

WARM WELCOME

SELF-AWARENESS
Compassionate Inquiry
& Meditation



A glass vase with a plant stem inside, set against a white background with a light brown border. The vase is on a wooden surface.

Ritual & Arriving Practice

Community Meditation



THREE WORDS IN THE CHAT

HOW ARE YOU FEELING TODAY?



INTRO OF MISSING PARTICIPANTS

BEATRIZ, SILKE, (RIA) & NEW PARTICIPANT (SUB FOR LUCI)

BOOK CLUB

Please leave in the Chat which Book you have Chosen
for the next Months?



Breakout Session of 3 & 5 minutes

YOUR THOUGHTS, FEELINGS, EXPERIENCES & INSIGHTS
Onboarding Session & Videos of Dr. Brené Brown & Liz Gilbert

A Gentle Reminder & Logistics

THE COMMUNITY PLATFORM

is open & ready.

?Surgery 27.11.24

Next LIVE Session
28.11. to 5.12.24?

PEER GROUPS

How are you doing so far?

HELP – WHO IS WHAT?

1. **Peer group circles** meet 2x month for practical exercises.
2. **Multiplier peer group** meets 1x month for expanding and learning by teaching.



WHY LINKEDIN?

Through the comments:

1. I get to know more of you!
2. You spread the Message!
3. Impulses for Self-Reflection!
4. Comment until Nov 28th
5. Schedule your reading time!

1:1 SESSIONS

Sickness or new meetings,
please swap internally
and independently.

BIGGEST OBSTACLE IN THE BEGINNING?

**PRIORITIZING TIME!
SCHEDULE YOUR TIME!**

PEER GROUP 4

Luci from SE leaves us 😊

Yurisha & Carolina:

Can you please support our
new Participant to catch up?

DON'T LEAVE YOUR BRAIN OUTSIDE THE PROGRAM – BE BOLD & ENGAGING

Name	1:1 Slot Booked	Consent Form	Learning Agreement	WhatsApp	LinkedIn Engagement
Silke Paschant	YES	YES	YES	YES	NO
Sutthirada Aydogdu (Piece)	YES	NO	NO	YES	YES
Rula Chtay	YES	YES	YES	YES	YES
Bianca Maleking	YES	YES	YES	YES	YES
Yurisha Singh	YES	YES	YES	YES	NO
Vaishali Upadhyay	YES	YES	YES	YES	YES
Sagarika Das	YES	YES	YES	YES	YES
Diana Slim	YES	YES	YES	YES	YES
Heba Abdellatif	YES	YES	YES	YES	YES
Alba Altuzar Karla Estela	YES	NO	NO	YES	NO
Ramdial Ria	NO	NO	NO	YES	NO
Carolina Anaya	YES	YES	YES	NO	NO
Villanueva Juarez Luz Guillermina	YES	YES	YES	YES	NO
Maria-Jose Orozco Carballo	YES	YES	YES	NO	NO
Beatriz Araya	YES	YES	YES	YES	NO
Dos Santos Lucimara (?)	YES	YES	YES	YES	YES

A minimalist background featuring a clear glass vase with a white stem, placed on a light-colored wooden surface. The vase is partially filled with water. The background is a soft, light green color with a subtle texture.

**LET'S TALK ABOUT
YOUR PERSONALITY
& SELF-AWARENESS**



01

LEADING YOURSELF FIRST
BUILDING SELF-AWARENESS

FEELING IS HEALING

WHO WANTS TO PLAY WITH ME?

MAKE A FIST ...

HOW



WHY

You can know it all and read a million books, but without self-awareness, you cannot grow, transform, or bring a sustainable positive contribution to the world ...

*... as a human being, a mom, a daughter, a partner, a friend **and as a leader.***

Image of the river & the bridge.

WHAT

YOUR PERSONALITY



The make-up of your personality is a set of

coping mechanisms
automatic, unhealthy behaviours
survival strategies & pattern

AND genuine parts & essence



Our compassionate inquiry journey leads us to understand who we are.

While exploring who we are, we are empowered to differentiate between our coping mechanisms, the blind spots of our personality, automatic behaviours, **and our healthy, genuine parts and essence.**



!!

Our personality is not fixed.

We can overcome the parts we would love to change and the ones that became bad habits.

The learning is to become aware,
STOP RE-ACTING, start acting and liberate
ourselves from predictable & automatic
behaviour.



