

DARIO CUCCI



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Title: The 7 Steps To C.O.N.V.E.R.T Prospects Into Loyal Customers With Charm

Name: Dario Cucci

Keynote Speaker, Sales Mindshifter Coach & CEO of On-Call-Business Ltd

INTRODUCTION:

Dario Cucci, will be sharing with the Attendees, how one can change their limiting beliefs to overcome challenges when it comes to selling their professional services & serving their customers, to increase repeat sales, all without having to spend a dime on advertising or doing the hard sell.

AIM:

To help small business owners, entrepreneurs & service providers, to let go of limitations that hold them back to grow their business. And to help them to be able to deliver better customer care service, that can increase their overall sales revenue by at least 300%.

MATERIALS AND METHODS:

Sharing Case Studies of past Clients, true inspirational stories and proven Mindset, Communication & Sales System, that “Dario Cucci” has created & successfully used.

RESULTS:

The proven Mindset, Communication & Sales System, has helped him to generate an additional \$1,000,000 + revenue per year, 10 years in a row, when working within the self-development industry during his time living in Australia.

CONCLUSIONS:

According to his Case Studies & Testimonials, he has proven that when his Clients apply the System’s he trains them to do and coaches them to reprogram their Mindset, that the Sales Revenue on average increases by 300% within the first 3 months & efficiency of their employees goes up by at least 20%, to become more productive in the workplace.

KEYWORDS:

Mindset, Sales Coach, Sales Training, Customer Care, Sales Revenue Increase

BIOGRAPHY:

As a Bestselling Author, CEO of On-Call-Business Ltd & Sales Mindshifter Coach, I help business owners just like you ramp up sales through a combination of mindset and confidence skills, that eliminates fear, insecurity, and confusion around selling. And how to master your own inner game, so you can break down barriers that are holding you back from success.

Through a strategic set of mindset, communication & sales tactics, I equip you with the tools to charge forward in business, whilst raising your service standards and creating true brand loyalty.

NICOLE MARTIN



Title: *The Power Joy and Purpose*

Name: Nicole Martin, Chief Empowerment Officer

Business: HRBoost, LLC 306 Peterson Road, Libertyville, Illinois 60048

INTRODUCTION:

Everyone deserves to feel joy and purpose each and every day. Every human seeks to find a deeper meaning in what they do, how they live, why are they here? Yet many are still searching. There is no perfect time to find answers to our deepest questions. The answers are often right before you, already deep within you waiting to be exposed. The question is, are you ready to begin your journey to who you really were meant to be?

AIM:

People will say we should feel content and blessed with what we have versus what we do not have. Yet, many will look externally to gauge how they are doing. How do I look in the mirror? Is my home spacious and inviting? Do I drive a luxury car or have I taken an exotic trip? But do you truly wake up embracing each day with joy? If you do, from what do you source your joy from? With 20 extra pounds on your hips and expression lines on your face, are you capable to look in the mirror and see the beauty that radiates from within you? Do you jump out of bed with a purpose that truly fulfills you?

MATERIALS AND METHODS:

Let Nicole show you and your group how to open up your possibilities to reach your full potential. She will share with you the tools and practices that she used on her remarkable journey from a small Montana town to becoming the CEO of her own Chicago based HR Shared Services Firm, Speaker, Author, and Futurist.

RESULTS:

Learning Objectives:

- How to claim your Success in 7 easy Steps
- How to find the Happiness you Deserve
- The Empowering Lens
- Capturing Dignity and Authenticity

- How to surround yourself with people who Bring Out your Best
- And, 3 Secrets to source Confidence & Change your life NOW!

CONCLUSIONS:

www.nicolemartin.live

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<https://www.amazon.com/Power-Joy-Purpose-Presence-Principles-ebook/dp/B081ZDR1RJ>

KEYWORDS:

Joy, Purpose, Presence Principles, Overcoming Trauma, Life's Adversities, Self-Love, Mental Health.

