also presented itself.

Lastly, her greatest legacy and joy are her family. Her husband George, Daughters Amber and Katie and her grand-daughter Josie. She also knows, One Heart wouldn't be where they are at without the tireless and most gracious volunteers that pours out unselfishly and the beautiful sponsors that give generously. It was never about her but the service to humanity and in her small corner of the world, to know she's making a difference is answering a higher purpose and call.

*Misplace Minority*

**Melysa Aldiano**

*3x International Bestselling Author | Speaker |  
JOY Unfiltered Movement*



**Introduction**

Never would I have thought that a milestone birthday of me turning forty years old would have been in global pandemic crisis! 2020 was a year to remember, to reflect, to observe and as of for me finding my true identity against the labelling through ethnic and cultural backgrounds, the society and our community as well as living abroad.

I have been asking myself for years, if there is more what life has to offer me in this world full of challenges.

I knew back then I was here for a greater purpose, although I had my shares of hardships for decades, new home, divorce, new country. I did find the time to enjoy life fully. Open for improvement I allowed changes in my life.

As a partner and mother of two adorable children. I shifted from a secure corporate job into investing in myself. I am certain that, if you permit your life to be different, you have to be willing to do something different first. Willing to become your own identity and embrace it. Your personality that is in congruent with the alignments walk of life. Fear is present but so was my fire!

In the course of all this, I began some deep soul digging , releasing all the past pains that have been buried for decades I thought I was healed. Past traumas that has impacted my entire well being unconsciously. During my healing process, I have found my divine inner peace with myself and with my family infused with love. The agony I was in, became the best life lesson, the catalyst of who I am today and evolving. I choose forgiveness and went from "Pain Into Purpose" which is my first co-written book.

As of today, I accept myself as I am and I encourage every woman in doing so for themselves. Our outer world will always be a reflection of our inner world. Your uniqueness is your power and a great future doesn't require a great past.

**Aim**

- : Break the barriers of self-judgements, self-sabotage, the labelling stems from ethnical backgrounds.
- : Finding your own unique identity.
- : Turning your pain into purpose and create a positive ripple effect of impact.

**Materials and Methods**

One on one weekly coaching.

**Keywords**

Inner reflection, inner work. The power of story telling. Leaving a significant legacy.

## *Misplace Minority*

### **Biography**

Melysa Aldiano was born and raised in Laguna Philippines. She attended The State Polytechnic University in Sta. Cruz, Laguna where she studied Bachelor Science in Electronics Engineering. The youngest of the crowd but one of the top performers in her major.

During the summer of 1998, Melysa decided to move to Austria and lived there for almost a decade and laid another foundation of her life.

In 2006, she moved to Belgium where she now lives a joyful and harmonious life with her two beautiful children, Daniel and Aurora-Victoria, and life partner Marc.

Melysa is a student of life. She loves learning languages, reading and mindfulness. Her passion in her spare time is dance and music. An adventurer, outside person, and free spirit.

Her diverse creative talents have landed her into different platforms in her career, like living abroad, in which she found her second home. After decades of seeking her aligned purpose, in 2019 she began investing in herself. She put an end working in the corporate world and finally decided to take the steer of her career.

Melysa is an influencer, a speaker and 3 times International Bestselling Author.

She created a community called JOY Unfiltered Movement, which is a community where thrivers, game-changers, and doers can come together to create a global positive ripple effect. She wants to create a movement that celebrates authenticity, positivity, and fulfillment; a movement that celebrates and radiates life!

Melysa's expertise has been featured on interviews, webinars and media platforms.

Her focus on helping women, through her journey, "What Is A True Woman of Influence?" "How to Live Unapologetically" and "How to Live A Life in Purpose" ; these are the foundation and pillars of JOY Unfiltered Movement

*What Do I Do With These Haunting Flashbacks?*

**Jeffrey Hosick, PhD**

*Unaffiliated Scholar*



**Introduction**

This project was initiated and designed to serve anyone who has flashbacks. Flashbacks are incomplete experiences, and much like the body's natural process to eliminate toxins, so our emotional self also wants to purge. The difficulty lies when we return, we pick up the healing where we left off at the time we left off. For example, when a trauma experienced at the age of 6 is revisited by a 40 year old, the event is processed with the resources of a six year old, not a forty year old. This keynote presents three different types of flashbacks, how they arise, and how predict them, and how to lessen the impact.

