





TAKE A MOMENT TO TURN INWARD

How are you feeling? How is your body feeling?

Please use the Chat box.







A WARM HELLO TO MY FAVORITE COHORT













TOGETHER WE RISE

INSPIRING EXPERIENCE SHARED BY BEATRIZ





TOGETHER * BREAKOUT

What aspects of the program have YOU successfully integrated into your team/multipliers so far?

3 PARTICIPANTS - 5 MINUTES

QUICK CHECK-IN

Performance Day 15.7.25 at 2 PM CET (60 mins)
IT WILL BE A KICKSTART
FOR MORE STAGES TO COME ...

LAST DAY MAY NOT MAY 6TH, BUT THURSDAY, MAY 8TH?

DON'T FORGET WHAT THE PEER GROUPS ARE FOR:
SHARING & PRACTICING!
WITHOUT PRACTICE NO GROWTH!

LET'S GO INSIDE







SELF INQUIRY – TOGETHER



THINK ABOUT AN AREA IN YOUR LIFE YOU WANT/ NEED TO CHANGE ...IDEALLY, A WORK SITUATION DELVE DEEP WITH ALL YOUR SENSES, EMOTIONS AND IMAGINATION

FIVE YEARS FROM NOW ...
YOU HAVE NOT TAKEN ACTION:
HOW DOES THAT EFFECT YOUR WELL-BEING, YOUR LIFE?
NEXT FIVE YEARS (10 YEARS) FROM NOW ...
YOU HAVE NOT TAKEN ACTION:
HOW DO YOU FEEL ABOUT YOURSELF?
NEXT FIVE YEARS (15 YEARS) FROM NOW ...
YOU HAVE NOT TAKEN ACTION:

AND NOW ASK YOURSELF: CAN I AFFORD TO WAIT?







Final Call to Action:

hymns of spirit

The longer you wait, the harder it gets.

Commit to yourself—starting NOW.

Underline Emotional Impact:

- The pain of inaction and the empowerment of taking action.
- How much your well-being will suffer if you stay stuck.
- Commit to change and envision freedom and success you'll feel five years from now.



YOUR, QUESTIONS



TOGETHER * BREAK OUT

1. How much time of the day are you spending in high Beta
2. Call to Breaking the Cycle
everyone shares 1 - 2 concrete steps

3 Participants and 10 minutes



IT ALL STARTS WITH YOUR THINKING & CREATING NEW NEURAL PATHWAYS

(NEUROPLASTICTY - SCIENCE OF CHANGE):)



THE FEMALE RESILIENCE SELF-CARE PLAN

FOR YOUR PHYSICAL HEALTH





Where do you stand regarding the 5 basic pillars of taking care of your body?

1 Nutrition/ Supplement

2 E

Exercise



3 Hydration

4 Sleep

5 Mindfulness & Meditation





EXERGISE AREYOUMOYING YOUR BODY REGULARLY?

ARE YOU CHOOSING ACTIVITIES THAT YOU ENJOY?
IT CAN BE AS SIMPLE AS GOING FOR A REGULAR BRISK WALK.



How is your diet? Let's investigate ...

Meat, Refined Sugar, Alcohol, Processed Foods, Dairy, Gluten (White pasta, white bread, cookies), Caffeine, Coca-Cola ...

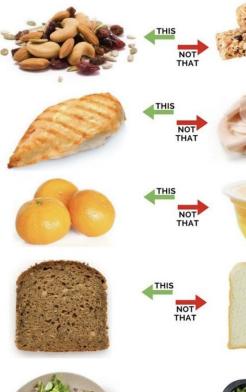
Versus

Veggies, Fruits, (Blue) Berries, Healthy Fats (including a Avocado), Seeds, Nuts, Salads, Fish, Whole Foods, Dark k Chocolate (72%), Whole Grains (Mediterranean food)....

NUTRITION



Real Food **VS.** Processed











SUPPLEMENTS ARE YOU SUPPORTING YOUR BODY?