BIOGRAPHY:

Nicole Martin is Chief Empowerment Officer and Founder of HRBoost, LLC, a HR Shared Services consulting firm based in Chicago, Illinois. In recognition of her professional excellence as well as her community, Nicole has been honored by multiple organizations including most recently as one of Mirror Review's 10 Game Changing Women in 2019. Awardee for Business Excellence by the Chicago Daily Herald, and a 2016 Enterprising Women of the Year Champion by *Enterprising Women Magazine*. A sought-after expert, her knowledge and advice have been featured in newspapers and magazines throughout the country. In addition, Nicole is the host online of *HR in the Fast Lane* and contributing writer for the Chicago Business Journal. Nicole has authored, International Literary Award and Amazon Best Seller, *The Talent Emergency*, the accompanying *Talent Emergency Guidebook*, *The Human Side of Profitability*, *The Power of Joy & Purpose*, and her newly released co-authored book *No Fear Negotiation for Women*.

Service in the community and Women in Business. To learn more about Nicole, go to www.hrboost.com or www.nicolemartin.live

Nicole serves on a number of Boards dedicated to Human Capital, Culture and HR Excellence of which include Best & Brightest® Companies to Work For, Social Service in the community and Women in Business. To learn more about Nicole, go to www.hrboost.com or www.nicolemartin.live

ANGERETTE MCDONALD



Coach Angie McDonald - CTACC

TITLE: The Art and Science and Resilience - Returning to Work/Business After a Traumatic Event

Name: Angerette (Angie) McDonald

Affiliation: CTA Certified Coach in Grief, Resilience and Transition

INTRODUCTION:

This discussion will overview and assess the essence of human resilience and its design. This current pandemic has tested the emotional and mental agility of many, and tested their ability to rebound from difficult circumstances.

AIM:

To inspire a level of intentionality of resilience, balance and consistent growth from a difficult life period or transition.

MATERIALS and METHODS:

Observations from anonymous client discussions and various studies on human resilience will be presented to empower and enlighten the audience to hone in on our innate ability to adjust and rise above challenging circumstances, i.e. grief, loss, sudden changes, traumatic changes, financial strain, mental duress, etc. Clients utilized my book “Wounded2Wonderful: Seven Affirmations Towards Healing & Growth” to journal and encourage the upward position towards emotional and mental healing.

RESULTS: To be discussed during presentation. It will involve testimonials, and client reviews as a result of talks and presentations given in individual and group coaching sessions.

CONCLUSIONS: same as above

KEYWORDS: Resilience, Transitional Coaching, Grief Support, Women Empowerment, Strategic Empowerment, Community Support.

Angerette (Angie) McDonald’s Bio:

About Angie McDonald

Author, Public Speaker, Board Certified Resilience and Grief Support Coach, Advocate, Radio/Podcast Host and Empowerment Strategist

Mrs. Angie McDonald, CEO of iAM Consulting LLC and Wounded2Wonderful Coaching, provides collaborative expertise in assisting, training, optimizing and preparing our under-served, at-risk and immigrant communities through various motivational and professional efforts. Her professional expertise spanning 20 years, and real-life experiences allows her to have an affinity with those who are aware of their calling, profession, and purpose, but are thwarted by circumstances (unforeseen or poorly avoided), lack of resources and information.

Angie's motivational, empathetic, and positive stance provides all whom she engages, with the positivism and resource tools needed to pursue their ultimate goals.

From keynote speaking assignments to sharing stages with leaders like Gloria Mayfield-Banks, the Hon. Bill McKoy of NJ and other industry innovators, Mrs. McDonald is passionate about bringing the conversation of resilience, forgiveness and Self-discovery to the nations.

Via *Wounded2Wonderful Coaching*, Angie is an ICF Certified Grief Support and Resilience Life Coach. Her personal experiences with Widowhood at a young age, extreme loss and emotional disparity has afforded her the first-hand ability to turn her challenges into opportunities of offering hope, information and insight towards a new and rewarding life after losing it all. In this capacity, she provides intentional, self-discovery tools to assist anyone who has experienced loss of a loved one, a way of life and various life challenges. Her transitional aspect provides supportive and insightful strategies to make the next level most rewarding.

AUTHOR: Angie's fourth written project, but first solo book "7 Affirmations Towards Healing and Growth - Vol. 1" is a transparent and pivotal guide, encouraging her readers to chronicle their growth, be intentional about forgiveness and to "Heal.Grow.Discover."