**Aim**

To introduce a framework for predicting, decoding and healing flashbacks.

**Materials and Methods**

A preliminary study, conducted with the Fire Service Association of Nova Scotia and Veterans Affairs of 2017, 2018, 2019 and 2020, with the goal of establishing a study with these populations about their qualitative experience of trauma. This preliminary study established rapport, collected and decoded qualitative experiences in the shadow of the ongoing community service, and developed research questions.

**Results**

The initial study uncovered data that can be categorized into three types of flashbacks, those associated with external objects, those associated with internal representation, and those associated with interpersonal dynamics.

**Conclusions**

According to the results of this study, resources are being developed to open up therapeutic interventions and culturally aware therapists for first responders.

**Keywords**

Trauma, Therapeutic Interventions, first responders.

**Biography**

Jeffrey Hosick, a veteran firefighter, fire department chaplain, psychotherapist and professional speaker/trainer, holds a PhD in Diversified Counselling, and is currently completing a PhD in Industrial and Organizational Psychology. He has authored many articles and published two eCourses "Why Do I Keep Having These Haunting Flashbacks?" and "How Do I Manage All This Toxic Workplace Drama?" as practical guides for those wishing to be healed and for therapists who want a window on the world of trauma-based organizations.



*Best Practices in the Management of Lower Extremity Vascular Ulcers*

**Dianne Rudolph**

*San Antonio Wound Care, San Antonio, Texas*

**Introduction**

Lower extremity ulcers, specifically venous leg ulcers (VLUS) are one of the most common types of chronic lower extremity wounds, affecting between 1-3% of the population globally, affecting at least 7 million individuals. These ulcers account for 80-90% of all leg ulcers. Their refractory nature affects quality of life including the ability to work, need for frequent health care visits, loss of productivity and economic costs. These social and economic burdens can be detrimental to many patients in need of care and can pose a tremendous burden on health care providers.

**Materials and Methods**

This program will provide an overview of best practices in the management of VLUS with the following objectives:

1. Discuss the incidence and prevalence of leg ulcers globally
2. Explain how to differentiate between venous leg ulcers and other lower extremity ulcers
3. Explore current classification schemes for venous leg ulcers
4. Discuss current standards of care for management of leg ulcers
5. Describe surgical interventions for leg ulcers and indications for surgical consultation
6. Compare and contrast compression modalities
7. Review emerging technologies in venous leg ulcer management

This program will discuss current state of the art based on literature review and anecdotal experience with case studies included.

**Conclusions**

Vascular leg ulcers and venous ulcers represent a significant challenge for health care providers and affects patients in terms of quality of life and economic issues. A comprehensive approach based on current evidence-based guidelines offers the best outcomes for treating and potentially healing these types of challenging wounds.

**Keywords**

venous leg ulcers, venous insufficiency, vascular ulcers, compression, lower extremity venous disease

**Biography**

Dianne Rudolph Dr. Dianne Rudolph is a nurse practitioner with more than 25 years of experience in treating wound care patients. She is board certified in wound care and as a gerontological nurse practitioner. She has practiced in a variety of settings to include acute care, long term/extended care, home health care and clinic settings. She has published and presented on numerous wound care topics and serves as a consultant on medicolegal issues. She has served as adjunct faculty/faculty for the University of Texas Health Science Center School of Nursing in San Antonio Texas and Houston Texas. She currently is working full time as the primary provider for San Antonio Wound Care in San Antonio, TX.



*Changing the World with Humanity,  
Healing & Hope!*

**Tiesha Marie Johnson**

*TIESHA MARIE JOHNSON, LLC*

#### **Introduction**

We are living in uncertain times in the world today. It seems that the focus is through an oftentimes shattered perspective depending on your background and environment. And while our culture, history, worldview may differ, we have some basic commonalities that will never change. (1) Intelligence (2) Emotions (3) Grief & Loss and (4) Expectation are common threads of life as we know it.

