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PASSION VISTA

Luxury, Lifestyle & Business Magazine

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*Feature
Stories*
2022
OMEN
LEADERS
TO LOOK UP TO IN

The Leading ladies are reigning and breaking barriers across the globe by inspiring millions - Read and get enamoured by all their passion journeys

**Chasing
the Roads**
Women bikers who are breaking the stereotypes

**And the
Award
Goes To...**
Women directors nominated for Academy Awards

**Stories
Unleashed**
Female authors showcasing their literary prowess

NICKY BURKE

An Ode to The Beautiful Dance of Life



2022 WOMEN LEADERS TO LOOK UP TO IN



**ANJU
CHOUHARY**



**BAR
SCHWARTZ**



**BELYNDER
WALIA**



**BETHANY
PERRY**



**CHARMAINE
KM YAN**



**DAPHNE
SOARES**



**DENISE
LEDI**



**DR ANGELA
BUTTS CHESTER**



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JOHNSON**



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JENSEN**



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BEY**



**DR RASHI
GUPTA**



**DR SAMANTHA
REDD**



**DR SHELLIE
HIPSKY**



**DR SUBRINA
JESMIN**



**DRISHTI
BABLANI**



**ELEONORA
BONACOSSA**



**FLORENCE
AMALOU**



**HAYLEY
BOHAN**



**ILARIA
STORCH**



**JAIME
BRONSTEIN**



**JO
PICKARD**

The Leading ladies are reigning and breaking barriers across the globe by inspiring millions - Read and get enamoured by all their passion journeys



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CRAWFORD**



**LISA
MOORE**



**LORI
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**NICKY
BURKE**



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MALANI**



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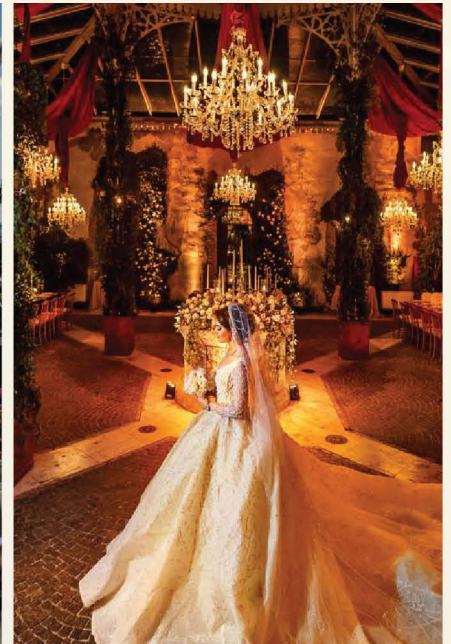
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ROBERTA TORRESAN

◦ Wedding Planner & Designer ◦

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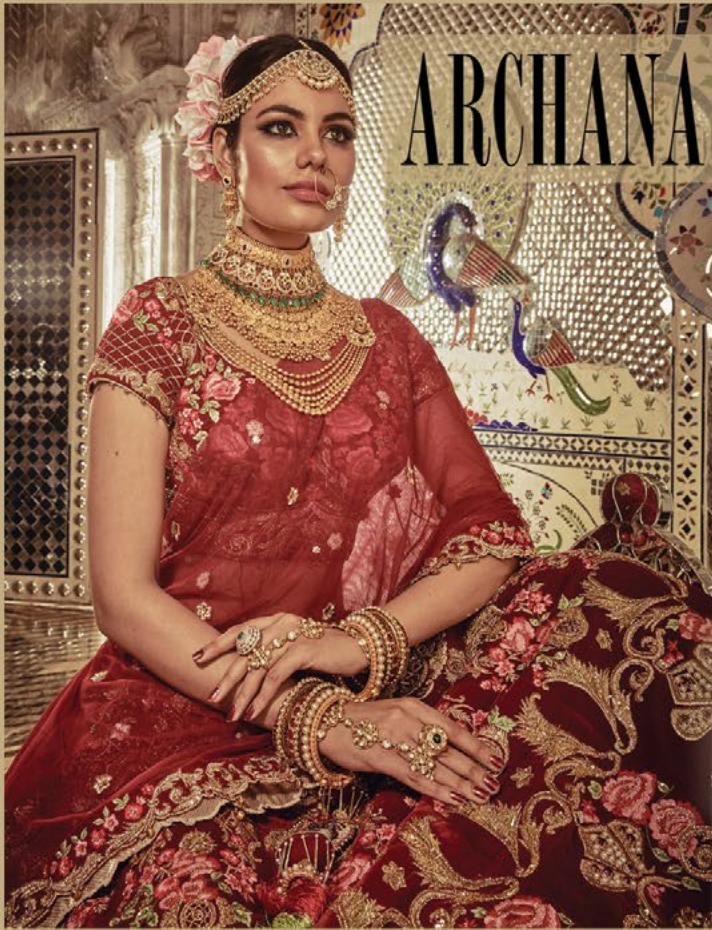
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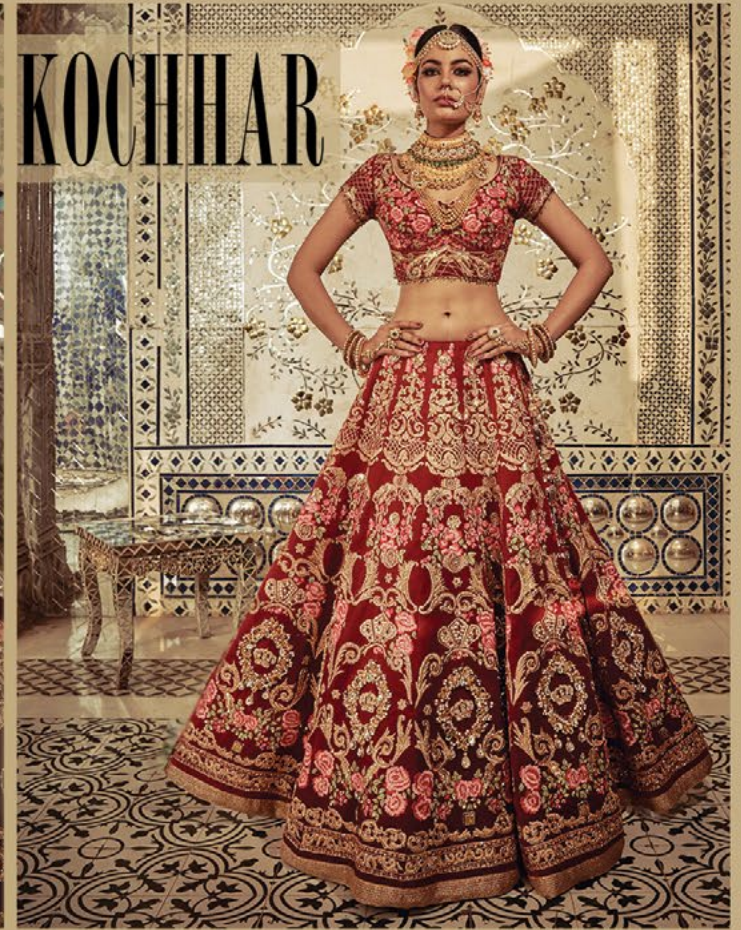
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Dr. GD Singh
(Editor In Chief)



As the masks come off and the world gets ready to step out again, we decided it is an opportune time to look back, count our blessings, and be grateful for them.

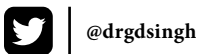
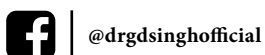
And thus, our Special Collector's Edition - Women Leaders 2022, is dedicated to women all across the world.. The ones who have been the backbone of families and society for the entire duration of the pandemic.. The ones working 24x7 to balance their home and family with the rigorous demands of a professional career.. The grandmothers, mothers, single women, students, even the infants, born in a surreal lockdown world.

