

Redefining Women's Leadership for the Future

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



The Resilience Blueprint: Mindfulness and Resilience in Women Leadership

2-Day Executive Training Program

- 20-21 August 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.



The Resilience Blueprint: Mindfulness and Resilience in Women Leadership

OVERVIEW

The Femmeforce Leadership Program is designed to empower both emerging and senior women leaders to cultivate resilience and drive meaningful change while amplifying their leadership impact. The two-day program is tailored for women seeking to advance their careers with greater visibility and influence, it emphasizes the practical application of the 7 pillars of resilience through active participation and experiential learning.

Building resiliency as a leader is critical for establishing trust, fostering teamwork, driving effective decision-making, and navigating the complexities of leadership. It ultimately creates an environment where team members feel valued and empowered, leading to higher performance and satisfaction. Participants will enhance their adaptability in the face of uncertainty and change, equipping them to navigate challenges with confidence and composure.

The program also sharpens their problem-solving skills, enabling them to tackle obstacles creatively and effectively discover innovative solutions under pressure. By focusing on these essential resilience skills, participants will emerge as more capable, resourceful leaders ready to inspire and lead their teams toward success.

OBJECTIVES

- Enhance Team Empowerment- leading team with greater confidence and motivation.
- Overcome thinking traps: Discover mindfulness techniques to effectively manage negative thinking patterns and cultivate a growth-oriented mindset.
- Strengthen Leadership Visibility: Cultivate executive presence and increase your visibility to confidently express assertive opinions and perspectives.

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- OBJECTIVES**
- Navigate Challenges with Resilience: Equip yourself with tools to handle emotional setbacks, conflict, and ambiguity with grace and adaptability.
 - Foster a Growth Mindset: Embrace continuous learning and self-development to thrive as a leader in an ever-evolving professional landscape.

- STRUCTURE**
- Day 1: Cultivating Inner Strength and Empowering Teams
- Enhance Team Empowerment
 - Inspiring Confidence and Motivation in Your Team
 - Explore techniques to empower team members, fostering a culture of accountability and innovation
 - Overcome Thinking Traps and Strengthen Leadership Visibility
 - Mindfulness Techniques for Managing Negative Thinking
 - Learn mindfulness practices to identify and overcome thinking traps, cultivating a growth-oriented mindset
 - Develop skills to enhance your visibility as a leader and confidently communicate assertive opinions and perspectives
- Day 2: Navigate Challenges with Resilience and Growth
- Tools for Resilience in Leadership
 - Equip yourself with strategies to handle emotional setbacks, conflicts, and ambiguity.
 - Strategies to developing a Growth Mindset for ongoing self-development to thrive in a changing professional landscape
 - Integration and Action Planning

AUDIENCE

This program is tailored for women in mid-to-senior leadership roles, including executives, managers, and emerging leaders who wish to build foundational resilience skills; senior leaders and executives looking to refresh their strategies for navigating change; and team leaders and managers responsible for guiding their teams with confidence while managing stress and conflict. Additionally, HR and organizational development professionals focused on fostering a resilient workplace culture. It is also beneficial for professionals in high-stress environments, such as healthcare, finance, or technology, where resilience is crucial for sustained success.

OUTCOMES

The learning outcomes of the two-day resilience program are structured to equip participants with essential skills and insights for effective leadership. Participants will gain the ability to empower teams by inspiring and motivating members, fostering a culture of confidence and collaboration. They will learn mindfulness techniques to manage negative thinking patterns, thus cultivating a growth-oriented mindset that enhances personal and professional development. Additionally, participants will develop their executive presence, increasing visibility and the ability to communicate assertive opinions effectively, which establishes credibility and trust. They will acquire practical tools to navigate challenges with resilience, enabling them to handle emotional setbacks, conflict, and ambiguity with grace and adaptability.

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INVESTMENT S\$900* (No GST Charge)

- Register and pay **S\$600** (S\$300* Scholarship supported by JN Medical APAC Pte Ltd)
- Inaugural Deal: **S\$480** (Register and pay before 11 July)
- Bring a friend: Register 2 for a fee of **S\$700** (Register and pay before 11 July)
- For group registrations (>5), please contact FemmeForce.Exd@jnmedicalsg.com

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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