#### **Aim**

Participants will examine some of the after-effects of a world that has disconnected from the thing that enables us to peacefully coexist despite our differences, goals, ambitions or limitations. Love is a necessary component of a healthy and happy life. Love is realized through unselfish characteristics and expressions of one's capacity to give and receive. Without love, compassion and good will towards all, we will not see a world that's open nor full of freedom and fulfillment.

#### **Materials and Methods**

It is through our (1) instruction, (2) practical application and (3) model of said practices of how to obtain what is needed to affect change in the world.

#### **Results**

As a result, we create a new culture that cares for their neighbor and cares for themselves which has a ripple effect throughout society. .

#### **Conclusions**

Healing; mindfulness; hope; humanity

#### **Keywords**

Tiesha Marie Johnson (Pronounced: TEE-sha) is an International Speaker, Bestselling Author, Transformational Coach, Ordained Elder and Entrepreneur.

Tiesha is the Pioneer Author of the anthology, 'After Him...EMERGE', and has survived Divorce.

She has dedicated her life to helping others, especially women actually do the healing work. Her experience includes 25+ years working clients of grief, domestic violence, rape and victims of violent crimes.

Elder Tiesha is the Founder/Overseer of Well Women Global Ministries. In July 2022, they will celebrate 20 years. A spectacular celebration will take place in Detroit, Michigan, her hometown.

Tiesha's next book release: The Courage to EMERGE.



*Speak Up and Dream Big!  
The Importance Of Finding Your Voice*

**Tierra Brown**

*Powerful & Confident University /  
The Prosperity Life*

**Introduction**

As the world continues to evolve, women continue to face challenges. Not knowing her purpose, living up to others' expectations, being okay with simply being a wife and mother are some of the mistakes we as women cannot afford to make. However, day to day, these very issues are being passed from generation to generation.

**Aim**

A woman's personal journey to self-discovery:

- Women will have a better understanding of who they are.
- Women will be empowered to put themselves first so that everyone gets the best version of her.
- Positively create the vision for her life, reintroduce herself to the world and go after every- thing she desires.

**Materials and Methods**

Globally women are carrying the weight of lack, disappointment, and regret. While some are doing exactly what they want to do in life, others are frustrated. Women have gotten to a place where they don't know who they are and what they want out of life, which has got to change. Many dreams have been placed on the shelf and are collecting dust, and the dreamer says it's too late, when the kids get older, I'm too old, I'm too young, I Can't!  
Finding one's voice, taking a stand, and confidently perusing what she wants starts with verbalizing those wants and believing it is possible

**Results**

Increased confidence, more fulfillment, young women and girls being empowered to dream big and go after what they want. Women impact the world by being more willing to lead and always be true to who she is.

**Conclusions**

If women continue to live from a place of lack, disappointment, and regret, the world will not get better. Women are the thermostats in their homes and the world. When more women are empowered to find their voice, live in their truth, and operate in their purpose, the world benefits. When we are whole and happy, everyone around us thrives.

**Keywords**

Voice, empowered, purpose, women, vision

**Biography**

Tierra Brown Tierra Brown is many things, but first and foremost, she is a woman who understands the responsibilities she has been gifted and carries them with grace. After many years in the military, she observed a severe prob- lem in her life and others. Women all over the country struggle to find their true selves. They carry the weight of the world questions. Who Am I?  
What If I Want More? and have no guidance in finding the answer to the scariest. She is determined to empower women worldwide to live the life they truly desire to live.

*Grief: A Pathway to Self-Love and Forgiveness*



**Tannis Babos**

*Owner and CEO of Climbing to Freedom*

**Introduction**

During this conference I will be going through my story of grief, where it led me. As I climbed out of the dark hole I was in and rose above the ashes. I will discuss different types of grief and how I ended up finding self-love in the process. How after finding self-love and allowing forgiveness into my soul led to writing a top 100 self-help book “The Gift of Self-Love in 30 Days”. I will also talk a little about what my coaching can do for you.

