

Redefining Women's Leadership for the Future

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



Women in Leadership: Harnessing Emotional Intelligence for Impactful Communication 2-Day Executive Training Program

- 16-17 July 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.



Women in Leadership: Harnessing Emotional Intelligence for Impactful Communication

OVERVIEW

The FemmeForce Leadership Program is designed to empower both emerging and senior women leaders to drive meaningful change and elevate their leadership impact. It is ideal for women seeking to advance their careers with greater visibility and influence.

This high-impact, two-day training focuses on mastering emotional intelligence and communication skills, integrating mindfulness practices to enhance overall performance.

The program is built on four interconnected learning pillars, strengthening intrinsic leadership abilities: Emotional Intelligence, Resilience, Collaborative Mindset, and Growth Mindset. Through these pillars, participants develop the confidence and skills needed to lead with authenticity and effectiveness.

OBJECTIVES

- Enhance communication skills through learning Emotional Intelligence: Develop self-awareness, self-regulation, empathy, and social skills to build stronger relationships and foster collaborative, inclusive workplaces.
- Cultivate Mindfulness Practices: Learn mindfulness techniques to manage stress, improve focus, and make thoughtful, intentional decisions under pressure.
- Strengthen Leadership Visibility: Develop a positive, strength-based approach to leadership. Build confidence and authenticity to inspire and influence teams, stakeholders and organization.
- Navigate Challenges with Resilience: Equip yourself with tools to handle 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.

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STRUCTURE

Day 1: Emotional Intelligence in communication

- Understanding the core components of EI and their impact on leadership effectiveness and communication.
- Explore how mindfulness enhances leadership effectiveness through clear communication and emotional regulation.
- Improving your clarity, presentation, and negotiation skills.

Day 2: Applying EI & Mindfulness in Leadership

- Cognitive Behavioral Techniques (CBT) help overcome self-doubt by identifying negative thought patterns, challenging irrational beliefs, and replacing them with constructive, confident thinking.
- Resilience in women leadership: Techniques for managing stress, setbacks, and high-stakes decisions with confidence.
- Creating action plan to integrate mindfulness and EI into daily leadership practices.

AUDIENCE

This program is tailored for women in mid-to-senior leadership roles, including executives, managers, and emerging leaders, who are committed to personal and professional growth. It is ideal for those seeking to achieve a breakthrough in their leadership skills to unlock their full potential, enhance their decision-making abilities, and inspire lasting change within their teams and organizations.

OUTCOMES

Over the course of the two-day program, participants will gain a deep understanding of Emotional Intelligence (EI) and Mindfulness, learning how these tools enhance effective communication. They will develop skills in managing emotions, improving presentation and negotiation abilities, and applying Cognitive Behavioral Techniques (CBT) to overcome self-doubt. Additionally, participants will learn to integrate EI and mindfulness practices into their daily leadership approach for sustained growth and success.

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 6 June)
- Bring a friend: Register 2 for a fee of **S\$700** (Register and pay before 6 June)
- 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

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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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\$500
VALUE

Quiz.Analyze.Win.

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

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FemmeForce Executive Development
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