Contact Information:

- Website: www.wounded2wonderful.com
- Podcast: Wounded2Wonderful with Angie McDonald (iTunes, Spotify, Google, Breaker, etc.)

<https://anchor.fm/iamangiemcdonald>

• Social Media:

- Instagram: @mrsangiemcdonald

- LinkedIn: <https://Linkedin.com/in/mrsangiemcdonald>
- Twitter: @i_amconsulting
- Facebook: www.facebook.com/iamw2w
- Email: angie@wounded2wonderful.com

KRISZTINA KONYA



Title: TAKE YOU POWER BACK AND LIVE A BALANCED LIFE – F.L.Y

Name: KRISZTINA KONYA

Affiliation: Self-love coach / Speaker / Author / Founder of Easy Step Group

INTRODUCTION:

The idea of self-love and self-care is much discussed, but the questions are, us women`s, being givers by our nature and the way how our brain is programmed, do we know what self-love and self-care mean? The importance of self-love cannot be ignored, as it is the foundation of good mental health, wellbeing and in creating new relationships with your values.

AIM:

- You will have a better understanding on what is self-love and why it is so important for mental wellbeing, the purpose of self-love and self-care.
- You will understand that the way we love, respect, and honor ourselves is the way how we teach others to love and respect us.
- You will gain an insight on how self-doubt, comparison, perfectionism, and procrastination might negatively affect women mental wellbeing.
- You will learn how to be an authentic leader by practicing self-love and gratitude.

MATERIALS AND METHODS:

Self-care and self-love are fundamentally about bringing balance back into a life that has grown imbalanced. If we don't love ourselves, we cannot accept love from others.

Far too often, we lie to ourselves into believing that "when I have this, I'll feel better about myself", "when they love me back, I'll love myself too.", "When I get the car, the job, the salary, the partner, the ideal weight, I'll love myself." But self-love it doesn't work like that.

The journey of achieving self-love does not differ from confronting your demons. It is the reason most of us lack it because no one wants to sit down and have a conversation with themselves. Self-

Love is hard to achieve because it means giving up on certain things and certain people we are addicted too.

The addiction to people and habits means that we compromise, we love others and ourselves conditionally, in exchange for something.

To love yourself is not an act of selfishness, it is an act of kindness toward others because when you love yourself, others don't have to deal with your unresolved problem.

CONCLUSIONS:

Once you understand, accept, and love yourself, you will reach a point where you no longer depend on people, accomplishments, or other external factors for your self-worth.

At this point, the best thing you can do is recognize your worth and appreciate yourself for the work you've done to get here, as well as continuing to maintain your self-understanding, being an authentic, caring and inspirational leader, who leads from heart not from head.

KEYWORDS:

Self-love, inspirational, authentic female leader

BIOGRAPHY:

Krisztina is an author, entrepreneur, blogger, mum, wife, sister and friend. She has an academic background with a degree in Business Management, she is certified in life coaching, NLP Practitioner, and has a Diploma in Psychology and behavioural studies. Her life is driven by a passion to empower as many people as possible to discover their own passion, and rediscover that inner voice which shows us the purpose in life. She believes that we all can be successful, we all deserve a great and fulfilled life, and the first step on achieving success in all areas of our lives is to F.L.Y, first love yourself.

She struggled many times in her life, however that changed once she moved to London in 2014. She discovered that there is another way of thinking about life, health, relationships, money and success, which brought more fulfilment, peace and harmony into her life. And now she helps others do the same.

MAGGIE BAIN



Title: Punching Through The Glass Ceiling

Name: 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

Material 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.

Conclusions:

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:

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. Maggie's expertise has also been featured on radio, television, podcasts as well as being a regular contributor in Rich Woman Magazine

LISA OHTARAS



Title: Connection and transformation of one's inner self to become and live the best and highest expression of one's self.

Name: Lisa Ohtaras

My Business is Caring Energetic Healing. I am an Energetic Healer, Soul Healer, Intuitive Spiritual Coach, Spiritual Educator, Soulful Forgiveness Educator and Workshop Facilitator, Medium & Channel.