**Aim**

To have you understand that Grief doesn’t last forever even though it may feel that way. There is a light on the other side of grief.

**Materials and Methods**

I work with handouts, homework exercises, and I have coaching sessions in a group setting as well as private one on one for 6 wks, 12 wks and 6 months. I use solution-based Coaching with all my clients. With one on one coaching I base their program on all aspects of their life according to where they are at. Not all Coaching is created equal as it varies depending on the circumstances.

**Results**

I will show you it isn’t easy to move forward in Grief but there are ways that you can. How you can best move forward in life through one choice, one task, one chance meeting, one day at a time. This is a journey, unlike any other, that we all will be faced with at some time or another.

**Conclusions**

In conclusion all that a person wants is a way to have results. Everyone’s result will be different but you will walk away with tips and tools to put

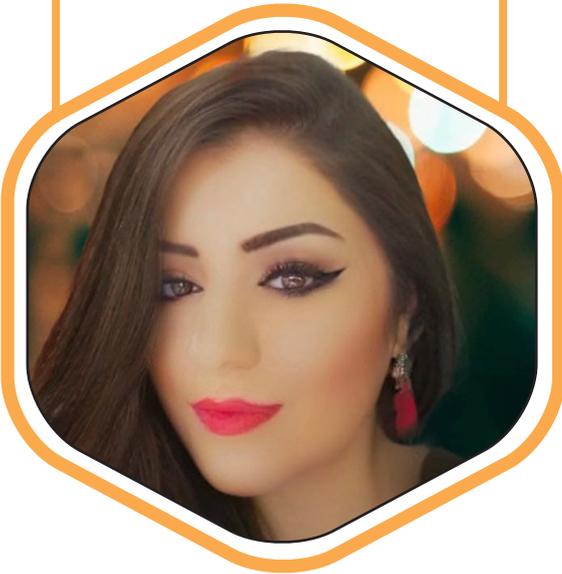
in your toolbox to help you through the next minute, the next hour and the next day. You will find that your grief does not go away just by Loving yourself. It will not take away the grief, but it will help you to balance living while you grieve.

**Keywords**

Grief, balance, journey, love, & coaching.

**Biography**

Meet Tannis Babos! She is from Western Canada, she is the CEO and Founder of Climbing to Freedom, and is a Certified Personal Development Coach, specializing in helping busy people feel less stressed and in control of their Work/Life Balance using the Art and Science of Coaching. She is also an author of a best selling book, rated #16 in the top 100 on Amazon. (The Gift of Self-Love in 30 Days). Tannis has also been published in the fourth issue of the magazine “The Pioneer Women: A Womens Inspiring Magazine!” Most clients come to her determined to turn their life around and to create a life of time and freedom.



*An Exploration of the Role of Adverse Epigenetic Determinants (adverse environmental factors) in the Early Brain*

**Dr. Marjan Assefi**

*PhD of Nanobiology, MEng, MS, CTS, PMP, Editor, Radio Anchor, Certified Life Coach*

**Introduction**

Epigenetic modifications begin in prenatal state, which will ultimately determine the function of cell impressions such as neural, heart, or skin. In fact, these early epigenetic changes can affect gene expression in different ways (Rosenboom, 2019). Furthermore, environmental factors can shape one human cell-- genotype into different phenotypes -- gene expression (Stearns, 1989). The aftermath of these epigenetic constructions can be seen in an individual's behavior and characteristics emphasizing on the role of gene-environment interaction.

**Aim**

Challenges and opportunities for better mental health

**Conclusions**

Extensive epidemiologic studies show that the interaction of gene-environment through epigenetic mechanism is correlated to environmental stimuli resulting in the complex behavior of phenotype and consequent developmental plasticity. Famine during pregnancy or diseases in adulthood can be due to exposure to adverse environmental conditions experienced during early developmental stages (Heijmans, 2008). During the critical period of the early formation of brain's neural circuitry, synaptic structure, and connection between neurons, adverse conditions can lead to a remarkable loss of plasticity and mal-behavioral phenotypes (Fagiolini et al., 2009). This paper will explore the intricate relationship between genotype, phenotype, and the epigenetic architecture in early brain mapping from prenatal to early childhood developmental stages in addition to investigating the identification of detecting the related critical periods.