From the women who lost their freedom in Afghanistan to the women who lost their homes to the war in Ukraine, the last year has challenged womenfolk like never before. A challenge, they have surpassed with reservoirs of grit and determination.

We take this opportunity to highlight some of them - the ones who have done commendable work in their respective fields and been trailblazers for girls across the globe. As you turn the pages, you will read about one inspiring woman after another, and go on a journey of success against all odds, with them.


With a heart full of pride, we present to you - our Women Leaders of 2022.. Women who are creative, classy, kind, and determined. We salute them, and spare a thought for the ones facing impossible challenges around the world. Hold on tight, your time has just begun!

Editor in Chief's Message





 | @neetusingh

 | @neetusinghmarwah

Dr. Neetu Singh
Managing Director
Unified Brainz Virtuoso Limited

Message

From Guest Editor

It's that time of the year again! As March brought the International Women's Day, it was once again time for us to unveil our eagerly awaited Special Collector's Edition - Women Leaders 2022.

This year, our team travelled far and wide to discover and honour some exceptional women across the world. Join us as we trace their journeys and learn all about them in enlightening conversations. With an eclectic mix of scientists, doctors, teachers, professionals, etc, we pride ourselves on a spectacular list of awardees.

Along the way, you can also read about daring adventurous women in Chasing The Roads - our special feature on women bikers, as well as women directors who broke the glass ceiling by being nominated for the Academy Awards this year. We also have an interesting line-up of women authors, who showcase their literary prowess and bring our pages alive.

The common theme running through the entire issue is that of 'Hope'... Hope that the pandemic is nearing its end, hope that we can get out and breathe in fresh air, hope that things will be normal again.

As you read about the super successful women through our pages, we too hope that you find a common ground with some of them that sets you on your journey of self-discovery.



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AND THE AWARD GOES TO...

By Arushi Garg

In the 94 year history of the Academy Awards, there have only been a handful of nominations for female directors. There is a vast void to fill when it comes to the recognition of female directors who possess qualities no less than any fine director if given a chance. With a total of 7 women being nominated in this category and 2 winning the award, these women have paved the way for aspiring woman directors that diligence and fearlessness can make them reach this platform too.

1. Lina Wertmüller

'Seven Beauties' (1975)

The first-ever woman to be nominated in the category, Lina Wertmüller showcased her nuance by presenting a story of a man who is living in fascist Italy during World War II and joins the army trying to escape from his tormenting past. But he abandons the army and is caught by German soldiers who put him in the prison camp where he must go to any lengths to ensure his survival.



2. Jane Campion

'The Piano' (1993)

Jane Campion has made history by being nominated for the Best Director category again this year with her poignant film 'Power of the Dog'. The Piano is set during the mid-1800s and this movie captures the hardships of a mute Scottish woman who has been sold off in marriage as she wanders to different locations in New Zealand along with her daughter. A beautiful movie that encapsulates the essence of womanhood through unspoken words by the lead.



3. Sofia Coppola

'lost In Translation' (2003)

Daughter of legendary director Francis Ford Coppola, Sofia showcases her prowess in this movie that focuses on a middle-aged fading American movie star who travels to Tokyo and forms an unlikely friendship with a lonely married woman in her 20s. Sofia contrasts the bustling city full of people against the growing despondency that the protagonists feel and eventually find solace in each other.

4. Kathryn Bigelow

'the Hurt Locker' (2009)

This war movie made history when Kathryn Bigelow became the first woman to win the Award for Best Director as she defeated her ex-husband James Cameron to it. A thrilling portrayal of soldiers who have been given the task of disarming bombs during combat in the violent and chaotic city of Baghdad. A new leader of the squad, using his unconventional techniques and persona makes his subordinates question his authority.

5. Greta Gerwig

'Lady Bird' (2017)

Greta Gerwig provides a masterstroke and provides the coming-of-age genre with a refreshing take. This movie grapples with teen angst, aspirations and dreams, all of this is embodied in the protagonist who is a high schooler in a strict Catholic School who longs for thrill and adventure whilst finding new romance and maintaining a good relationship with her parents.



6. Emerald Fennell

'Promising Young Woman' (2020)

This unique story about revenge promises to give goosebumps each time, Emerald Fennell has done a splendid job by stunningly portraying a woman who works in a coffee shop by day and at night masquerades as a force to reckon with as she tries to give men a lesson of a lifetime. With poppy colours used in the cinematography, the film hides a dark truth of our society.

7. Chloé Zhao

'Nomadland' (2020)

A cinematic marvel of the highest order, Chloé Zhao uses picturesque locations in the American West to narrate the story of a woman who has lost everything in her life and decides to become a nomad. She tries to live an unconventional life in her van and often meets wanderers who provide her with an insight into life that renews a new hope in her. For this movie, Chloé won the Best Director Award, a feat only second to that of Kathryn Bigelow.

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ANJU CHOUDHARY

Modern inspiration of leading a cheerful life



From a small town in Madhya Pradesh to the capital city of India, Anju Choudhary has carved her niche in the design & coaching industry. Being a fearless kid, always up for facing the audience and performing was one of the finest qualities she had since her childhood. Now an entrepreneur, leader, personal growth coach and designer, Anju came down to Delhi to

build up a small happy life for herself, little did she know what the future held for her.

Passionate about making art usable and transforming lives through her potential she came a long way. From someone who never wanted to be at the pinnacle of success with her leading brand, Wild ochre, she has left thousands of head-turning. The TEDx

speaker, has seen her life turning around 360 degrees, “when I started working for some of the best brands of Delhi in the Interior industry I couldn’t feel confident and it took me good 16 years of my professional career to realize my potential and break free from my barriers and embrace the person who really I was” says the influencer.

On the journey of unfurling

her potential, Anju came across as an undaunting woman. Standing each time she fell, led her to start the transformational journey in 2016. And she came across as a firm believer in the journey of self-development and transformation, she adds “I took charge of my life, opened my company bagged some great projects and within a few months started getting recognized for my work.”

Rapt in the art, she has redefined the concepts of real creativity in the design industry and tries to unravel each layer of the contemporary ideas, to create discerning ergonomics and functional art pieces thru her designs.

Building a dream takes your heart, soul, and mind, and maintaining a work-life balance amidst your journey is no less than a challenge, Anju elucidates, “when you have to achieve something in life, you have to give up on many things but the only thing that kept me empowered was my dream of following my passion and living a life that I love... And at the end, I am happy that the structure I have created in my environment is something that helps me to make sacrifices even today without being disempowered. And helps me keep creating this smooth balance today and in the future as well.”

An inspiration to many, Anju herself is inspired by her mother in many ways “She had the courage to get her kids,

especially me as a daughter to study and live a life of her dream. Another person who inspires me the most is Oprah Winfrey for her chasing her dream life and designing it against all odds,” says Anju.

At a time wherein ‘inclusion’ is finally receiving its importance in the world, Anju reveals that according to her experience and acquaintances, women are starting businesses at the fastest rate of any racial group. While minority women were being shut out when it came to capital access till recently, many workplaces are now conducting diversity and inclusion training.

Anju’s lifestyle includes reading meditation, rejuvenation through body spa, and enjoying the silence around her, No conversation with anyone but with herself in silence. Moreover, you will find her in some self-development webinars or a physical workshop. She adds, “I believe had I not taken a route of self-development in 2016, I would not be here. It is due



to self-realization that I have come this far after realizing my full potential and the journey continues this Saturday, next to next, I will always be happily working on myself and

also on the life of others...”

However, Anju isn’t far behind, and the plethora of awards and recognition she’s received stands testimony to that.

She has been conferred upon by Dr. Radhakrishnan Sarvapalli Award by Mentor X. In addition, she was also rewarded with the Rising Star – excellence in Life coaching by Rise & shine & Mentor x company. She was featured in newspapers & Magazines for her furniture exhibition Keepsakes which was Inaugurated by FDCI president – Sunil Sethi in 2018.