INTRODUCTION:

Physical body discomfort, pain, inflammation, auto immune disorders, chronic fatigue syndrome, chronic immune system dysfunction and inner body challenges, fear, anxiety, just to name a few, are related to unaddressed stress, negative emotions, imploding of emotions not releasing and forgiving issues and people.

The soul, mind, body, spirit connection is very powerful and in many areas of health care under recognised and not utilised to help a person heal from the core of the affliction.

A spiritual approach is highly beneficial helping people to obtain transformation of energy to achieve well-being, balance, inner harmony and abundant living.

AIM:

- Participants will explore the association between the soul and spirit and the impact on a person's mind and body, their health and general well-being.
- Participants will identify the soul's role on Planet Earth, why things are being created by the soul and the significance for the person.
- Participants will learn simplified skills to alleviate stress, release people and issues, go through situations with greater ease and grace, which they can incorporate in their everyday life regardless of where they are at home, work or social settings.

MATERIALS AND METHODS:

Doctor's offices are overflowing with people with stress related issues and health challenges. Many people throughout the world are unaware of the soul's role and why we are here on Planet Earth. This physical incarnation on Planet Earth is related to the Soul's journey.

Our physical and subtle bodies (aura) are the barometer to the soul.

Chronic immune dysfunction, chronic fatigue syndrome, chronic inflammatory disorders, auto immune diseases, women's reproductive area health challenges, fear, anxiety and other illness and afflictions are created by the soul.

Every person's soul is here for spiritual growth regardless of who you are or your status in the

world. The soul is wanting the inner work, spiritual and personal growth to be done. Oneness and alignment of soul, mind, body and spirit are important for inner healing to transpire. Energy healing including Ancestral Influences clearing, past life energy clearing of time lines from the past, present challenges, and helping with future events to transpire with greater ease and grace, clearing blocks to abundance, Thought Field Therapy (T.F.T.) Emotional Freedom Technique (E.F.T.) are just to name a few clearings and processes, which are profoundly beneficial for people to live in a more balanced state of being. Collaboratively done, inner work and energy healing facilitates deep positive transformation of energy.

Self-realisation and awareness, conscious living, acknowledgement of what is, meditation, releasing, Soulful Forgiveness, mindset change and gratitude are all important components of healing from within.

Addressing symptoms within or on the external body, utilising mind-body techniques including energy healing, and releasing emotions via Soulful Forgiveness facilitates the internal healing of one's being.

CONCLUSION:

Chronic fatigue syndrome, immune dysfunction and physical body ailments are a result of lack of awareness, unconscious living, chronic unaddressed stress, imploding of emotions, not releasing people and situations, lack of forgiveness of one's self and other people, fear, anxiety and lack of gratitude for all which is transpiring in one's life and the world.

Every experience throughout our lives relates to spiritual growth of some kind which the soul co creates with people or situations for the purpose of the soul's evolution.

KEY WORDS:

Stress, awareness, conscious living, meditation, energy healing, spiritual growth, mindset change, forgiveness, transformation, gratitude.

BIOGRAPHY:

Lisa Ohtaras is a renowned Energy Healer, Soul Healer, Reiki Master, Seichim Master, Intuitive Spiritual Coach, Spiritual Educator, Soulful Forgiveness Educator & Workshop Facilitator, Medium and Channel.

Over 2 decades ago, Lisa healed herself of Multiple Sclerosis warning signs. Her diagnosis initiated an awakening from her spiritual slumber and connected Lisa to her inner self.

Lisa transformed pain, numbness, alternating with pins and needles in her hands, arms, feet and legs, night sweats, insomnia, chronic fatigue and visual challenges, all without the use of medication.

Through her connection, meditation, personal and spiritual growth and development, Lisa restored balance, harmony and well-being to her physical body and emotional state.

Following Lisa's inner healing, she continued to work in her nursing career which spanned over 2 decades.

Then in 2003, Lisa commenced living her Soul's Purpose helping people to live in balance, harmony and health via Spiritual practices and applications.

Lisa's expertise has been featured on Stage Presentations, Online T.V., shows, an International Magazine and Podcasts including Australia You Have a Voice Stage Presentation, Livelong Digital Online T.V., Unique Vibrations Online T.V., Claim Your Mastery Online T.V., The Corporate Escapist Online T.V. and Podcast and The Corporate Escapist Magazine, June 2020 issue.

