



PANEL: Women's Leadership



Explore Women's Leadership with Rupda Ji, Dr Andrea Pennington, Caroline Welch and Amanda Hester. Discover specific stress traits in women, feminine energy in the workplace, and tools to find our vision of leadership.

**Amanda Hester:** Writer, Editor, Consultant and Poet; Director of Operations & Business Development at Mindful (mindful.org), with a second generation background in mindfulness and meditation as a Shambala Buddhist

- Being mindful allows us to not be swept away by another's drama nor believe everything we think or feel.
- By balancing emotions and sensitivity we can reframe a story and expectations, and enable more appropriate boundaries, with kindness and clear communication.
- **We need emotional space to be ourselves and allow others to be themselves also.**

**Dr Andrea Pennington:** Brand strategist, Integrative Physician, Acupuncturist, Self-love Leader, Meditation Mentor and Creative Visionary

- Recognising our sensitivity, feelings and emotions as valid is empowering for ourselves and others.
- Practicing loving-kindness and compassion for ourselves helps us to overcome our inner critic, and creates real self-worth and pivotal change from within ourselves.
- **Coming home to self, we learn to trust our inner wisdom & intuition, to step up as ourselves authentically.**

**Caroline Welch:** CEO & Co-founder of the Mindsight Institute, Writer: "The Gift of Presence - a Mindfulness Guide for Women"

- Women leaders are valued and recognised now for their teamwork, collaborative abilities and leadership in a crisis.
- Embodying feminine qualities in the workplace means honoring and valuing compassion, caring, listening, nurturing, patience and vulnerability - strengths that bring an energy of emotional, passionate, alive empowerment.
- **Self-care is not selfish - proactively pivot for your own self interest, and to create caring environments.**

**Rupda Ji:** Conscious leader in self-development workshops & retreats around the world, in relating authentically, healing trauma, relationship intimacy and leadership training

- With care and sensitivity we can train ourselves to be present to our own body, and then to realise we can create our own boundaries. By using a non-violent communication style we can assert these with others with a relaxed confidence & presence.
- **When we learn, and teach others, to honor and respect our boundaries, we empower ourselves and others.**



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[Michelle Boulé](#) is a

Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

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