Anju aspires to constantly work on a titanium mindset, and wouldn’t be wrong to define Anju as a flawless blend of eruditeness, solicitousness, and flamboyance.





BAR SCHWARTZ

Setting The Bar High

together. From a young age, she was fascinated with technology. Thus, in high school, she chose to study advanced computer science. She later decided to pursue software engineering as a career path and gradually came to know the massive impact the tech industry had on shaping the future of workplaces by pioneering new ways of working.

In 2011, she joined SAP where she was introduced to Agile

ways of working. She gained fruitful knowledge there and expanded her role beyond her core focus to explore new future careers options. One of her key learnings, she says, was that “best solutions come from diverse people coming together to solve a problem”

She soon relocated to Berlin, Germany in 2013 and experienced a new work culture and organisational hierarchies that made her rethink various career roles. She took up different positions in quality assurance and product management in an attempt to improve her impact. She challenged herself every day to be the best she could be until she eventually realised that her true impact was not in her own expertise, it was on how to enable others to utilise their own. She started pursuing education in agile, psychology and coaching and poured this into her work to enable her teams to achieve better results.

“There is a gap between intention and reality. I believe many organisations want to make workplaces better



Having made a significant mark in the tech industry, Bar Schwartz is redefining the way individuals and organizations lead change by challenging oneself to clarify intention and be more open to new roles in life. She has completed two academic degrees, a coaching education and is currently pursuing another degree in psychology. She has even published a book and started her own coaching practice side by side of full-

time employment as an expat in Germany.

Raised by a single mother in Hadera, a city in Israel that was the epicentre of the immigration wave in the 90s. Bar was surrounded by people from different cultures who spoke different languages. Her desire to belong while still maintaining her own individuality, increased her natural interest in individual differences and what does it take for people to come





for women and all their employees alike. Organizations today make a huge effort to accommodate diverse needs when it comes to more flexible working times and locations. Nevertheless, we should not ignore that in most organizations nowadays it is still considered immature or unprofessional to express feelings which trumps their cultural change and psychological safety initiatives.” she states about the organisational culture for

working women in the present scenario.

As a woman leader, she deems there were challenging barriers that she had to overcome while remaining true to herself. She states that the biggest con was connecting on a personal level with her peers and managers, which eventually made taking decisions harder due to the struggle to remain objective. Being authentic often came at a price for her as she states, “you are not everyone’s cup

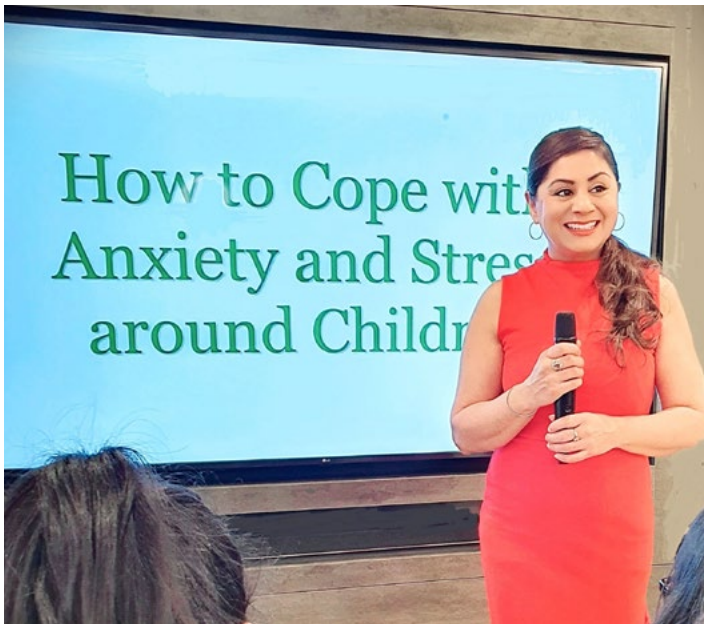
of tea and it was not always appreciated, welcomed and understood.”

Her mantra for growth, development and success she remarks is “There are facts and there are stories we tell ourselves about those facts that drive us to behave in certain ways. Change is hard because we struggle to differentiate the facts from the story. Under stress, we tend to blame the external world when things go wrong but change always starts internally.”

Bar was inspired by listening to a podcast called

Coaching for Leaders by Dave Stachowiak during long commutes. This marked a shift for her as she was so inspired by the podcast that she joined the Coaching for Leaders Academy. She mentions, “I learned how to bring together my tech background and coaching education to inspire and achieve true behavioural change in organizations. Dave and my academy cohort thought me that every book is written one word at a time. At first, we write to clarify our storyline. Step by step, it becomes a book. The same goes for change.”

Bar’s choice to follow her career passion also required making trade-offs along the way. She feels that being so engrossed in the pursuit of her career led to her often prioritising it before her personal relationships and even her own health. She says, “I had to clarify my own priorities and balance before I could truly change” Now she invests in life coaching for herself and prioritises herself, her coaching work and her personal relationships above all.



Belynder Walia is a firm believer in openness and resilience. She is someone who lets go of the things that hold her back from achieving the desired outcomes. Belynder is a person who believes suffering serves no purpose; instead, she prefers to live in the present moment. How much time do you spend worrying about what you can't change rather than what you can and should change? Belynder appreciates what is current and leads a more aware existence.

Belynder emanates from a gracious family. She has two incredible elder brothers and a remarkable older sister. Her parents used to own an Indian fabric business in London's Liverpool Street. One of her sources of inspiration was watching them hustle. It taught her two epochs in life - when enterprises prosper and when they languish. Unfortunately, Belynder lost her father - she was nine years old at the time. Later in life, she was inspired to study psychology from this loss.

Belynder is a psychotherapist who specializes in managing anxiety. She assists those who require immediate, efficient answers to current difficulties that negatively affect their lives. Belynder supports clients from all walks of life, from stay-at-home parents/caregivers C-suite corporates to celebrities and public figures. She has experienced the extremes of life, from living in comfort as an adored



daughter to extreme lack. On reflection, it is an excellent realization of what life should ultimately be about — living each day in the present, consciously, and with integrity. As a result, she trained further in Psychotherapy and Clinical Hypnotherapy to pursue a career enabling others to manage their anxiety and let go of anything that did not serve as a resolution. Belynder uses a variety of modalities



BELYNDER WALIA

A Serene Entrepreneur With An Enlightening Power



that allow people to self-heal. Foremost, she aids them to improve effectiveness and then maintain their mental, emotional, and physical health utilizing all three of their brains (the head, heart, and gut). While working in a senior leadership role in education, Belynder's psychology background allowed her plenty of opportunities to coach and mentor trainees. The projects then led her to train the trainers to be influential leaders. Over time, she realized that she had an aptitude for leadership in creating change. Thus, a turning point in her life began.

During this period, Belynder started Serene Lifestyles. In the initial stage, global internet behaviors were not the standard. But, she then recognized she is very adept at staying ahead of the curve in tools, approaches, and strategies to help people lead happier, more successful lives. As it is, Belynder is changing lives for the better every day!

Belynder says, "It is important to become more self-aware, self-accepting, and grow with self-love". Despite the many hardships they faced in life, her mother Ravinder Walia taught her to be authentic, brave, grateful, and to become someone who follows their dreams.

Belynder felt desperate and in debt when her spouse abandoned her. She recognized she needed to treat her mental, emotional, and bodily discomfort. She learned from the past, healed each day, and progressed via self-reflective therapy. Belynder has blessed

us with some powerful insights on this - "Writing is a meaningful way to express my dreams, feelings, and how beautiful this life is. I am a writer and an author. Words, whether written or spoken, have saved me many times throughout my life, and positive words can help someone else when they are in the darkest moments of their lives."

Despite her fears and insecurities from the past, Belynder is more than capable of providing superior mental health care for others with her phenomenal insights.