**Keywords**

epigenetics, brain development, environmental influences

**Biography**

Dr Marjan Assefi from Tehran is truly a self-made professional and a great Inspiration, multit talented professional strongly positioned in the field of Nanotechnology and Biology with two Master's degrees. Dr. Marjan Assefi is a multi-faceted personality excelled in both Microbiology and Nanotechnology with 2 books authorship "The Textbook of Nanoneuroscience and Nanoneurosurgery ", Get Lost (the Persian Edition), and Life- Comprehending the Incomprehensible. Despite her medical research field, Dr. Marjan is a certified life coach and certified Energy Healing Practitioner. Dr Marjan was keen on open to adopting and learning that made her as self-made personality and transformed herself into a treasure of knowledge who knows how to use her power wisely. Dr Marjan pursued her Master's in Nano Engineering and Nanotechnology from North Carolina Agricultural and Technical State University. Dr Marjan Assefi obtained her Post Doctorate law for reproductive technologies and Genomic Certificate Field of Study Genomics from Harvard University. She is going to get her second PhD in Healthcare Administration.

*Liberate Your Leadership*

**Veronica Conway**

*Master Coach, Hypnotist and Rapid Behavior Change Specialist*



**Introduction**

The new world requires new leadership. Leaders are at a pivotal point in history. The world will not wait for leaders to wake up to full power. It is time for enlightened leaders to re-imagine the world and their contribution to it. Unfortunately, they see threats where there is profound opportunity. This workshop will illuminate the connection between trauma and power and how the transmutation of emotional blocks creates personal and professional performance that appears miraculous to the observer.

**Results**

- Participants will explore the impact of emotional trauma and blocks on their ability to lead effectively and negotiate with power and precision.
- Participants will identify the source of emotional blocks and how they cause personal and professional success and challenges.
- Participants will discover a simple yet powerful technique that will assist them getting emotional and mental clarity in record time.

**Materials and Methods**

The convergence of ancient esoteric methods and modern techniques has created a perfect storm where people can create meaningful behavior change quickly and painlessly. From creating Buddha-esque states of enlightenment quickly, to “deleting” the residue of lifelong trauma, it is possible, now more than in human history to optimize human performance.

**Results**

These modalities have been utilized to assist an executive in getting a \$1 million severance package to having a C-Suite team generate \$5 million in 30 days.

**Conclusions**

Advanced, little-known modalities can create rapid behavior change, resulting in potent competence, effective influence and emotional equilibrium.

**Keywords**

Indomitable Leadership, Rapid Behavior Change, Hypnosis, NLP.

**Biography**

Veronica Conway Veronica has spent two decades liberating individuals, teams and organizations. Born the daughter of an incarcerated former Black Panther, she transformed her early intense childhood experience into a movement to free people from all walks of life. She pioneered coaching in the Black community, the philanthropic sector and professional sports. She has revolutionized the finances of thousands of low-income inner-city clients and the bottom lines of multi-million dollar companies. Veronica has run multiple companies, while acquiring \$1.2 million in elite private education for two sane loving children, as a single mother.



*Training a new mindset through digital health,  
the key to lasting behavior change*

**Dr. Franchell Hamilton**

*The University of Texas Health Science Center at  
Houston (UTHealth)*

***Introduction***

Franchell Hamilton has started her medicine career over 10 years ago with a focus on surgery initially then specialized in weight loss and bariatric surgery. She is a board-certified surgeon. She is an author, consultant, and Ziglar-certified speaker. She enjoys motivational and wellness speaking and helping other practices grow in the wellness and weight loss arena. She specializes in bariatric surgery and obesity medicine. She sits on several committees for patient education and has published various articles in general surgery. She is a faculty member of both the American College of Surgeons and the American Society of Metabolic and Bariatric Surgery and is an expert in laparoscopic surgery. Her goal is to bring personalized functional medicine to bariatric surgery and help educate other providers, business, and patients on wellness and obesity.