Female Resilience - Supplements Brain Nourishment & Body Health





- Magnesium (with Calcium)
- Vitamin D3/K2
- B-Complex (B1, B2, B6, B7, B9, B12)
- Omega-3 (DHA & EPA)
- Curcuma Extract
- Antioxidants (Vitamin C, E, Selenium, Manganese, Zinc) & Iron
- Brain Boosters:
- Focus & Concentration:
 - Ginseng
 - Ginkgo Biloba
 - Brahmi
 - Choline

Energy Support:

- Mitochondria Infusion
 - ATP (cellular energy currency)
 - Integrative medicine approach

Tips for Shortening Jet Lag:

- **Melatonin & Calcium**: Take together a few days before, during, and after flying.
- **Higher Magnesium Intake:** During travel, for better energy and muscle relaxation.











Female Resilience - Supplements Brain Nourishment & Body Health

Infusions for Mito-Energy Support

Boost Your Cellular Power with Targeted Infusions

Key Components of Mito-Energy Infusions

- **1** Coenzyme Q10 (Ubiquinone)
- •Vital for energy (ATP) production.
- •Powerful antioxidant to combat oxidative stress.
- 2 NADH (Nicotinamide Adenine Dinucleotide)
- •Boosts ATP production and cellular energy.
- 3 Alpha-Lipoic Acid (ALA)
- •Regenerates mitochondria and supports the nervous system.
- •Strong antioxidant properties.
- 4 L-Carnitine
- •Transports fatty acids into mitochondria for energy conversion.

5B-Vitamins (B1, B2, B12)

- •Critical for mitochondrial energy metabolism.
- **6** Magnesium & Trace Elements
- •Magnesium is essential for ATP production enzymes.
- 7 Glutathione
- •Protects mitochondria from oxidative damage.

Applications

- ****** Chronic Fatigue (CFS)
- •Ideal for those with burnout or persistent energy deficits.
- Mitochondrial Dysfunction
- •Common in chronic illnesses or degenerative conditions.
- ** Performance Enhancement
- •Popular in sports medicine or for improving energy levels.











EYEGARE

YOGA FOR THE EYES - Integrative Medicine (1.20 MINUTES) https://youtu.be/RolYAoAalml?si=_2hbZmhciRK96awE

5 TIPS FOR EYE STRAIN RELIEF EYE DOCTOR (VERY SWEET GUY ?>)

https://youtu.be/rPfCtJ1PX9I?si=97XhSY9TbmuPBZZ8





HYDRATION DO YOU DRINK 2 LITERS OF WATER PER DAY?

Tip: 1 large glass of water with your coffee and/ or cake/ cookies or any other sweets and alcohol.







- HOW MUCH DO YOU NEED?
- WHAT IS YOUR CALMING DOWN RITUAL BEFORE YOU GO TO SLEEP?
- IS YOUR MOBILE AND SOCIAL MEDIA INTAKE SWITCHED OFF AT LEAST 30 MINUTES BEFORE GOING TO BED?



MINDFULNESS MEDITATION

ARE YOU KEEPING UP
WITH YOUR
DAILY (SHORT) PRACTICE?





RECOMMENDATIONS

The following slides offer valuable e recommendations to support your physical health, h, with a special focus on hormonal well-being.g.

Did you know?

Most medical doctors receive only one hour of training on peri-(40 to 45) & menopause (45-55)

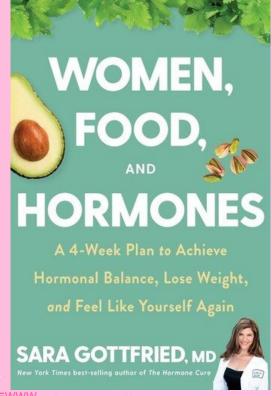
The TOP Support: EXERCISE - Strength h BUILDING!