Belynder was named one of the outstanding women of influence by Passion Vista magazine 2022. She suffered from anxiety but now knows how to find her way back more than ever. She has written several ebooks, fiction books, articles and is currently writing her first non-fiction book, 'Fix Me', about how one can safely become their own therapist. If anyone knows about leading a therapeutic life, it is Belynder.



Belynder with her beautiful mother and amazing sisters

The well-being of those around her is at the core of her purpose in life. Her next step is to make an online therapy academy a part of her business. In addition, she continues to support parents becoming more conscious and children safer. Finally, Belynder genuinely wants to help save lives, she volunteers to prevent suicide, and people overcome life's traumas so they can live the life they deserve.

It is a continuous inspirational journey!



BETHANY PERRY

A powerhouse of positivity and resilience



A story of success against all odds, a tale of being in love with what we do makes the journey to achieve dreams plain sailing. All we need sometimes is a leap of faith, one such person who could accomplish this is Bethany Perry who didn't let her trauma decide her destiny and went on to create a safe space for people who suffer from the same issues.

Bethany spent most of her childhood with the warmth and love of her parents and grandparents. One thing she recalls about them is how they loved and appreciated earth and mankind regardless of race, creed, color, or status, which also instilled in her personality. Although her later life segued her between marriage and children, the ambitious woman in her maintained an interest in natural health and the world's food supply.

With a belief that tiding over personal issues is possible if one views it through the lens of compassion, Bethany Perry came out of her abusive marriage. Mother of 5 then moved to Nova Scotia to

be a Business Development Manager for a new restaurant and opened her yoga studio. Moving without her family was one big decision but she feels it an act of providence that she bumped into people who changed her life forever. They helped her to fulfill the dream she wished for, since her childhood.

The journey of transformation started with her first Neuroscience Coaching Course which she learned from Dr. Mandy Wintink and her introduction to Iyengar yoga with her now long time teacher Leigh Milne and Fr. Joe Pereira, an Indian Catholic Priest, with whom she practices and completed his KRIPA Iyengar yoga training for addiction. But unfortunately, with the demise of her younger brother, Bethany had to move back to the states for her family.

She started working relentlessly for more than 15 hours a day in sales and toiled herself between her work and life. The overdo resulted in a stroke and 8 months later she found herself in a hospital. But her greatest glory is rising every time she falls and each

time with more power and resilience. She got back with more adrenaline rush in her, as she explains, “While in the hospital, I started studying in a nutrition coaching school. I read and studied everything I could; I intended to get my ‘brain back’. What I learned in Mandy’s course about the brain was paramount to my own healing...”

And in less than a year after the stroke, she started her own coaching practice utilizing what she considers to be the 4 pillars of wellness. The health of the brain and mind; the state of your emotional life; nutrition and the food we choose along with yoga- the spiritual component to the connection of our bodies. “Diets do not deal with the root causes of our weight issues. This was so important to me because it is how my brother died. As with everything in life we can choose to discover and create something beautiful &

good out of the difficult things that occur. Hence Whole Life Healing!”

In 2017, the transformational trauma coach created Whole Life Healing Centers, a non-profit for those suffering from Trauma - specifically veterans, abuse & human trafficking. A place where those with PTSD can discover PTSG (post-traumatic stress growth). And in 2019 she started her coaching course; this too was to be in service of others.

With a belief that every human being has varying degrees of trauma. And a healthy change can only be achieved by approaching personal adversities through a compassionate lens. She creatively focuses on balancing powerful, fundamental, and often overlooked aspects of health, working with what she determines are the four pillars of a ‘Whole Life Healed’.

It is profound how Bethany



works with CEOs, C-Suite Execs, Therapists, and Sports Elite to overcome the trauma and anxiety that incessantly plagues them. She calls it her ‘VIP Elite Service’ for high-profile individuals who often don’t know where to seek a crucial, private, and confidential expert.

The only aspect she takes home without a doubt is that whether she is working with a CEO or a drug addict, every human being needs to be understood and loved just as we are throughout our lives. This catapults true inner healing and affects all those around us.



Bethany Perry is a woman with immense warmth and passion for every human being to be loved. She brings it out from within, and in her spare time likes to gravitate it through the small things as she loves to cook, weave baskets, sew, garden and kayak.



CHARMAINE KM YAN

**Founder of Bio-Genage Global Foundation
Innovator | Metaverse Z Entrepreneur**

Charmaine KM YAN is an entrepreneur who holds innovation at the core of her heart and learning as her driving fuel. She is the mastermind behind the successful 'Bio-Genage' which is a Natural



Health Products Company that is championing the cause of DNA Repair Concept and Nutrition, anti-aging and antioxidants. She is a woman who demonstrates that everything can be achieved if you put your heart and soul into it.

An ardent quantum physics enthusiast and having a great interest in consciousness studies, she is currently studying and doing research in QHC at Quantum University Hawaii USA. She feels that quantum healthcare technologies are the new future and she would focus on that along with wellness and



anti-aging. Charmaine is a firm believer in holistic healing which is mental, physical and spiritual upliftment and with the aid of guided meditation one's work-life can be perfectly balanced.

Born in Hong Kong, she moved to Canada with her parents at the age of 11. After

her graduation, she studied fashion design and was an Asian make-up model for Estee Lauder through John Casablanca's model agency in Vancouver. Charmaine has since been back to Hong Kong as she missed her relatives, especially her beloved grandparents. While there, she landed a job as an Airport Officer with an airline which helped her travel to different countries, getting to know more people and cultures.

In 2000, she shifted to Shanghai as a student and researcher majoring in finance and business, It was there

time with her outdoors and doing healthy exercises such as jogging, swimming or tennis. She feels that regular exercising has numerous benefits for children who rather just spend their time playing online games. She tries to create an optimal work-life balance as she feels it's important to devote time to her child as it will create everlasting memories for them.

Charmaine also believes that women must play a more significant role in the future. "If you talk of strategy, I believe women should create a powerful hub of network

that she got an opportunity to join the Shanghai American Club as a Public Relations and Membership Manager. She met many high-level dignitaries, government leaders, and Forbes 500 investors.

As Charmaine has one beloved daughter, at weekend she enjoys spending more

with our different abilities and talents to bring transformative changes to entire communities and the world at large. We should create more social activities to support other women and inspire as many people as possible. A sound voice from women folk is important because we could do a lot to support our

children, families and future generations,” she states.

Charmaine was also appointed a World Peace Ambassador in Canada for 2021 for the path-breaking work she and Biogenage are doing which has gained extensive global reach. She remarks “I feel I qualified owing to Biogenage’s trustable reputation as well as our good relations with different countries, which has encouraged them to promote healthier lives and eco-environment.”

At Bio-Genage Global Health, she and her team

discovered that due to Covid 19, a wide array of people have experienced loneliness, depression, reduction in health levels, unbalanced life, feeling lost and a looming sense of karma around them. This gave Charmaine an awakening to the cause of spiritual healing as being an important pillar in a person’s health. She says “Energy healing could make our bodies maintain strong energy with our DNA codes. Tao and Dao theories could solve the unbalanced mindset and bodies. To increase our 7th chakras alignment is the major key. Therefore energy and spiritual healing are the



biggest nutrients for humans also.”

Hence, Bio-Genage will present and promote more spiritual energy healing teaching, showing some

guidelines and also medicine quantum technologies in Metaverse Videos. With this, she is trying to manoeuvre a new era for health healing with upgraded technologies in the near future.



Her new project Metaverse Z Art and Metaverse Z World are specialised to empower the youth generation globally. She remarks “My reason Bio-Genage needs to transform into the Bio-Genage Global Foundation, mainly focuses on the next youth generation, their future hopes, careers, lives, education and even their own health. This is the biggest mission we can gather up global help to build a good cycle for the next generation even in some poor countries.”