Raising Self-Awareness

Dr. Gabor Maté MD



SELF-AWARENESS & PERSONAL REFLECTION

1. Do you care more about how your life looks or how it feels?
2. Do you have more discipline to function or more discipline to do the things that feel good?
3. How strong is your self-care on a scale of one to ten?
4. How strong is your willingness, on a scale of one to ten, to better care for yourself?
5. For the course of this program, write down 1 to 3 things you will do to take better care of yourself. Stick to it!
6. Do you give yourself permission to do the things that feel good EVERY DAY? If not, write down ONE activity that you will do for yourself during the course of this program.
7. What would you regret not having done if you were to die tomorrow? DO IT!
8. Please write to your future self: Name one area in your life that you will change now so your future self will be grateful to you when the program is completed. Stick to it!
9. If you think something is missing in your life, it is probably more of yourself. What do you know is missing of yourself? Choose one virtue (courage, calmness, confidence, connectivity, clarity, curiosity, creativity, compassion) that you would like to practice during this program
10. What is your why for becoming a conscious female leader – write your WHY in one sentence. *Your “why” is a deep-seated reason behind your drive and commitment. It becomes easy to quit without a clear picture of knowing our why when the tough gets going.*





Breakout Session of 3 & 10 Minutes
Exchange your Notes with Each Other

YOUR BREAKOUT & USING MINDFULNESS

To set a frame of safety – bring your awareness to:

1. Non-judgmental listening.
2. Being fully present with what you and the others are sharing.
3. Don't compare yourself inwardly with your inquiry or what you will be saying afterwards.
4. Stay with yourself while consciously & compassionately connecting with yourself & your Peers.

To express your Truth:

1. Inner listening: Stay with yourself and let the answers emerge gently.
2. This is not about right or wrong. It's about showing yourself a bit more vulnerable & REAL.
3. Breathe gently while talking.

YOUR ME-TIME FOR SELF-INQUIRY & SELF-CARE

Get yourself a beautiful notebook.

Set up a regular time & highlight the time in your schedule (morning or evening, before or after work).

Set the stage—your place of privacy—and decorate it with photos, symbols, or flowers—make it your own.

For the next two weeks, we start with 5 to 10 minutes of compassionate inquiry 😊.

BREATHE - YOU CAN DO THIS - YOU ARE NOT ALONE IN THIS!

PERSONAL ASSIGNMENT



For the next two weeks, until we see each other again: Show up every day, whether you feel like it or not. Notice how creative the part of your logical mind is to create excuses. Thank it, ask it to step back, and give you space to get started.

You can either pick one option or try all three and see which one works best for you. Usually, we have phases where one is working better than the other. Listen to what feels best for you and choose based on that.

Set a timer: Minimum 5 minutes, maximum 20 minutes; recommended 10 to 15 minutes.

Option 1: Inside Wisdom

Give anxiety, worry, doubt, anger, guilt, shame, frustration, sadness, irritation, impatience, and pressure a voice and let them speak freely. Thank the part that spoke and, ask it to soften and step back a little. Now let your wise part come forward and reply. Start by focusing on the emotions that you tend to suppress, numb, or override. Once they have been acknowledged and accessed, you can alternate the practice with joy, excitement, and gratitude.

Option 2: Morning Pages

Use a pen to write what comes to mind. Write down whatever's going on in your head, whether it's nonsense, shopping lists, emotions, tasks, or anything else. Do not let go of the pen, do not stop the flow, do not write commas or full stops. Let the flow take you to where it wants to go. And above all don't judge what you are writing. Ask the judgmental part of you to step back and, give you space to do the exercise and write it down too. Do the practice as long as you have set the timer, a minimum of 5 minutes. You may want to combine the morning pages with another option or simply continue to journal in your own way. You are cleansing your head from all the clutter and noise and creating space for mindfulness.

Option 3: Letters from Kindness to yourself

Step 1: Write down everything you want your loved ones, friends, and executives to say to you. Step 2: Now, write these words to yourself. Write a note/letter of kindness, support, and encouragement to yourself every day. Become familiar with the kind voice inside of you.





YOUR QUESTIONS

Integration of your Multiplier Group



Build your multiplier peer group now
and **begin to meet in November.**

Present your Multiplier Group/ experience
in our Q & A LIVE Session on December 12th.



• **Welcoming your multipliers** & having
an open exchange of their first
experiences & what motivated them to
join.

• **Multipliers who cannot make it are
encouraged to send in a video of 30 to
60 seconds via WhatsApp** and share
what motivated them to join your group.

INSPIRATIONAL PEER GROUP ASSIGNMENT



PRACTICE - 75 MINUTES - SET A TIMER.

Make sure you choose a timekeeper.
Change every time you meet.

1. ARRIVING PRACTICE – 5 minutes

Each of you will lead a centering practice at the beginning of the session. You can keep it very simple; breathing & connecting with your feelings & body. It is not about perfection; it is about getting used to arriving fully, gathering your energy, and connecting with yourself first. It automatically calms the running mind.

2. GET TO KNOW YOUR PEERS – 10 minutes

Check-in on how you are feeling today & introduce yourselves.

3. Prepare your multiplier group – 10 minutes

Take the time to brainstorm about your ideas how you like to meet and what you like to do with them. How will you show up as a teacher and leader? Help each other with ideas and envision how you see guiding the group through the process.

