

Redefining Women's Leadership for the Future

Education is not just about filling minds; it's about shaping futures.



Leading with Presence: Mindful Leadership for Women Balancing Diverse Responsibilities 2-Day Executive Training Program

- 3-4 September 2025
- 9.00am to 5.00pm
- ACC EduHub

Emotion Intelligence . Communication . Mindfulness

FemmeForce Executive Development is committed to fostering Diversity, Equity, and Inclusion (DEI) within its programs and the wider professional landscape. By prioritizing DEI principles, FemmeForce empowers individuals from diverse backgrounds to thrive in executive roles, ensuring equitable opportunities and inclusive environments.

This commitment translates into creating a supportive environment where diverse perspectives are valued, and systemic barriers are challenged, ultimately driving positive change and promoting a more inclusive and equitable workplace culture.



Leading with Presence: Mindful Leadership for Women Balancing Diverse Responsibilities

OVERVIEW

The Femmeforce Leadership Program is specifically crafted to empower both emerging and senior women leaders in effectively managing stress and preventing burnout. Over the course of two transformative days, this program equips participants with essential tools and strategies to enhance their performance while navigating the complexities of balancing multiple roles.

Engaging in interactive workshops, practical exercises, and dynamic group discussions, participants will delve into a variety of proven methods to alleviate stress, incorporating Cognitive Behavioural Therapy (CBT) and mindfulness techniques.

By fostering a supportive environment that encourages self-reflection and collaboration, this program aims to build resilience and empower women leaders to thrive in their personal and professional lives.

OBJECTIVES

- **Empower Women Leaders:** Equip both emerging and senior women leaders with the skills and confidence to manage stress effectively and prevent burnout in their professional and personal lives.
- **Enhance Performance:** Provide participants with practical tools and strategies to boost their performance and productivity while balancing multiple roles and responsibilities.
- **Explore Stress Diffusion Techniques:** Introduce various methods to diffuse stress through interactive workshops and exercises, focusing on the application of Cognitive Behavioral Therapy (CBT) and mindfulness practices.

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OBJECTIVES	<ul style="list-style-type: none"> • Create Action Plans for Sustainable Leadership: Help participants develop personalized action plans that outline specific strategies for integrating stress management techniques into their daily routines and leadership practices. • Build Confidence in Leadership: Encourage participants to embrace their leadership roles with confidence, equipping them with the insights and tools to become effective leaders in their organizations.
STRUCTURE	<p>Day 1: Introduction to Mindfulness</p> <ul style="list-style-type: none"> • Explore the principles of mindfulness, understanding its benefits for mental clarity and emotional regulation • Understand the different types of Stress • Identify the differences between stress and burnout • Practical Mindfulness Techniques for Stress Management <p>Day 2: Applying Mindfulness Strategies to Manage Stress</p> <ul style="list-style-type: none"> • Assess leadership competencies-identify key strength to enhance growth and confidence • Learn to use mindfulness strategies into daily routine to manage stress and burnout. • Manifest perform through mindfulness
AUDIENCE	<p>This program is specifically designed for women in mid-to-senior leadership roles, including executives, managers, and emerging leaders, who seek to enhance their performance while effectively managing stress and preventing burnout. It provides a supportive community of like-minded peers dedicated to personal growth and leadership excellence. Join us to elevate your capabilities and establish a sustainable approach to balancing your multifaceted roles in an empowering and collaborative environment.</p>
OUTCOMES	<p>By the end of the two-day program, participants will achieve enhanced mindfulness awareness, developing a solid understanding of its principles and benefits, which lead to improved mental clarity and emotional regulation. They will gain insight into the different types of stress and the distinction between stress and burnout, empowering them to recognize their own stress triggers and take proactive measures for management. Participants will acquire practical mindfulness skills that can be seamlessly integrated into their daily routines, equipping them to effectively manage stress and enhance their overall well-being.</p>
INVESTMENT	<p>S\$900* (No GST Charge)</p> <ul style="list-style-type: none"> • Register and pay <u>S\$600</u> (S\$300* Scholarship supported by JN Medical APAC Pte Ltd) • Inaugural Deal: <u>S\$480</u> (Register and pay before 28 July) • Bring a friend: Register 2 for a fee of <u>S\$700</u> (Register and pay before 28 July) • For group registrations (>5), please contact FemmeForce.Exd@jnmedicalsg.com

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REGISTER



Registration

Venue: ACC EduHub. 51 Cuppage Rd, #03-03, Singapore 229469

Note: Venue is subject to change and participants will be notified appropriately

PRINCIPAL TRAINER



Joanne CHUA

Executive Coach, ICF-MCC

Joanne CHUA is an ICF Master Certified Coach (MCC), organizational and mental health coach who specializes in empowering women in leadership. With expertise in executive coaching, leadership development, and career transitions, she helps leaders navigate challenges while fostering personal growth and resilience. Joanne's coaching approach integrates positive psychology, emotional intelligence (EQ), and neuroscience, using techniques like cognitive behavior to enhance self-awareness, emotional regulation, and strategic thinking.

Joanne's methodology empowers clients to identify and overcome barriers, sharpen focus, and build stronger leadership capabilities. She is passionate about helping women break barriers, elevate their influence, and lead with clarity, confidence, and impact.

Areas of Expertise include:

- **Leadership Development & Career Progression:** Helping women enhance their influence and navigate leadership transitions.
- **Emotional Intelligence & Resilience:** Supporting leaders in managing stress and overcoming self-doubt.
- **Effective Communication:** Coaching clients through difficult conversations and motivating teams.
- **Organizational & Change Management:** Guiding leaders through change, generational diversity, cross culture and toxic work environments.

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S\$500
VALUE

Quiz.Analyze.Win.

Win a One-Hour One On One Private Coaching Sessions with an ICF-MCC coach.

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