



# Your Personal Leadership Journey as a Woman & as a Community



is about to begin ...

WARM WELCOME  
TO COHORT 4





# Your Personal Leadership Journey as a Woman & as a Community



Let's get centred  
Become present.  
A short & guided  
breathing practice. ✨



# GETTING TO KNOW EACH OTHER



## LET'S INTRODUCE OURSELVES

A 1-minute Intro:

COMPANY, POSITION, AGE (FREE WILL), CHILDREN, PASSION





✦ ✦

# Jeanine

WHY DO I SHOW  
VIDEOS?

✦





Empowering **COURAGE** in others begins  
with being courageous ourselves.



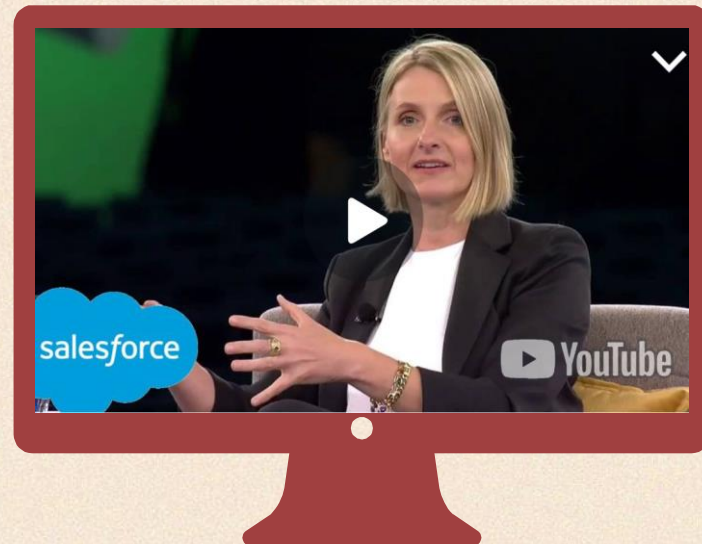
There is no courage without fear.





# Elizabeth Gilbert BEST-SELLING AUTHOR

Go on a Journey  
where FEAR is  
INVITED.



# BREAKOUTS OF 4 & 10 MINUTES

GETTING TO KNOW EACH OTHER A BIT MORE

**What resonates with you?**

What is **the primary message or mental note** you intend to carry with you on your forthcoming journey as a woman and a female leader?





DR. Brené  
Brown  
RESEARCHER &  
BEST-SELLING  
AUTHOR

Clip from  
TED TALK 2

*"Vulnerability is the birthplace of  
Creativity, Innovation and Change."*





**DR. Brené  
Brown  
RESEARCHER &  
BEST-SELLING  
AUTHOR**

**Short Clip  
TED TALK 2  
LISTEN TO SHAME**



# BREAKOUTS OF 4 & 10 MINUTES

GETTING TO KNOW EACH OTHER A BIT MORE

**What resonates with you?**

What is **the primary message or mental note** you intend to carry with you on your forthcoming journey as a woman and a female leader?





# Instructions to read the after LIVE session E-mail

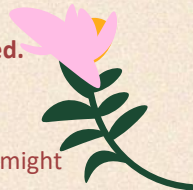
## SET THE STAGE FOR YOUR TRANSFORMATION PROCESS

Take the time to follow these instructions carefully because this process has its own rhythm and transformative power. I want to guide you into this journey as smoothly and impactfully as possible. Here's what I suggest:

Print the email and set aside some quiet time when you can read it without interruptions—maybe in the evening, after work and the kids are in bed.

- Make yourself a nice tea or pour a glass of wine and give yourself a full hour.
- **Create a comfortable, special space at home where you can focus on self-reflection, reading, and inspiration, somewhere you feel at ease.** This might become your 'sacred space' for the next seven months. Tell your partner/ kids/ family that this is your space, and being not disturbed when you are retreating is important. **Setting boundaries is key and a big learning for some of us.**
- **And if your kids are curious, have them create their place** too, and with their chosen goodies to make it special 😊. They will be your teachers.
- **Get yourself a beautiful notebook and surround yourself with things that resonate with you**—flowers, sacred symbols, photos of loved ones/ancestors or teddy bears. I have one 😊. Make it a space of personal growth, transformation, and miracles, whatever aligns with your heart.
- **As you read the E-mail thoroughly, let it sink in without any rush.** The transformation has already begun the moment you applied. **As soon as you show up fully prepared, the process starts to work within you.** And this is where the beauty lies; parts of transformation unfold without force—it's beyond our constant doing and works FOR us – if we set up the stage for it.