ILONA PARUNAKOVA



Title: How Protecting Our Joy Can Save Lives

Name: Ilona Parunakova

Affiliation: IP Resilience Counseling LLC, INHC, CPT, CN

INTRODUCTION:

Joy it is not an idea. It is not a conviction. It is not a persuasion or a decision. When our lives are going well, it's easy to become lazy and not to dream and have goals and seek joy through material things. When we do, we get disappointed and dissatisfied which can lead to us becoming unkind and unproductive; wasting our time, money and talents. This collapses joy. Joy also collapses and disappears when we are moving too quickly and when we're too busy to receive joy and to allow it to appear. Then, when adversity strikes our outer world, we fall.

AIM:

- Participants will explore the connection and impact of Joy in the mind, body and spirit.
- Participants will find their passion for life and allow them to enjoy life to the fullest with Joy.
- Participants will not let life take away their joy, their motivation or the essence of who they are.
- Participants will become equip to hold onto their joy for life and will show up in the world differently.
- Participants will
- Participants will have tools to protect Joy and would not depend on external circumstances to gain joy.
- Participants will get their smile back in the lives and will want to dream again

MATERIALS AND METHODS:

We may find through life experience is that often we search for our identity, our spark and our flame in *things* the world has to offer to us; things that are easy to beak or loose, damage or steal. The replaceable stuff. Our joy comes from within. It's an internal process. Joy is a great predictor of good health. It boosts our immune systems, fights stress and pain, and improves our chances of living a longer life.

We feel joy in our bodies because of the release of dopamine and [serotonin](#), two types of

neurotransmitters in the brain. Both of these chemicals are heavily associated with happiness (in fact, people with clinical depression often have lower levels of serotonin).

So, when something you perceive as happy happens, your brain receives the signal to release these chemicals into your central nervous system (which consists of your brain and spinal cord).

This then causes reactions in other bodily systems.

Our autonomic nervous system is the bodily system responsible for all the things your body does without conscious effort from you — like breathing, digestion, and dilation of the pupil and affected by feelings of joy and elation.

So how do we connect to joy so we can feel it in our own lives?

Number 1: True joy is formed in the midst of our toughest challenges – the minute life feels tough that's when we begin our journey to take back our power we've given away, by knowing it's our responsibility. And when we do, we begin to rekindle a spark that has always been there.

Number 2: Joy begins with hope—which is created by dreaming with action – not a static hope, but a hope propelled by action. Map out your next step, then have the patience to see what shows up. Be flexible and open to how joy comes in—you may be surprised, and often we don't recognize it.

And, finally Number 3 – perseverance. Too often, we give up before joy has a chance to come in. If we take that one more step or action beyond what we believe we are capable of, then, strength appears and suddenly, we're propelled forward again.

Even just the simple act of smiling can help because it can trick our brain by elevating the mood, lowering the heart rate, and reducing the stress.

Joy can help ease depression and anxiety by releasing feel good endorphins and other natural brain chemicals (neurotransmitters) that enhance our sense of well-being. There are few methods that can take our mind off worries and negative thoughts that may feed depression and anxiety such as exercise, laughter, praying, spending time with positive people and building self-confidence.

CONCLUSIONS:

Joy is not the absence of suffering, fear or anxiety. Joy is not an idea. It is not a conviction. It is the presence of the divine assurance and extraordinary strength we always have inside of us, when we take the time to use it—become responsible for it and protect it—we all deserve to experience. Now that you know how your body and your emotions can work in tandem, it may be a little easier to “hack” your mood so that you feel more joyful on a daily basis.

KEYWORDS:

Identity, joy, self-confidence, assurance, responsibility, protect.

BIOGRAPHY:

Iiona Parunakova is Integrative Nutrition Health Coach, Certified Personal Trainer, Certified Nutritionist and Certified NLP Master Practitioner. Her vision and passion lie in sharing her personal discovery on effect of the Joy in our lives and links this phenomenon our health.