*Importance of Measuring Financial ROI in Telehealth*

**Peter Kim**

*Product Strategist - Telemedicine Channel*

***Introduction***

Peter Kim is a telemedicine product strategist at Texas Health Resources, one of the largest faith-based, nonprofit health systems in the United States and the largest in North Texas in terms of inpatients and outpatients served. His role at Texas Health Resources includes managing and prioritizing the virtual care initiative road map and strategizing the build from concept to launch.

Peter has been in healthcare for over a decade and his past experiences include working as Program Director of Neurosciences, Oncology and Cardiology at HCA Tulane Medical Center and recently, as Senior Director for Product Management at telemedicine virtual nursing solution vendor Banyan Medical Systems. Throughout his career, Peter has specialized in ensuring that health systems can transform their care model that can drive the bottom line and improve quality of care, while investing in the right technology platform that can solve multiple use cases. His telehealth program experiences include hospital virtual nursing, virtual case management, virtual pharmacy reconciliation, virtual chaplain support, stroke telemedicine, direct to consumer, virtual behavioral health, virtual sitter and remote patient monitoring. Peter graduated with Masters of Healthcare Management from University of New Orleans and is a certified Lean Six Sigma Black Belt, Agile Product Manager, and Change Management Specialist.

*The 3 Cs: Chaos, Clarity, & Commitment*



**Tess Tims**

*Remarkable Life Solutions, Tess Tims Institute,  
Tess Tims International*

**Introduction**

I am a Business Coach who serves both high-level and executive women how to manifest clarity and gain financial increase.

**Aim**

I will speak to the audience about pivoting despite the chaos of COVID19 and gain clarity about what's next in their lives

**Materials and Methods**

N/A

**Results**

Results will include understanding of the secret on how to identify the chaos, get clarity, and institute commitment to manifest balance in their lives.

**Conclusions**

The Audience will leave with clarity and steps on how to move through chaos, gain clarity, and use commitment to get what they want out of life.

**Keywords**

decide, clarity, chaos, manifest, covid19, overwhelm, balance, self-sabotage, fear, unknown, family, career, relationship, CEO, executive woman, high level executive, decision, pivot, time in now, don't wait, you got this, I believe in you, do you believe in you

**Biography**

Tess Tims Tess Tims was born in Mississippi and earned a Bachelor of Science from the University of Southern Mississippi. After working at NASA, she decided to open a high-end salon. 30 years later it is still one of the top performing salons in the country. Tess now shares her success formula with salon owners globally. (TessTimsInstitute.com) She is a Director of the Kym Coleman Education Foundation, Houston Livestock Show and Rodeo, and Entrepreneurs Program which supports Texas youth. Her most fulfilling reward is providing custom wig designs through Tess Tims International, which provides hair extensions for women suffering from hair loss.