FEATURE STORY

With an uncanny ability to create and foresee the best in people and business, Daphne Soares' work has made her indispensable in Business, Leadership, and NLP Coaching. With decades of experience from being in a 9-5 job to a homemaker, master's catechist, counsellor, hypnotherapist, psychotherapist, international speaker, and mentor, Daphne Soares has been able to connect to people globally from all walks of life.

Passionate about inspiring women globally, she got motivated to start her venture "Carousel Moms Business and Leadership Coaching". Daphne confidently went on to create a coaching business to empower women to overcome limiting beliefs, grow in self-

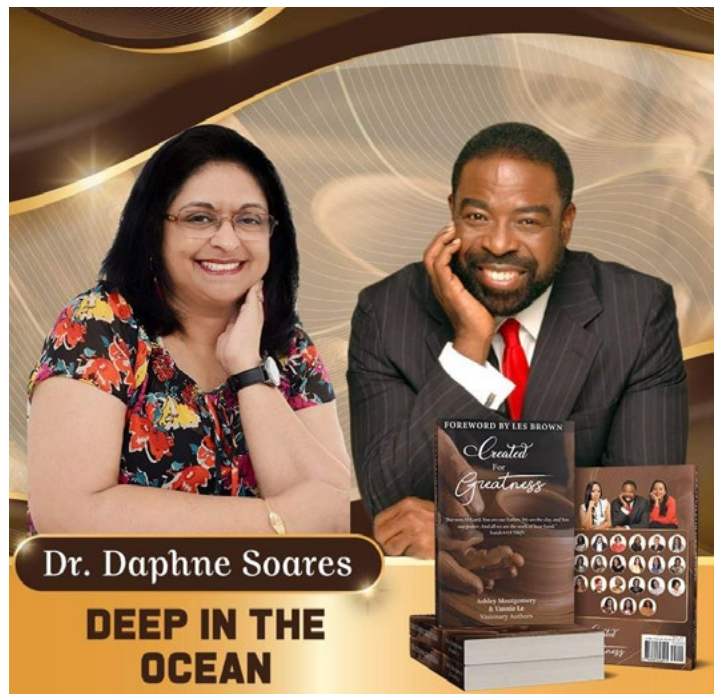
confidence, wisely use their talents, gain financial stability, set healthy boundaries both at home and in the workplace, and live their dreams.

She stepped into business after a lot of in-depth research and study on the various techniques and skills that best suit the needs of her clients. She says, "Not all clients have the same mindset and one technique doesn't work for all. Each client is unique and special. Each brings their own needs, wants, and abilities." She has found that listening with an open mind, being non-judgemental, holding



DAPHNE SOARES

An entrepreneur empowering moms to reinvent their lives, believe in themselves, and live their dreams.



Dr. Daphne Soares

DEEP IN THE OCEAN

space, and building trust accompanied by her vast experience and knowledge have led clients to major transformation and success. She takes pride in their success. She conducts one-on-one and group coaching both online and offline.

Daphne is also an award-winning bestselling author, motivational speaker, and

mentor. She is a certified professional from Australia, USA, UAE, India, and Pakistan in business, leadership, NLP, Time Line therapy Coaching and Counselling. But her story didn't start off as a fairy tale, having left her 9-5 job after marriage and becoming a stay home mom, she saw her career getting to the back seat. She says, "I treasured every



Award Malaysia – RULA and World Chamber, SHE Awards Top ladies in Business UAE, Elite Business and Leadership Award Philippines, Bangladesh Women’s Inspirational Awards 2022, and Women Icon Award in Coaching and Mentoring – Women’s International World Records and has had the honor to write a book with the global legend Les Brown.

Her greatest inspiration and role models have been her parents who held senior positions and were very focused yet made time for her and the family. Her mother E.C. Pinto was a Lawyer of the High Court and her father Frank Pinto the Senior Manager of Coordination and Planning. Professionally she is inspired by great speakers and coaches like Tony Robbins, Les Brown, John Demartini, Joe Dispenza, and John C. Maxwell to name a few.

moment of raising both our kids personally with great love and care.” She shares that she has no regrets about this time well invested in the family and it was all worth it. But her tenacity and resilience didn’t allow her to let go of her dreams.

two honorary doctorates which include the hall of fame award, pride of performance, Fakr-e-Pakistan, and the international peace award. She was ranked among the Top 10 Female Coaches by Yahoo Finance in 2021 and has recently been

graced with Guinness World Records Marathoner and has also ranked #7 among the Top Business Coaches in 2022 by The NYC Journal. Moreover, she has been recognized with Asia’s Outstanding Women Leadership and Mentoring

As her kids started settling down, she stumbled on a psychology course which triggered something deep within her. Beginning with discovering the Counselling Diploma, she began to probe deeper. “Above all, I could better understand how the human mind works, overcome stress, anxiety, fears, embrace situations with a smile, have a positive mindset which led me to a more healthy and happier life.” Following her gut, she stepped up and started sharing her story and today she is a world-renowned leader and motivational speaker.

As a successful entrepreneur, Daphne has been bestowed with many international recognitions, incorporating multiple business and leadership awards alongwith

As an inspiring women’s leader, we asked Daphne what brings her the greatest joy, to which she shares that her greatest joy is seeing the success and massive growth of her clients in business and leadership roles, growing in self-confidence, overcoming limiting beliefs, saying YES to themselves and their dreams. Moms sacrifice so much for their children and family. It is important for a mom to maintain the right balance in her carousel of life and sync to the right rhythm. Be sure to take out some ME time atleast once a week. It is not being selfish but being able to re-energize and re-boost to give the absolute best to your family and clients. You will not do justice to yourself



DENISE LEDI

A Thought-Provoking Mastermind

Denise Ledi is a magnificent personality who has devoted her life to helping others. Her brilliant approach and straightforward demeanor help them cut through the noise and get down to business. Denise is an Empowerment & Executive Leadership Coach based out of Edmonton, Alberta, Canada. Denise has a unique ability to see the potential in people, and she loves nothing more than helping them reach their full potential. In her work as an empowerment coach, Denise helps her clients identify their goals and create a plan of action to achieve them.

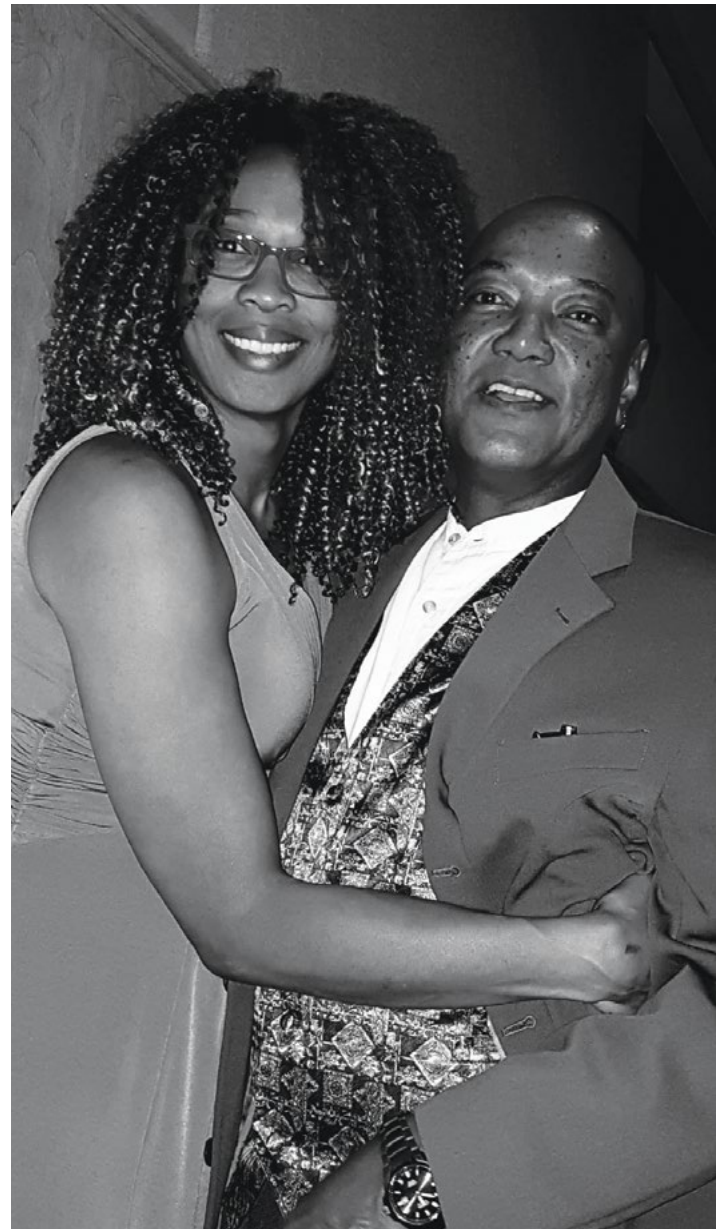
stereotypes. Denise was always determined to make them proud. Throughout her life, Denise faced many challenges. But she never let them get the best of her. She worked hard in school and achieved great success both academically and professionally. And she never forgot where she came from - her parents' determination and strength continue to inspire her every day.

