

HELLO DEAR COMMUNITY!

CONGRATULATIONS.
YOU DID THE FIRST BIG PART.
I AM BEYOND PROUD.



A minimalist still life photograph serves as the background. It features a light-colored wooden table in the foreground. On the table sits a clear glass vase containing a thin, light-colored plant stem. The background is a plain, bright white wall. The overall aesthetic is clean and modern.

Ritual & Arriving Practice

CENTRING PRACTICE



THREE WORDS IN THE CHAT

**HOW ARE YOU FEELING TODAY?
HOW IS YOUR BODY FEELING TODAY?
OUR GUESTS ARE WELCOME TO PLEASE JOIN!**

WARM WELCOME

OUR MULTIPLIERS
AROUND THE GLOBE





INTRO OF OUR MULTIPLIER TEAMS – Raise Your Hands

**1. India - 2. Egypt - 3. South Africa - 4. USA - 5. Mexico
6. Brazil - 7. Columbia - 8. Thailand - 9. Germany**



BREAKOUT CIRCLES & INTRO OF MULTIPLIERS

8 participants & 8 minutes

**Dear Multipliers, please introduce yourselves in our Breakout Groups.
What motivated you to be with us😊**



OUR MULTIPLIERS

WHO WANTS TO SHARE:

1. WHAT HAVE YOU LEARNED SO FAR?
2. WHAT WOULD YOU LOVE TO LEARN? 😊

TIME FOR YOUR QUESTIONS

& SHARING HOW YOUR
CULTURE CELEBRATES
CHRISTMAS BREAK





**MO GAWDAT,
FORMER CHIEF BUSINESS OFFICER,
GOOGLE X, ON
WHY THE FEMININE COMES FIRST ...**

<https://www.youtube.com/watch?v=8yVP1cCM4AU&t=15s>





BREAKOUT CIRCLES

5 participants & 9 minutes
What did you learn – your insights?

TIME FOR YOUR QUESTIONS



COMMUNITY & LINKEDIN COMMENTS – YOU ARE THE VOICE OF MANY



STATEMENT FROM BEATRIZ

"Hi Jeanine, good afternoon, I wanted to tell you that yesterday I sat down to do the routine of commenting on LinkedIn and... something very nice happened to me that I wanted to share with you. I felt like I was reading each post and wanted to comment, after the first one I couldn't stop 🤖 I got carried away but I consciously felt a sense of community when writing there and seeing the comments from the girls on the program. Now I think I understand why you asked us to do this. Thank you for doing what you do, it's incredible how this impacts different areas of a person".

With the following LinkedIn comments from you, we would like to highlight how just by coming forward, sharing and speaking up we all create a ripple effect. This clearly shows the purpose of our request to read and comment on all LinkedIn posts.

HOPE MERCHANTS: FEMALE LEADERS TRANSFORMING A CHANGING WORLD!

Beatriz

"What a great topic, how do we continue from here on? I think it is important to take action in the environments and spaces that are possible for us, girls, young people, adolescents, work colleagues, family. Taking the time to talk, share experiences, talk about paradigms that still plague us as women in different scenarios, I think that sorority plays a crucial role in this progress towards the world we hope for."

Heba

"A significant obstacle hindering the rapid growth of female leadership is the resistance and fear that women often encounter. Echoing the words of the Dalai Lama, women must embrace leadership roles, regardless of cultural, traditional, or societal pressures, particularly in traditionally male-dominated fields. By doing so, we can accelerate progress and ensure a more equitable future."

LEADING FROM SELF - PEOPLE FEEL THE DIFFERENCE IN A HEARTBEAT

Yurisha

"The first step is to allow ourselves the privilege to be our true self. As woman we are programmed and molded to be what is culturally and societally acceptable."

LEADING FROM SELF - PEOPLE FEEL THE DIFFERENCE IN A HEARTBEAT

Ria

"Just like Jane...has a ring to it!

It hits you when you realize while reading...you are just the same or maybe worse 😊".



COMMUNITY & LINKEDIN COMMENTS – YOU ARE THE VOICE OF MANY



YOU ARE NOT REPLACEABLE

Beatriz

"I love this publication I feel that finally what I learned, I can unlearn, all my working life my colleagues told me do not commit, do not strive, because we are all replaceable in a company, they see us as a number. This is the first time I can express what I feel, and I disagree with being replaceable. Yes we are unique, technical skills can be learned, soft skills can be learned, the essence of the person, their way of being and the set of their integral skills make them irreplaceable. In every job I have been in, I feel I have lost someone irreplaceable. I also believe that we associate the irreplaceable with someone who is overworked, or who has an excess of responsibilities, and there again we have a problem. How do we become those leaders of people who do not meet "expectations" and lead them to change?"

WHEN A SYSTEM IS OUT OF BALANCE, THERE IS A LACK OF TRUST IN LEADERSHIP

Ludmila

"I constantly feel that my system is out of balance, and an internal struggle to rebuild, seek sources of support! It's very difficult in these days, with so many demands, tasks to accomplish in personal and professional life, and this much-desired pause that is often enough to recover the basic energy for survival... extreme challenges surround us!"

Karla

"Balance is an art. It's never perfect. As a working mom it's an ongoing challenge".

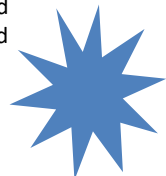
Sutthirada

"Many times, when I share what I want or give my opinion, others judge me based on how I express myself as I might seem rude or too quick to speak. Eventually, I choose to stay quiet and only do what others expect from me. When I stay silent, people praise me like I've grown, but inside, I feel confused, Is this the exact way to grown?. In my deep down, I haven't changed, I've just stopped expressing myself the way I used to."

FROM OVERWHELM TO EMPOWERMENT: HOW OUR NERVOUS SYSTEM DRIVES OUR DECISIONS & BEHAVIORS

Sutthirada

"After slowly working through your suggestions for 2 weeks, I think I'm starting to get a clear picture of what you mean about transformers. And I've also started some like meditation with my 3 years old daughter. We're doing it together, even though both of us feel a bit strange and uncomfortable just sitting still and focusing for 5-10 minutes. Anyway the journey just start, Let's see 😊".





BREATHING SPACE – 5 minutes

Time for Reflection & Notes.

What would I say and to whom if I dared to speak the truth?
Where do I need to speak up more? What is my next step in taking action?
What do I need to show up for in our LinkedIn Circle?

YOUR VOICE MATTERS!



FOR YOUR
UPCOMING
*6 WEEKS &
MEDITATION*

**MEDITATION &
SELF-INQUIRY
PRACTICE**

TIME FOR YOUR QUESTIONS





CHRISTMAS WITH LOVE FROM MRS CLAUS

[M&S 2016 Christmas Ad: Christmas with love from Mrs Claus](#)

A note of appreciation to **validate the unseen work** women do.



BREAKOUT CIRCLE OF 5 & 5 MINUTES

Validation for Women - everyone compliments ...

- 1. A heart-minded woman you like to support for her great work.**
- 2. Compliment yourself out loud for what you have done and name it!**

YOUR APPRECIATION MATTERS!

THIS IS A TIME OF CONNECTION, FEELING HOME & BELONGING

ONE MINUTE OF SILENT PRAYER & LOVING KINDNESS

for those who are still suffering from war, hunger, sickness, loneliness, existential fears, losing a loved one, job loss, divorce, trauma, severe mental illness or depression ...





CLOSING VIDEO

[Gratitude HD - Moving Art™](#)

GRATITUDE VIDEO



BE SAFE. BE WELL. KNOW YOU MATTER.
ENJOY A BEAUTIFUL CHRISTMAS BREAK.