Iiona is determined to inform people and share wisdom, provide information and ideas to others, and inspire people to make a difference and build up a team of people who will change the world. She speaks to the warriors, the survivors, the determined and bankrupt in spirit.

Her mission is to empower everyone to bring something valuable to whoever else needs to hear it, and I hope it can change their life for the better.

Ilona obtains BS BA, she is Candidate of M.M. Master in Ministry, Doctoral in Christian Counseling PhD. Administrator and Program Director.

Ilona has additionally served in non-profit organization as a liaison, speaker, and as an organizer for fundraisers and other community events.

Her passion and dream are to bring forth a whole-self approach to health as a whole, starting with the identity and finding joy in who you are. She bridges the gaps between science, soul and connection in your self-esteem. She is a motivator, influencer, creator.

Ilona became a winner of People's Choice Award in a Republic of Georgia Beauty Pageant in 1998. She got chosen as the 2020 Student Speaker for Colorado Technical University Graduation Ceremony. She has earned medals for completing a Marathon and a Triathlon in 2017 and 2018. She is an author of "Opium of The Almond Tree". Ilona Parunakova is a TEDX Speaker and Creator of IP Resilience Channel. President/ CEO IP Resilience LLC.

Ilona Parunakova expertise has been featured on radio shows, podcasts as well as outlets including Gabriel's Horn Publishing website, presented student graduation speech in 2020, has presented in Tokyo TEDx. www.IlonaParunakova

MAURA SWEENEY



Title: The Power of Your Presence

Maura Sweeney
Podcaster | International Speaker | Author

Introduction:

During a season of unprecedented and changing times, women now have a unique opportunity to discover and develop their own Power of Personal Presence.

AIM:

- Participants will view and interpret various images, learning to employ their own intuitive and practical cognitive skills on issues of identity.
- Participants will listen to anecdotal stories and consider reflective questions to help reassess previous perspectives and develop more positive ones
- Participants will learn practical tips to integrate into their mindsets and behaviors that will positively strengthen their feminine powers of presence in any environment.

Materials and Methods:

Since the feminist movement began the 1960's and 70's, women have continued to strive for parity in a "Man's World." Employing borrowed rather than intuitive leadership techniques and following questionable marketing images to reach their aim, the issue of either experiencing or feeling "less" than their male counterparts often remains.

In this presentation, participants will engage with a series of reflective questions, interpretive images and anecdotal stories. designed to help them reassess their inner perspectives, outward appearance and personal behaviors to unlock and develop a more authentic version of self.

Through the process, they will deconstruct old guidance and reconnect with their best internal compass to bring out their power, presence and uniquely preferable feminine qualities to flourish as a leader in their own right -- regardless of occupation.

Following the un-doing process, participants will learn to employ the "VIA" (Values, Integrity, Advocacy) approach as practical building blocks to presence.

Conclusions:

Launching with a more integrated, intuitive and authentic center, participants will leave this presentation feeling motivated and tangibly equipped to positively build upon their powerful presence as both a woman . . . and a lead.

Key Words:

Leadership, Identity, Femininity, Personal Power, Intuition,

Biography:

[Podcaster](#), [Author](#) and [International Speaker](#), Maura Sweeney has transformed her mantra of “Living Happy – Inside Out” to become a global influencer. A former corporate manager and home schooling mom, she transitioned again at midlife to make her life long goal a reality. Today, she brings leadership, uplift and unity to an often disempowered and divided world.

A former radio co-host and HuffPost columnist who has traveled to over 60 countries, Maura was first called the Ambassador of Happiness by the UNESCO Center for Peace when invited to speak at the inaugural Nelson Mandela Day celebrations. Since then, she’s trademarked the title and become a popular media guest featured on hundreds of media outlets in the U.S., Europe, Africa and Australia.

Maura has lectured on Personal Influence and Leadership at international universities, national leadership conferences, women’s organizations, Model UN’s and several American Embassy outposts. In 2018, she was named Women of the Decade at the Women Economic Forum in The Hague and received the Legacy Award for Global Diplomacy at the 2019 Leap and Shine Conference in London, England.

MERETE STANGELAND



Title: Master Your Mind Master Your Life

Name: Merete Stangeland

Affiliation: 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 your 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.

BIOGRAPHY:

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.