When asked, what made her choose this profession, Denise



Denise Ledi was always a driven young woman. She was the eldest of her parent's children, and she quickly learned the importance of setting an example for her younger siblings. Her parents had come to Canada from Jamaica and Ghana respectively, in search of a better life. They had left behind friends and family to pursue their dreams, rise above & beyond 1960s societal beliefs, norms, and

responded with an inspiring story. "When my mother was having some health issues, our family and friends rallied around us. They stepped up to help in any way they could - cooking meals, cleaning the house, and taking care of my mom. My dad's brother and the family moved in to take care of us after my mom died. I was 8 at the time. I'll never forget that time in my life and the impact that so many people had on us. Since then,



I've always wanted to do the same for others. When they're going through a tough time, I want to be there for them as an anchor and support. That's my burning desire - to walk alongside others in their hour of need and help push them forward."

Talking about her work-life balance, taking time for herself was something that Denise had to learn the hard way. She always thought that

she needed to be working, doing something in order to be productive and prove her worth. But by purposefully making time for herself, she learned that it led to a much more balanced life. She was able to connect with loved ones better and appreciate her accomplishments more when she took the time to experience the journey. And not just work-related accomplishments, but also personal ones.

Denise Ledi has some powerful thoughts for women in the organizational work environment. She firmly believes that though women have made great strides in organizational cultures in recent years, there is still a long way to go. Women navigate the trials and tribulations associated with sexism, conscious & unconscious gender bias, and systemic biases that negatively impact their opportunities. Despite these challenges, women are breaking through glass ceilings and achieving leadership positions.

Intriguingly, in the journey of becoming a powerful leader, Denise also had quite

an experience in the work environment. She had always been a smart and capable leader. But there was one thing that she couldn't seem to get past no matter how hard she tried. She would give it her all, but something would always hold her back. She was frustrated and stuck. It wasn't until she worked with a coach that she realized what was holding her back. She had to get out of her own way and stop sabotaging herself. With the help of her coach, she finally found the power within herself to succeed.

Denise had always known that she was destined for greatness. Ever since she was a young girl, she had always dreamed



of making a difference in the world. She wanted to help people achieve their dreams and make their lives better. And so, she worked tirelessly to become the best person she could be. And now,

after years of hard work and determination, she had finally achieved her goal. She was a successful businesswoman and philanthropist, and she had helped countless people reach their highest potential.



As a final note of inspiration, Denise has some magnificent words for us. "You have everything you need to achieve your goals. You have the talent, the drive, and the passion. Don't be afraid to go for what you want in life. There's no time like the present to start making your dreams a reality. Don't let anyone hold you back - go for it!"

What an inspiring personality!!



DR ANGELA BUTTS CHESTER

Channelling Wisdom into Empowerment

Dr. Angela Butts Chester is a Pastoral Counselor, podcast host and media personality. She has built a career spanning 20 years and has created a reputation as a thought leader on health and wellness, spiritual empowerment, and positive mindsets as an international motivational speaker. Her work has become synonymous with making a massive difference in people's lives with her uplifting words.

Based in California, this native Virginian has been a Member of the International Society for Mental Health, Global Christian Professional Women's Association, and International Women's Leadership Association. Dr. Chester holds degrees in Pastoral Counseling (Psychology) and Divinity. She is also the bestselling author of *Before You Tie the Knot* and is the host of radio's *Daily Spark with Dr. Angela* and *Daily Spark TV* which airs internationally on many networks.

She is a source of infinite inspiration as she defeated breast cancer and became a survivor with her determination. As a solopreneur, she is highly focused and driven and knows the truth that self-motivation starts and ends within. Initially, it was a lot of hard work and effort, but she carried forward her endeavour dedicated to achieving her dreams.

Dr. Angela reveals that the most challenging barrier she had to face was the 'limiting institutional/individual mindsets of others.' People often have old fashioned views regarding women even though they outnumber men in earning degrees of higher learning but still, men usually end up in prominent positions and better-paying jobs. That's why it is part of her life's purpose to create a space where women are validated, supported, and encouraged to stay positive and focused despite all odds.

Dr. Angela has laid down



seven strategies that women can implement in their lives to achieve a more eminent role in their workspace. She lists -

1. Have clear goals. From X (current) to Y (desired) by date
2. Visualize
3. Continue despite obstacles
4. Move in silence everyone isn't on your side
5. Mitigate distractions
6. Celebrate your successes but track them. They are proof of why you deserve more.
7. Create strategic not just audacious goals. Tackle strategic goals that help you accomplish the bigger goals with specific tools that support your transition into your next stage.

She gives insights into how corporates can continue to make a better working environment for women. She feels that when a company is mindful and creates an atmosphere/culture where all people feel included and appreciated, you create an environment that is welcoming and easy to work in; the individual feels appreciated and thrives at work. Women are a large contributor to the workforce in America and companies making improvements for them culminates into better-surrounding communities.

“You can find inspiration around you every day when you have the eyes to see it. You can find wisdom in the whispers of the wind around you when you have the ears to hear it. I pray that you are inspired and positively influenced by it all. Never take for granted the gift of one's life and the opportunity to make positive change and

radical progress forward for the next generation to follow.” Dr Angela says this is the perspicuity each individual should keep in mind.

She shares the things she has learned along the way that have helped her become a success. These include accepting that not every friend is an admirer, obstacles are temporary - there's a solution to every question, and knowing one's limitations is essential. Her strengths are having a firm belief in herself during times of adversities. She channels this by helping women by teaching her programs 'Pivot for Purpose' and 'Believe to Win'.

Her family has been her constant support system throughout and she makes sure that she includes them in her visions which allows her to stay balanced and grounded. She feels that when a person invests in the family, the family invests in them. In her spare time, she enjoys gardening, travelling, and recharging her spirit amidst nature.



Lastly, Dr. Angela defines her passion which also serves as her life's motto and the tagline of her radio and tv shows 'enlighten, inspire, and empower'. She enlightens with information by sharing stories of those who are successful and it inspires them to stay empowered through media, courses, classes, presentations, workbooks, and webinars.

Being an endless reservoir of knowledge and fruitful insight, Dr. Angela Butts Chester is making the world a better place one day at a time.



DR CHARRYSE JOHNSON

Promoting the Path of Wellness
Founder/ Mental Health Consultant / Speaker / Author



As a leading Psychotherapist, Mental Health Consultant, Speaker and Author, the influential Dr. Charryse Johnson is a promoter of holistic wellness. Her passion is rooted in the belief that our past only holds the power we have relinquished - it is only meant to be a place of reference and not a place of residence.