**So please, give yourself this time and prepare as I've outlined. It's a gift to your growth, and I'm here to guide you every step of the way.**



# The After-LIVE Session-E-Mail

## MATERIAL

E-mail with information on the live session recording, PowerPoint slides, toolkit, and links to the YouTube videos shown during the session.

## PEER GROUPS

Your peer group will be set up tonight. You will receive an E-mail from Tara with your peers as well as the booking Excel Sheet for your facilitated peer group session in April. Please connect on a heart level. This is about a genuine connection, support, and feeling supported.

## LEARNING AGREEMENT

There are two agreements you need to read: Your signed **Participant Learning Agreement** must be sent back to us by this coming Sunday evening, while the **Multiplier Agreement** is for your records only.

## CONSENT FORM

Read, sign, and return the consent form by Sunday evening.

## LINKEDIN ACTIVITY AND ENGAGEMENT

Connect with Jeanine on LinkedIn, ask your multipliers to do the same, and engage with the posts. Check on the posts of the last 2-3 months – leaving your thoughts in the Comment Section is part of your community engagement; optional to Like & Repost. **Spread the good vibe.**

## ATTENDANCE REQUIREMENT

For certification, 80% attendance across all sessions is needed (i.e., you can miss no more than two sessions). If you join a live session after the first 15 minutes, it will be counted as half attendance.

## FRIENDLY REMINDERS

Important and useful information that you need to be mindful of, such as presence, time management, using earphones, always checking your internet connection on the day of our LIVES, private space, and ONE Zoom link for All.



**You will receive an E-mail after this Live Session with a more detailed description.**



# Your Inspirational Assignment 1

Until November 14<sup>th</sup> – Please watch:

**THE POWER OF VULNERABILITY** by Dr Brené Brown (TED TALK - 20 minutes)

<https://www.youtube.com/watch?v=JjNtWRBdXws>

**LISTENING TO SHAME** by Dr Brené Brown (TED TALK - 20 minutes)

<https://www.youtube.com/watch?v=5C6UELitWkw>

**THE TRUTH ABOUT YOUR PERSONAL JOURNEY** by Elizabeth Gilbert.

She Gave Herself Permission to Be Free (Interview of 22 minutes)

<https://youtu.be/cPctdn8oXho?si=3cebeDjmuO1rMTNn>

*Please note: This is one example, among many, of making decisions for yourself—beyond conditioning. It shows that stepping outside the mainstream can bring challenges, but ultimately, it leads to ‘Becoming You’. This is not a video clip against family and kids! The purpose of this clip is to show the journey of a woman who decided to choose her life. It is one example to encourage leading an authentic life and to illustrate the value & liberating power of making choices rooted in self-awareness and inner freedom.*



# Your Inspirational Assignment 2

## YOUR BOOK CLUB: CHOOSE ONE BOOK THAT SPEAKS THE MOST TO YOU.

*Your chosen book is intended to be read as a leisure activity, allowing one to indulge in a glass of wine, tea, coffee, or ice cream, either during a vacation, weekend, or before going to bed. The time is for reading, not for studying. These are books for awakening women and their personal growth journey. You can take your time and use the entire 7 months to complete it! 😊*

### 1. UNTAMED - BY GLENNON DOYLE

It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children but, one who shows them how to live fully. Community's Choice.

[Amazon.com: Untamed: 9781785043352: Glennon Doyle: Bücher](https://www.amazon.com/Untamed-9781785043352-Glennon-Doyle-Bücher/dp/9781785043352)

### 2. I THOUGHT IT WAS JUST ME (BUT IT ISN'T). MAKING THE JOURNEY OF WHAT WILL PEOPLE THINK? TO I AM ENOUGH - BY DR. BRENÉ BROWN

The author looks at the difference between shame and guilt, explores the triggers of these feelings, and how to recognize and overcome these strong emotions.

[Amazon.com: Brene Brown „I Thought It Was Just Me \(but it isn't\): Making the Journey from „What Will People Think?“ to „I Am Enough“: 8601404315046: Brown, Brené: Bücher](https://www.amazon.com/I-Thought-It-Was-Just-Me-8601404315046-Brown-Brené-Bücher/dp/8601404315046)





### **3. EAT PRAY LOVE - BY ELIZABETH GILBERT**

Eat, Pray, Love is about what can happen when you claim responsibility for your own contentment and stop trying to live in imitation of society's ideals. It is certain to touch anyone who has ever woken up to the unrelenting need for change.