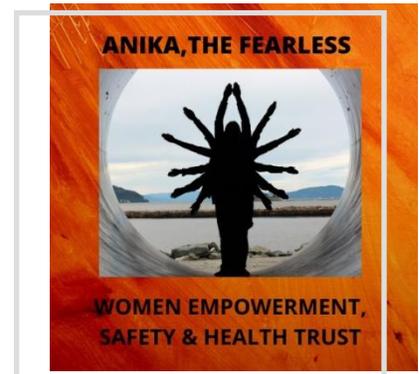
Her passion is bringing forth the idea to make use of more untraditional methods, such as using mentoring and mental programs to train both the executives and employees.

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.

ADITI SHARMA



Title: Becoming an Iron lady by using Leadership Styles and Techniques

Name: Dr. Aditi Sharma, Senior Veterinary Officer, Rajaji Tiger Reserve & Chairman & Founder of “Anika The Fearless” Trust for Women Empowerment, Safety & Health

Affiliation: Rajaji Tiger Reserve, Forest Department, Government of Uttarakhand, India

INTRODUCTION:

There are many Leadership Styles & Techniques which one can learn and apply to become a good Leader. We have to learn to love and respect ourselves then only others will start respecting us. There are some daily, weekly & monthly rituals which help us to heal emotionally and maximise our energy.

AIM:

To release the negative energy from within and absorb positive energy thus maximising our energy level and increasing our efficiency of working and also enable to project ourselves different from the crowd..

MATERIALS AND METHODS:

Practising daily, weekly & monthly rituals to maximise energy. Getting rid of our crucibles and let go our guilt and anger. Show gratitude to all who have helped us directly and indirectly. Try to make powerful requests and learn to respond not to react. Identify your B-HAG (Big Hairy Audacious Goal) & follow the technique of CoDeSeF for achieving the BHAG.

RESULTS:

A group of 25 women was trained on various leadership styles and techniques and they were told to identify their BHAGs and follow the CoDeSeF to achieve it. 90% of the women were transformed totally by identifying their weakness & false beliefs and getting rid of them. 5 out of them switched to a better job and 3 were promoted. 2 of them started their own NGO. The introverts converted to extroverts and finally all of them completed the training successfully & got the Title of “Iron Ladies”.

CONCLUSIONS:

All women are inborn leaders and if they focus on themselves and start respecting themselves and follow certain rules or rituals in life, no one can stop them from leading the World.

KEYWORDS:

Women Leaders, BHAG, CoDeSeF, Rituals

BIOGRAPHY:

Dr. Aditi Sharma is a Senior Veterinary Officer in a Tiger Reserve in India with a specialisation in Advanced Wildlife Management. She had completed her Bachelors in Veterinary Sciences in 2001 & Masters in Veterinary Surgery & Radiology in 2004. She is a person with very high operational excellence . She has successfully completed 6 International Wildlife Courses, presented 16 papers in National & 11 papers in International Conferences. She has received 12 awards till date. She is an Author of 2 articles and Co-author of 2 publication & one Gene Bank submission. She has taken the oath to ensure Health & Welfare of animals and do value the lives of human beings at par at the same time. She has an experience of almost 2 decades & treat her patients with great love & care . She is known to mitigate human wildlife conflict with great courage & humanity.. She is Life Member/Member of 12 International & National Associations/Committee. Additionally she contributes in social programs for Women Empowerment & women Safety.



Title: Improving Leadership Skills Styles and Techniques in the 21st Century Post COVID-19

Name: Dr Parin Somani

Affiliation: Independent Academic Scholar

INTRODUCTION:

The COVID-19 pandemic has created global upheaval, highlighting many disparities socially, economically and politically. Women are being challenged by multiple factors including working remotely, redundancies, domestic chores, looking after the family and female health issues. It is during this period that females must strengthen their leadership skills to lead their families, peers and colleagues towards a positive future post-COVID-19. However, understanding personal leadership skills, styles and techniques can be challenging.

AIM:

To identify personal leadership skills, styles and improve leadership techniques to aid women in the 21st century post COVID-19 pandemic.