The early years of Dr. Johnson's life were marked by constant change and uncertainty. She attended a different school every year until entering high

school. Attending college offered stability and proved to be the turning point that set her life course in motion. During her time at Lee University, Dr. Johnson was mentored by teachers and faculty and given leadership opportunities that helped her recognize the impact she could have in the lives of others. Dr. Johnson recalls, "Even as a young adult student, I had a heart for those in need and a passion to help others turn their pain into purpose."

Speaking about what led her to the field of mental health,

she says, "When I encountered individuals living far beneath their potential, I found they blamed their experiences instead of their effort. This fueled my desire to help



people embrace the relentless pursuit of learning and unlearning. Growth requires both intention and personal

responsibility. We must own our story and explore any patterns that maintain cycles of defeat, because we repeat what we don't repair."

After working for years as a psychotherapist, Dr. Johnson founded 'Jade Integrative Counseling and Wellness', to offer individuals and families comprehensive and collaborative support and care. Over the last fifteen years, she has had the privilege of helping hundreds of individuals navigate the space between struggle and strength. She's watched them step outside their comfort zone, do the work, and experience unimaginable growth and sustainable change.

As a passionate community advocate, Dr. Johnson consistently serves as an Expert Mental Health Consultant supporting WBTV, Queen City News, educational institutions, and non-profit organizations. She is an expert panelist for HER Health Collective and has contributed to published works supporting organizations such



as The Carolinian Newspaper, Ragan Communications, and Atlassian.com. In 2021, she collaborated with My Vinyasa Practice, and helped develop and facilitate The Enrich Program: Courageous Conversations on Self, Yoga & Social Justice. The year also led her to become a Founding Board Member of Leaves from Stella, a nonprofit organization that supports young adults who have lost a parent or sibling.

Dr. Johnson is a much sought-after Speaker and panelist at summits around the world. She presents on topics such as corporate wellness, mental health, antiracism, parenting and family. Dr. Johnson is the podcast host of “Live Life with Ease” and “Our Hidden Stories”, and in August 2021, published a best-selling book - Expired Mindsets: Releasing Patterns that No Longer Serve You Well.

When asked what has been the most significant challenge in your journey, Dr. Johnson expressed, “As women we contend with a wide range

of challenges. For example, I operate in a field where only 6 percent of mental health clinicians are black women. When I enter the room, I will be in the minority and viewed through a continuum of stereotypes. If I am direct, it can be viewed as harsh, or if I am driven this can be seen as aggressive or competitive. I have learned to take confidence in what I know about myself, and the only competition is ‘Me vs. Me’. I’m not afraid to defy social expectations and doing so has allowed me to create my own lane marked by autonomy and agency.”

As a successful entrepreneur, how does she strike a balance between home and work? “Building a strong foundation and expanding my reach meant temporarily sacrificing time with my family and friends, and many hours of sleep. But now, I prioritize every moment of my day and make sure that seasons of high stress are followed by time for rest and recovery.”

Dr. Johnson is grateful for her children Cierra and RJ, and for her fun-loving husband Randy, who forces her to relax. They met in college and have been together for 26 years. “In the early years of my business and while completing my Ph.D., our quality time was one of the biggest areas of sacrifice,” she says.

While her family has had to sacrifice, they have also been

a strong source of support and motivation. Dr. Johnson’s primary source of inspiration has always been her mother. Hours after the birth of her youngest child, her mother lost an eight-year battle with cancer and passed away. Dr. Johnson shares, “This was a significant loss but helped shape my perspective on the power of now and the importance of making every moment matter.”

Setting and maintaining clear boundaries has supported Dr. Johnson’s success as a woman leader. “I am comfortable communicating my needs and willing to say ‘pass’ on experiences where the cost outweighs the benefit. “Opportunity comes to those who create it, so stop waiting for permission to own your greatness!” sums up Dr. Johnson.





DR KARINA R JENSEN

Global Facilitator in Innovation and Leadership

Interestingly, Karina has made three career shifts in her lifetime - from corporate roles in launching global initiatives in Silicon Valley to founding her international advisory firm Global Minds Network - to pursuing her PhD and serving as a professor in global innovation and leadership, as well as co-founding a leadership center in France.

“Each time that I made a career change or launched a new initiative, I was faced with some criticism, mixed support and resistance. These challenges helped me become more resilient and focused on

my purpose while aligning with stakeholders and those who were supportive. By embracing change and new opportunities, I demonstrated to my family, friends and colleagues that I was able to strengthen my knowledge and experience while creating value for my vision and purpose,” reveals Karina.

Today, she’s the proud Founder and Executive Director of ‘Global Minds Network’, an international advisory that provides global innovation readiness solutions for leaders and teams.

In addition, she’s the co-founder of the Centre for Leadership and Effective Organizations at NEOMA Business School and the



co-founder of the ISPIM Innovation Leadership SIG. She launched the Empower Social Entrepreneurship program for youth in Nepal

Dr Karina R Jensen is best acknowledged as a Global Facilitator. Born in San Francisco with Scandinavian heritage, she spent her early years traveling and residing with her family in California (US), Norway and Sweden. This experience motivated her to pursue an international career path that has been influenced by her interests in global innovation, leadership development and multicultural collaboration. It has brought

her opportunities to launch global and local initiatives, explore and learn about diverse cultures, and develop international networks of friends and colleagues. She has travelled to 50+ countries in six regions with Bachelor, MBA and PhD studies in the US and Europe. Currently based in Paris, France, she enjoys her roles as an international consultant, educator, and change facilitator in global innovation and leadership.





and Ghana and has founded the non-profit micollaboratory.org to create a social impact platform for youth. Last but not the least, she's the author of the book *Leading Global Innovation*.

Speaking about the passions that drives her to partake in so many roles, Karina says, "Since my early years, I have always had a passion for art, travel, learning, and discovering new cultures around the globe. When

embarking upon my corporate, consulting and academic careers, these passions have served as my 'fil rouge' or guide in exploring how to optimize the collective wisdom and creativity of diverse groups through multicultural collaboration. This allows me to design and deliver valuable solutions for enabling leaders and teams to create global and local impact. In recent years, my goal of enabling youth entrepreneurship through social impact is also being realized."

Does her busy professional life ever overshadow the personal, we wonder? "My instinct is to say 'Yes' to all opportunities, yet it becomes necessary to prioritize key projects in order to manage time and create more value. Thus I've become more conscious of separating my professional and personal lives in order to enjoy the weekends and vacation time to fully relax with family and friends," she tells us.

For Karina, weekends are 'inspiration' time which see her enjoy an art class on illustration at Beaux Arts de Paris. After class, she usually takes a stroll through the Saint-Germain-des-Près district to enjoy street art, browse through galleries, and meet friends at a café. In addition to exploring the arts

through courses, museums and events, she enjoys traveling to new cities and countries in order to learn about diverse cultures. When she travels for work, Karina ensures she reserves time to discover local life through excursions and the arts scene.

Yet, for Karina, it is her family, friends, students and colleagues that inspire her the most. Her parents have been very supportive and served as great role models. Her mentors have guided her through her business and academic paths. Her students provide her with inspiration through the learning journey. And the International Advisory team at Global Minds Network offers inspiration, support and guidance.

Nevertheless, for Karina, success lies in her strengths centered around curiosity, love of learning, and persistence. "Curiosity allows me to question the past and present, identify gaps and challenges in order to create new solutions. My love of learning has uncovered new knowledge and helped me connect with fascinating people. And persistence has helped me stay the course in taking the road less travelled through hard work and patience," shares the formidable Karina Jensen.

EASTERN PARADISE

By Arushi Garg



A fulfilling trip that is with an abundance of historical monuments, tranquil river cruises, picture-perfect cafés, hospitable people, rich culture, happening nightlife and delectable food.