PILATES & NICOLE https://youtu.be/y39T5jQfFM?si=KTj11-t_vhK8E45z





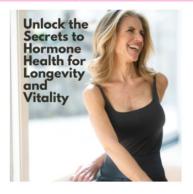
Women, Food, and Hormones



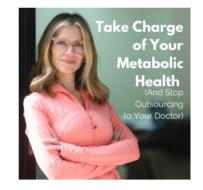




Dr. Sara Gottfried

















Dr. Sara Gottfried

HARVARD EDUCATED M.D. AND NEW YORK TIMES BESTSELLING AUTHOR

Her Podcast on building Resilience and Hormone Balance









Dr. Mary Claire Haver

Board-certified Obstetrics and Gynecology specialist, Certified Menopause Practitioner







Dr. Jen Gunter

OB/GYN and a pain medicine physician





The Science of Menopause





Dr. Lisa Mosconi

Ph.D IN NEUROSCIENCE AND NUCLEAR MEDICINE, Expert on the Female Brain Brain Changes during Puberty, Pregnancy & Perimenopause





Brain Changes during Puberty, Pregnancy & Perimenopause







Book on Brain food

Dr Lisa Mosconi Brain How to Eat Smart and Sharpen Your Mind The neuroscience behind the foods that will improve your mental fitness Transmissionment this book travaily Dr Repy Anila

https://www.amazon.de/Brain-Food-Smart-Sharpen-Your/dp/0241381770/ref=mp_s_a_1_1?crid=3KW0IYH 63ADXA&keywords=brainfood+buch+Dr+lisa&qid=16 99463859&sprefix=brainfood+buch+dr+lisa%2Caps %2C265&sr=8-1





HOW WE <u>EMBODY</u> THE WORK AS A LEADER, HOW WE SHOW UP, OUR WOMANHOOD, OUR PRESENCE, IS WHAT MAKES A DIFFERENCE.

Instead of "Wow, you did such a great leadership technique; I, therefore, trust you so much now", People say: "I feel inspired by you, safe, understood, seen, supported."

You radiate an INNER presence from where you connect with your team.

IT IS ALWAYS ABOUT THE HOW.

SELF-REGULATE FIRST. CONNECT WITH YOUR HEART & BODY FIRST.
THEN CONNECT WITH OTHERS, OTHERWISE, YOU LOSE YOURSELF IN THE OTHER.

CO-REGULATION IS MORE THAN SHOWING EMPATHY.

YOU ARE HOLDING THE CONTAINER FOR YOURSELF & THE OTHER.

SELF-CARE, SELF-REGULATION & STAYING IN TUNE
WITH YOURSELF IS THE FOUNDATION FOR GOOD LEADERSHIP.
STOP THE OVERWHELM WITH NEEDING TO FIX, TO HELP, TO CLEAR ...
DECONSTRUCT & <u>COME BACK TO YOUR BODY</u>.



BREAK OUT

HAVE AN ENLIGHTENING & FUN CONVERSATION

TACCETHEN

WHAT HAVE I LEARNT

WHAT DID I KNOW & FORGET

3 PARTICIPANTS 5 MINUTES

INSPIRATIONAL PEER GROUP ASSIGNMENT

Inspirational Peer Group work assignment (75 - 90 minutes)

- 1. Set a timer: Choose your timekeeper
- 2. Arrival Practice: Slow down your breathing and connect with your feelings & body (5 minutes)
- 3. Checking in: Feeling is Healing: Describe how you're feeling today. No storytelling, just keywords Ladies (3 minutes)
- 4. Investigate compassionately with your peer group & share your insights on:

 Reducing Stress My Journey from High Beta to Mid- & Low Range Beta to Alpha (15 minutes)
- Which stressful area in my life do I intend to overcome?
- What is my next (tiny) step to bring calm into this part of my life?
- When I fall back into my old stressful habit/ response, who/ what support do I need to feel response-able & return to a calmer response?
- What is the most important tool that helps me to self-regulate?
- 5. Female Resilience & Self-Care Plan for your Physical Health: (25 minutes)
- Investigate the 5 pillars for your physical health & how they relate to your lifestyle. Without judgment, be as honest as possible.
- Read the slides together and exchange your thoughts and feelings on the wellness paradigm & the six dimensions of well-being.
- Choose the 2-3 areas of the 5 pillars (or all choose ONLY what is DO-ABLE) you want to improve in your life and share why.
- How will you improve these areas & how can you support each other to stay on track?
- Follow the weekly checklist for 4 weeks. If you need additional support for your self-care, consider using the lovely self-care plan.