4. Share your personal inquiry notes – 15 minutes

Share your personal inquiry notes from the last LIVE session and start an honest conversation.

5. Share your experiences of your first week of journaling – 15 minutes

What was challenging, were there any resistances, or doubts? What surprised you about yourself, what was new Write down questions that might have come up and ask them during the next LIVE session.

6. TOOLKIT TEMPLATE - 15 minutes

- a. Share what you have learned during the last session & today.
- b. Fill in the template (keywords & individually).

6. CLOSING – 5 minutes

Have a round of heartfelt honest compliments. Give each Woman 3 Compliments. Acknowledge & thank each other for showing up & thank yourself for taking the time to do this work together



LINKEDIN POSTS



- 1. BEDFRIENDING YOUR SELF-TALK**
https://www.linkedin.com/posts/jeanine-van-seenus-a969517_selflove-empowerment-selftalk-activity-7238677958477963264-YTO5?utm_source=share&utm_medium=member_desktop
- 2. WHEN WE EMPOWER WOMEN, WE EMPOWER HUMANITY**
https://www.linkedin.com/posts/jeanine-van-seenus-a969517_womanempowerment-selfconfidence-learning-activity-7239658893201555457-HhMt?utm_source=share&utm_medium=member_desktop
- 3. FROM FIREPLACE LEGACY TO KITCHEN TABLE WISDOM; WOMEN'S STRENGTH HAS ALWAYS BEEN PASSED DOWN**
https://www.linkedin.com/posts/jeanine-van-seenus-a969517_womens-strength-has-always-been-through-activity-7241863407925153792-TkVR?utm_source=share&utm_medium=member_desktop
- 4. A WE WITHOUT LOSING A ME**
https://www.linkedin.com/posts/jeanine-van-seenus-a969517_a-leading-example-we-are-designed-to-feel-activity-7242859796117278720-xO-J?utm_source=share&utm_medium=member_desktop
- 5. SAFE ENOUGH TO BE THE REAL YOU**
https://www.linkedin.com/posts/jeanine-van-seenus-a969517_harvardbusiness-neuroleadership-activity-7243525688937377794-XBKm?utm_source=share&utm_medium=member_desktop
- 6. TO SOARING. FROM STUCKNESS.**
https://www.linkedin.com/posts/jeanine-van-seenus-a969517_mental-health-choke-activity-7244559581803139072-yRw6?utm_source=share&utm_medium=member_desktop
- 7. IT IS EQUALLY IMPORTANT NOT TO WORK... AS IT IS TO WORK**
https://www.linkedin.com/posts/jeanine-van-seenus-a969517_achievement-bypassing-what-is-achievement-activity-7247073637738967040-qIS-?utm_source=share&utm_medium=member_desktop



LINKEDIN POSTS



8. YOUR VOICE SPEAKS FOR MANY – INSTANT CONFIDENCE

https://www.linkedin.com/posts/jeanine-van-seenus-a969517_women-leaders-moms-activity-7248613497234706432-Gklh?utm_source=share&utm_medium=member_desktop

9. GIVE ME HOPE

https://www.linkedin.com/posts/jeanine-van-seenus-a969517_hope-femaleleadersglobalcommunity-worldmentalhealthday-activity-7250230271734673408-FhiS?utm_source=share&utm_medium=member_desktop

10. FEELING IS HEALING

https://www.linkedin.com/posts/jeanine-van-seenus-a969517_naturalrhythmoflife-thewisewomanway-womencommunities-activity-7251319650892890112-wMbT?utm_source=share&utm_medium=member_desktop

11. A GAME CHANGER: SCIENCE & IFS-BASED SELF-LEADERSHIP

https://www.linkedin.com/posts/jeanine-van-seenus-a969517_internalfamilysystems-sciencebacked-selfmanagement-activity-7253172914458427393-dKqs?utm_source=share&utm_medium=member_desktop

12. SURRENDERED LEADERSHIP

https://www.linkedin.com/posts/jeanine-van-seenus-a969517_surrenderedleadership-modernleadership-intention-activity-7255870722009419777-fLzP?utm_source=share&utm_medium=member_desktop

13. YOU ARE NOT REPLACEABLE

https://www.linkedin.com/posts/jeanine-van-seenus-a969517_gallup-globalworkplace2023-safety-activity-7258138266539839491-ADlu?utm_source=share&utm_medium=member_desktop





YOUR QUESTIONS



CLOSING VIDEO ,THIS IS ME'

STARTING TODAY, ONE SMALL STEP AT A TIME ...

MARCH THROUGH YOUR FEARS ...

SHOW UP & PRACTICE TO STEP FORWARD!



**LEAVE A FEW WORDS
IN THE CHAT**

HOW ARE YOU FEELING NOW?



BE GENTLE WITH YOURSELF