# 3C's, CREATING, CONNECTIONS AND CONVERSIONS



**MARCH 08-09 | 2022**

Annual Congress on

**WOMEN LEADERSHIP AND WELLNESS**

PARIS,FRANCE

VENUE : HOLIDAY INN PARIS , FRANCE



**MARCH 08-09 | 2022**

Annual Summit on

**WOMEN'S RISE FORUM**

PARIS,FRANCE

VENUE : HOLIDAY INN PARIS , FRANCE

**MARCH 08-09 | 2022**

International Conference on

**WOMEN (WISE ) FORUM**

PARIS,FRANCE

VENUE : HOLIDAY INN PARIS , FRANCE



**MARCH 08-09 | 2022**

Global Summit & Expo on

**DIGITAL HEALTH AND TELEMEDICINE**

PARIS,FRANCE

VENUE : HOLIDAY INN PARIS , FRANCE



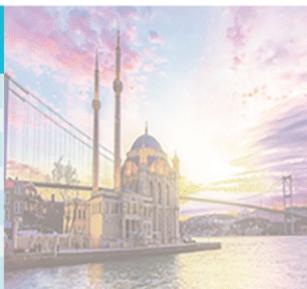
**MAY 12-13 | 2022**

Global Summit on

**WOMEN INSPIRATIONAL INFLUENCERS**

ISTANBUL,TURKEY

VENUE : RENAISSANCE POLET ISTANBUL HOTEL, TURKEY



**MAY 12-13 | 2022**

International Conference & Expo on

**WOMEN RIGHTS & GENDER EQUALITY**

ISTANBUL,TURKEY

VENUE : RENAISSANCE POLET ISTANBUL HOTEL, TURKEY

**MAY 19-20 | 2022**

Premier Annual Summit on

**WOMEN S.H.E EXPO**

TORANTO,CANADA

VENUE : HOLIDAY INN TORONTO, CANADA



**MAY 19-20 | 2022**

Annual Summit on

**POSITIVE PSYCHOLOGY & RESILIENCE**

TORANTO,CANADA

VENUE : HOLIDAY INN TORONTO, CANADA



**JULY 21-22 | 2022**

World Congress Summit On

**FUTURE WOMEN EDUCATION EXPO**

LONDON,UK

VENUE : CROWNE PLAZA LONDON



**JULY 21-22 | 2022**

Annual Summit on

**AUTISM EXPO**

LONDON,UK

VENUE : CROWNE PLAZA LONDON

**JULY 21-22 | 2022**

Premier Annual Conference on

**CLINICAL HYPNOSIS AND HYPNOTHERAPY**

LONDON,UK

VENUE : CROWNE PLAZA LONDON



**JULY 21-22 | 2022**

International Congress on

**MINDFULNESS AND MENTAL HEALTH**

LONDON,UK

VENUE : CROWNE PLAZA LONDON



## 3C's, CREATING, CONNECTIONS AND CONVERSIONS



OCTOBER 20-21 | 2022

Global Summit on

**WOMEN IN WIBE'S EXPO**

PARIS , FRANCE

VENUE : HOLIDAY INN PARIS , FRANCE



OCTOBER 20-21 | 2022

Premier Annual Summit on

**WOMEN IN HEALTH & TECHNOLOGY**

PARIS , FRANCE

VENUE : HOLIDAY INN PARIS , FRANCE

OCTOBER 24-25 | 2022

International Conference on

**MATERNITY & WOMEN'S HEALTH NURSING**

CHICAGO,USA

VENUE : HOLIDAY INN CHICAGO,USA



OCTOBER 24-25 | 2022

International Conference on

**WOMEN'S HEALTH SUMMIT**

CHICAGO,USA

VENUE : HOLIDAY INN CHICAGO,USA



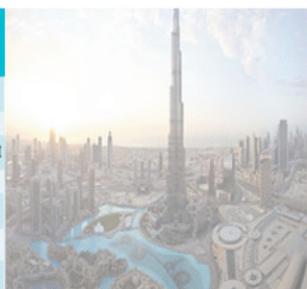
NOVEMBER 03-04 | 2022

Annual Congress on

**POSITIVE PSYCHIATRY & MENTAL HEALTH**

ROME , ITALY

VENUE : HOLIDAY INN ROME , ITALY



NOVEMBER 07-08 | 2022

International Conference On

**WOMEN HEALTH & MIDWIFERY NURSING**

ROME , ITALY

VENUE : HOLIDAY INN ROME , ITALY

NOVEMBER 07-08 | 2022

International Conference on

**MEDICAL TOURISM EXPO**

DUBAI , UAE

VENUE : JUMEIRAH EMIRATES TOWERS, UAE



NOVEMBER 03-04 | 2022

International Conference on

**COVID-19 RESEARCH**

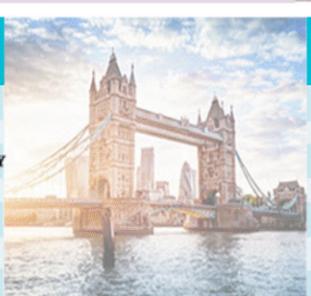
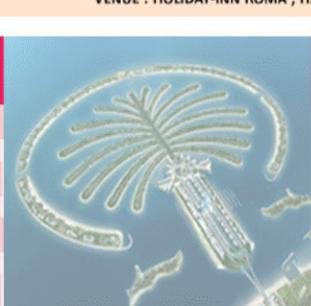
DUBAI , UAE