[Amazon.com: Eat, Pray, Love: One Woman's Search for Everything Across Italy, India, and Indonesia \(Hörbuch-Download\): Elizabeth Gilbert, Elizabeth Gilbert, Penguin Audio: Bücher](#)

### **4. THE SIGNATURE OF ALL THINGS - BY ELIZABETH GILBERT**

Spanning much of the eighteenth and nineteenth centuries, the novel follows the fortunes of the extraordinary Whittaker family as led by the enterprising Henry Whittaker—a poor-born Englishman who makes a great fortune in the South American quinine trade, eventually becoming the richest man in Philadelphia. Highly recommended for those who love language and novels.

[Amazon.com: The Signature of All Things: A Novel \(Hörbuch-Download\): Elizabeth Gilbert, Juliet Stevenson, Penguin Audio: Hörbücher & Originale](#)

### **5. WILD: FROM LOST TO FOUND ON THE PACIFIC CREST TRAIL - BY CHERYL STRAYED**

The memoir describes Strayed's 1,100-mile hike on the Pacific Crest Trail in 1995 as a journey of self-discovery.

The book also contains flashbacks to prior life occurrences that led Strayed to begin her journey.

[Amazon.com: Wild: From Lost to Found on the Pacific Crest Trail: 9780307476074: Strayed, Cheryl: Bücher](#)

### **6. NO LONGER A YES-MOM: FINDING PEACE, BALANCE, AND FREEDOM IN YOUR PERSONAL AND PROFESSIONAL LIFE BY LEARNING TO SAY "NO" BY ELIZA BROOKS**

The book discovers the power of incorporating "no" in your life, how to prioritize your needs and wants as well as those of your family and practical steps to grow in confidence with when to say "no".

[Amazon.com: No Longer a Yes-Mom: Finding Peace, Balance, and Freedom in Your Personal and Professional Life by Learning to Say "No": 9798858186502: Brooks, Eliza: Bücher](#)

### **7. THE GIFTS OF IMPERFECTION - BY DR. BRENE BROWN**

The author shares ten guideposts on the power of Wholehearted living—a way of engaging with the world from a place of worthiness.

[Amazon.com: : Alle Kategorien](#)



#### **8. WHEN THE BODY SAYS NO: THE COST OF HIDDEN STRESS - BY DR. GABOR MATÉ**

'When the Body Says No' provides the answers to critical questions about the mind-body link – and the role that stress and our emotional makeup play in an array of common diseases such as arthritis, cancer, diabetes, heart disease, irritable bowel syndrome, and multiple sclerosis.

[Amazon.com: When the Body Says No: The Cost of Hidden Stress \(Hörbuch-Download\): Gabor Maté MD, Daniel Maté, Vintage Canada: Hörbücher & Originale](#)

#### **9. BREAKING THE CYCLE - BY DR. MARIEL BUQUE**

The definitive, paradigm-shifting guide to healing intergenerational trauma—weaving together scientific research with practical exercises and stories from the therapy room.

[Amazon.com: Break the Cycle: A Guide to Healing Intergenerational Trauma: 9780593472491: Buqué, Dr. Mariel: Bücher](#)

#### **10. SELF-ISH - BY SUNITA OSBORN**

This provocative new book shows how being selfish can foster transformative, empowering change in your relationships, the systems you inhabit, and most importantly, yourself.

[Amazon.com: Self-ish: When Bubble Baths, Wine, and Affirmations Aren't Cutting It: 9781683736219: Osborn, Sunita: Bücher](#)

#### **11. IT DIDN'T START WITH YOU - BY MARK WOLYNN**

This book focuses on multigenerational trauma and the gifts and burdens we inherit from our ancestors. Studies show that many of our pains are passed down through generations. (A must-read for the healing journey)

[Amazon.com: It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle: 9781101980361: Wolynn, Mark: Bücher](#)

#### **12. TO BE LOVED - BY FRANK G. ANDERSON**

Frank delves into the transformative experiences of love, acceptance, and personal growth, encouraging readers to embrace their true selves.

[Amazon.com: To Be Loved: A Story of Truth, Trauma, and Transformation: 9781962305112: Anderson MD, Frank G.: Bücher](#)



# African Youth Choir

CLOSING  
VIDEO