INSPIRATIONAL PEER GROUP ASSIGNMENT

Inspirational Peer Group work assignment (75 - 90 minutes)

- 6. Female Resilience & Your Self-Care Plan for Your Mental Health (25 minutes)
- When do I feel centered & connected with myself? Share with your peers.
- When do I feel connected with my body? When do I feel connected with my heart? Share with your peers.
- How can I come back more often to this feeling? Share with your peers.
- How can I regulate myself first before I connect with a stressed team or kids? Share with your peers. (Read the Post: A We without losing a ME)
- How am I doing with my breathing, and mindful & meditation practice? Share with your peers.
- How much playtime (fun time) do I have during the week? How can I create more space for fun & play? Share with your peers.

Please fill out your weekly checklist before you go to bed. It only takes 2 minutes.

7. Closure of gratitude & appreciation for yourself first and each other.

Close your eyes and practice gratitude for your work, group, community, growth and day (2 minutes).





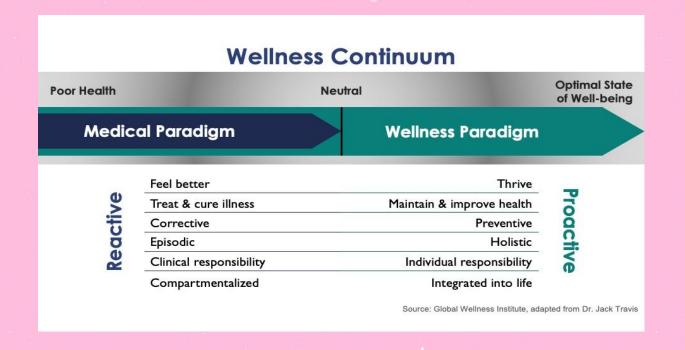
Well-Being is Multidimensional



- •Physical: Nourishing a healthy body through exercise, nutrition, sleep, etc.
- •Mental: Engaging the world through learning, problem-solving, creativity, etc.
- •Emotional: Being aware of, accepting and expressing our feelings, and understanding the feelings of others.
- •Spiritual: Searching for meaning and higher purpose in human existence.
- •Social: Connecting and engaging with others and our communities in meaningful ways.
- •Environmental: Fostering positive interrelationships between planetary health and human actions, choices and well-being.

INSPIRATIONAL PEER GROUP ASSIGNMENT.

I. Peer Group work assignment (75 minutes) – slide 2



INSPIRATIONAL PEER GROUP ASSIGNMENT -



Weekly Self Care Checklist

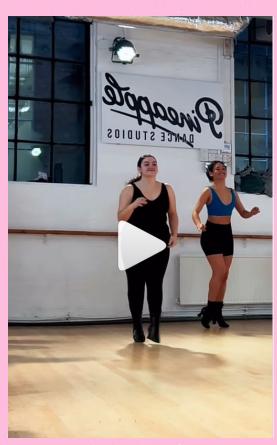
Tasks	8	M	T	W/	T	Ŧ	8
Got Enough Sleep							
Got Out of Bed on Time							
Cleansed My Skin							
Completed My Dental Routine							
Taken Medication/Vitamins							
Spent Time Outside of the Bedroom	\bigcirc		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Had Some Exercise							
Had a Snack or Two							\bigcirc
Connect with friends							
Spent Time Outdoors							
Had Water Throughout the Day	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc		
Had Nourishing Meals for Breakfast, Lunch & Dinner							
Taken Some Deep Breathes							
Taken a Shower							
Meditate & Relax							
Other							
	\bigcirc	\bigcirc		Facebook I	Page: Demo	ons Inside M	My Head

INSPIRATIONAL PEER GROUP ASSIGNMENT





CLOSING VIDEO





How are you feeling now?

Write into the Chat box ...

TOGETHER WERISE