VENUE : JUMEIRAH EMIRATES TOWERS, UAE



*STAR Conferences strives to spread knowledge and create amazing platforms for like-minded professionals to explore themselves while interacting with their colleagues in real-time and today is a very special day in the diminutive yet significant existence of Conference.*

## 4-G' GREAT GUESTS GLOBAL GATHERING

<p><b>MARCH 08-09   2022</b></p> <p>Global Summit &amp; Expo on</p> <p><b>ADVANCE NURSING &amp; HEATHCARE</b></p> <p>PARIS , FRANCE</p> <p>VENUE : HOLIDAY INN PARIS , FRANCE</p>		<p><b>MARCH 08-09   2022</b></p> <p>Annual Summit &amp; Expo on</p> <p><b>AI IN HEALTHCARE</b></p> <p>PARIS , FRANCE</p> <p>VENUE : HOLIDAY INN PARIS , FRANCE</p>	
	<p><b>MAY 12-13   2022</b></p> <p>International Conference on</p> <p><b>PRIMARY CARE &amp; ADVANCE NURSING</b></p> <p>ISTANBUL, TURKEY</p> <p>VENUE : RENAISSANCE POLET ISTANBUL HOTEL, TURKEY</p>		<p><b>MAY 19-20   2022</b></p> <p>Annual Congress &amp; Expo on</p> <p><b>TELEMEDICINE &amp; DIGITAL HEALTHCARE</b></p> <p>TORANTO, CANADA</p> <p>VENUE : HOLIDAY INN TORONTO, CANADA</p>
<p><b>JULY 21-22   2022</b></p> <p>Annual Congress &amp; Expo on</p> <p><b>MENTAL HEALTH &amp; POSITIVE PSYCHOLOGY</b></p> <p>LONDON, UK</p> <p>VENUE : CROWNE PLAZA LONDON, UK</p>		<p><b>JULY 21-22   2022</b></p> <p>Advancements in</p> <p><b>GYNECOLOGY &amp; MIDWIFERY</b></p> <p>LONDON, UK</p> <p>VENUE : CROWNE PLAZA LONDON, UK</p>	
	<p><b>OCTOBER 20-21   2022</b></p> <p>Annual Congress on</p> <p><b>PUBLIC HEALTHCARE MANAGEMENT</b></p> <p>PARIS, FRANCE</p> <p>VENUE : HOLIDAY INN PARIS , FRANCE</p>		<p><b>OCTOBER 24-25   2022</b></p> <p>Women Empowerment Entrepreneurship</p> <p><b>WEE SUMMIT 2022</b></p> <p>CHICAGO, USA</p> <p>VENUE : HOLIDAY INN CHICAGO, USA</p>
<p><b>OCTOBER 24-25   2022</b></p> <p>International Congress &amp; Expo on</p> <p><b>TRANSGENDER HEALTH</b></p> <p>CHICAGO, USA</p> <p>VENUE : HOLIDAY INN CHICAGO, USA</p>		<p><b>NOVEMBER 03-04   2022</b></p> <p>Annual Congress &amp; Expo on</p> <p><b>PSYCHOLOGICAL RESILIENCE</b></p> <p>ROME, ITALY</p> <p>VENUE : HOLIDAY-INN ROMA , ITALY</p>	
	<p><b>NOVEMBER 03-04   2022</b></p> <p>Premier Annual Summit on</p> <p><b>PSYCHIATRY &amp; MENATAL HEALTH</b></p> <p>ROME, ITALY</p> <p>VENUE : HOLIDAY INN ROME , ITALY</p>		<p><b>NOVEMBER 07-08   2022</b></p> <p>International Summit on</p> <p><b>MEDICAL TOURISM &amp; MINDFULNESS</b></p> <p>DUBAI, UAE</p> <p>VENUE : JUMEIRAH EMIRATES TOWERS, UAE</p>

# Women R.I.S.E-W.I.S.E-S.H.I.N.E Congress

March 08-09,2022

Paris,France