MATERIALS AND METHODS:

A systematic review has been deployed via an extensive literature search on leadership skills, styles and techniques. This is attained through a manual and electronic database search after which a well-planned process is followed resulting in primary studies.

RESULTS:

Leadership skills are a component of 'soft skills' and can be developed. Females within the 21st century can successfully motivate others through their behaviours, tools and capabilities, simultaneously, growing in individual abilities recognising personal strengths. This study discusses motivation, positive attitude, effective time management, teamwork, problem-solving and the need for technological knowledge. It also aids understanding on leadership roles so that techniques can be improved within this technological era.

CONCLUSIONS:

This study has deduced that each female possesses different strengths identified through their personality type. Through creating self-awareness, self-regulation, self-motivation, empathy and good social skills despite face-to-face or remote through technology, females can lead the nation post-pandemic towards a prosperous future. This study recommends that by developing

innovative leadership skills, styles and techniques through practice within this study, females will

have the confidence to lead efficiently post-COVID-19 pandemic.

KEYWORDS:

Leadership skills, COVID-19, Women, Personality, Motivation

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.**



Title: Using an Integrated Approach to successfully treat complex conditions presented by Covid

Name: Diksha Chakravarti
Director, FiXme Ltd – Integrated Wellbeing go Women

INTRODUCTION:

We are complex Beings, more than simply the sum of our individual parts. Attempting to treat complex chronic conditions like Stress, Anxiety and Physical Pain using a unidirectional approach is of limited value. Mainstream medicine treats conditions by reducing human beings to simple mechanical systems. Little attention is paid to the [interaction of systems](#) and the [power of the mind in the process of healing](#). The way the Coronavirus effected people has shown that [no two people are the same](#).

AIM:

The Covid Pandemic has caused huge challenges for all, but more so for women. The Office of [National Statistics in the UK](#) has revealed that women suffered more than men with anxiety, depression and loneliness. Isolation, loss of agency, fear and grief led to these conditions. My patient experienced loss, anxiety, grief and physical pain during the Covid pandemic. This case study will demonstrate how providing an integrated approach provided longstanding relief

MATERIALS AND METHODS:

According to the NHS, the 3 highest cause of morbidity and mortality – cardiovascular disease, strokes and cancer - are caused by Stress. The HeartMath Foundation terms Stress as the number 1 proxy killer. Long term stress can lead to anxiety and physical pain. There is a growing body of research highlighting the intricate and intimate connection between our emotional health and physical health.

Evidence suggests that chronic psychological stress activates the autonomic nervous system and hypothalamic-pituitary-adrenal axis, creating an unhealthy environment within the body. Our healing abilities are compromised and we begin to experience anxiety and physical pain.

I will present a case study of a woman who presented with a complex history, suffering from stress, anxiety, physical pain and grief during the Covid lockdown. The intricate causal relationship between different systems will be discussed and evidence provided to show how an integrated Mind-Body-Spirit approach resulted in steady, consolidated and comprehensive relief.

CONCLUSIONS:

Using a combination of bodywork, Mindfulness meditation, clinical hypnotherapy, plant based medicine and other modalities, this patient showed progressive and long lasting relief from anxiety and physical pain

KEYWORDS:

Anxiety, stress, clinical hypnotherapy, mindfulness, meditation;

BIOGRAPHY:

Diksha has been a successful clinician for over 20years and has helped more than 800 professionals, executives and business people manage their Stress Anxiety & Pain.

She has an honours degree in Psychology, a Masters in Behavioural Neurophysiology. Her training includes Clinical Hypnotherapy, Ergonomics, Stress Management & Mindfulness, as well as Chiropractic & Massage Therapy. Diksha is therefore able to bring a unique integrated approach to Stress, Anxiety and Pain Management. Her life experiences have taught her a great deal about stress, anxiety and pain: more recently, she helped her 25year old daughter rehabilitate after an ischaemic stroke and thyroid cancer, all in the same year. She has faced the challenges of pivoting her business through COVID...Diksha has been supporting individuals and groups during the pandemic, helping them manage their anxiety.

There is nothing theoretical in her content, it is all tried and tested - Diksha brings real life experience & knowledge to each of her clients, freeing them from pain and enabling them to regain control of their lives. Each client has an individualised treatment plan.