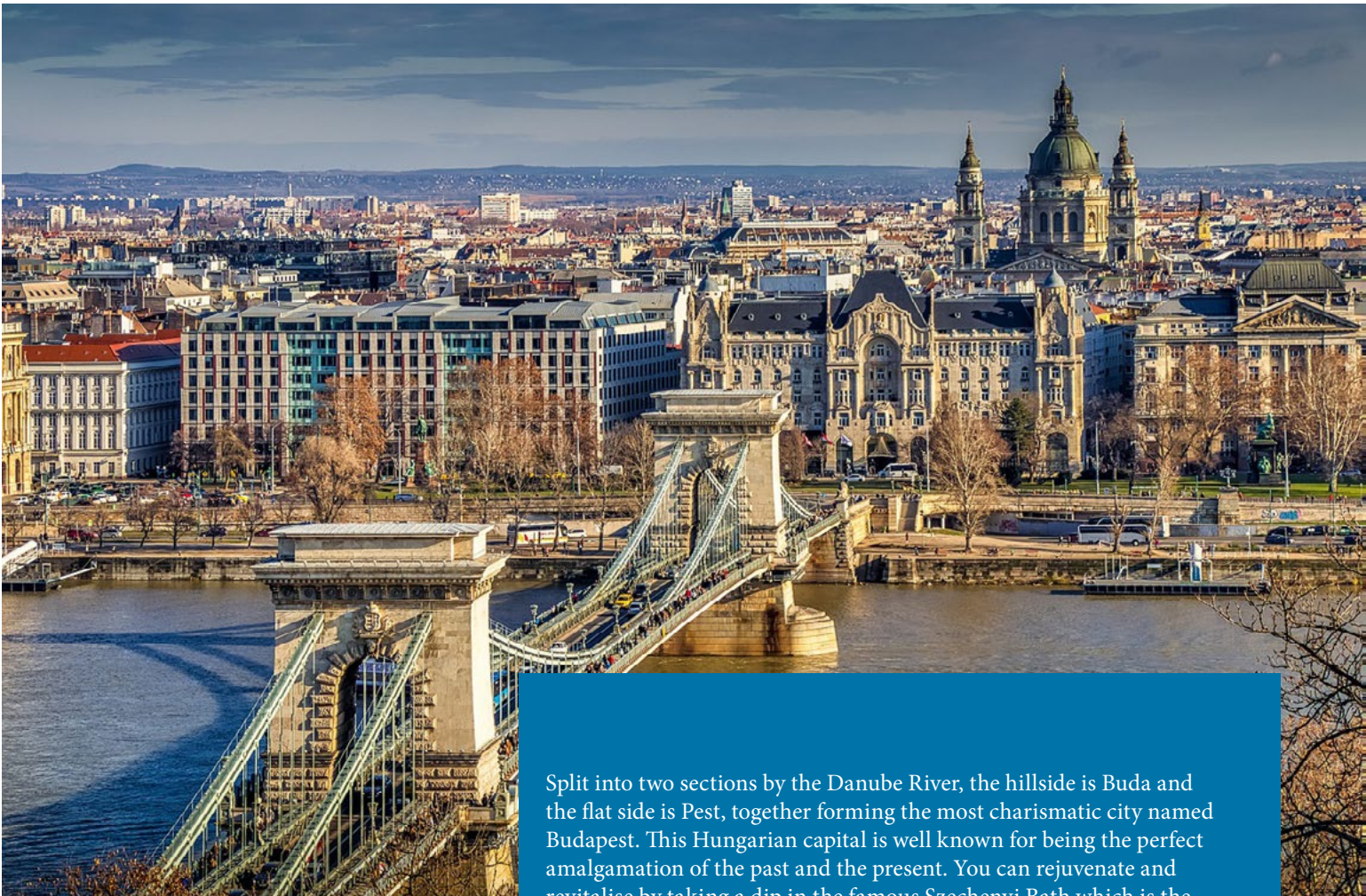
1. Prague



This city exudes a captivating charm that will transport you to fairytale land with cobbled streets, a jaw dropping sunset, beautiful cathedrals, a serene river and street artists performing all around. The most famous area of Prague is the Old Town Square where the coveted Astronomical Clock is located. You can get lost in the many shops of all shapes and sizes and have the most delicious Chimney Cake in the whole world.

A trip to Eastern Europe is incomplete without a classical music concert held in a magnificent building under an embellished roof with mystical paintings. You can enjoy Vivaldi's Four Seasons in Klementinum, St. Clement's Cathedral where the symphonies seep right through the heart. Charles Bridge is a gothic architectural structure that crosses the Vltava river and is a gateway to the Old Town where you see the skyline of the city. Prague Castle is built in Romanesque style and also has the renowned St. Vitus Cathedral in its complex which is a must visit too. Prague is a city that becomes etched in the memory of its many visitors as its beauty never seems to fade away.

2. Budapest



Split into two sections by the Danube River, the hillside is Buda and the flat side is Pest, together forming the most charismatic city named Budapest. This Hungarian capital is well known for being the perfect amalgamation of the past and the present. You can rejuvenate and revitalise by taking a dip in the famous Szechenyi Bath which is the biggest thermal bath in the city and has a total of 18 different pools.

You can take a cruise down the Danube River where the many monuments and buildings can be witnessed and you can amass the view of the city being engulfed by the twinkling lights as the sun starts to set.

The most breathtaking view can be witnessed atop Gellert Hill from where you can envelop the beauty of the capital. You can also visit the spacious Heroes' Square and the massive Buda Castle which are famous tourist spots. The most unique site is the Fisherman's Bastion which is a fortress that looks surreal and straight out of a movie. Enjoy a night of fun at the many Ruin Pubs located in the upbeat area of Holo Utca which has a string of restaurants offering different cuisines. You can finish off your trip with a nice breakfast in New York Cafe which is considered to be one of the most beautiful cafés in the world.

3. Bratislava



Just 2 hours away from Budapest, this small city is the capital of Slovakia and can be best enjoyed by walking through its many squares and streets. This city is in perfect harmony and it feels that you can wander away without a care in the world and get enamoured by its beauty. Bratislava had to withstand the thaws of history with many invasions and wars but they have embraced the past with the present and have preserved the historical places with exuberance.

The Old Town is the heart of the city and houses the Old Town Hall which is a 45-metre-high tower that boasts the most mesmerising panoramic view of the place. While enjoying the splendour of the place you must try the wide array of lip-smacking desserts that many small cafés offer along with freshly baked bread and a cup of nicely brewed coffee. Along the way, you will see Michael's Gate which is the only preserved gate that was built in the 14th-century and also lodges the Museum of Arms. The fountain in front of the popular Ritz Carlton Hotel is a nice spot to enjoy the city breeze.

JK Luxury European Products is a company established in 2017 in the United Arab Emirates, and in 2019 in Greece by Dr Kate Janik.

We produce in Europe, a handmade, organic skincare brand called JK JANIK that is of premium quality and suitable for all skin types and all ages. All ingredients used in our skincare are carefully chosen in a way that their harvesting or production has no harmful impact on the environment. Each ingredient must be 100% natural (not of natural origin only) and 100% organic. We only use natural biological processes, guaranteeing complete omittance of chemicals and chemical processes used in conventional cosmetics. We follow fair trade rules. Use recycling packaging that is also hand-decorated. We don't test on animals. All products are Kosher, Halal and vegan-friendly.

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DR MAKIDA BEY

Persistent Personality and A Life-Changer

Dr. Bey, an anxiety therapist and coach, as well as an OCD and phobia slayer, assists individuals, couples, and families in activating their genuine selves. She helps them live a full and happy life free of unjustified, needless tension and concern. She encourages individuals to enjoy their lives to the utmost. Her early work was mostly geared toward becoming a therapist, but as fate would have it, it took an unusual but gratifying detour. Makida has worked as a clinical trainer, instructional

designer, chair of a non-profit organization, fashion model, subject matter expert for government projects, executive and personal coach, and lastly a mental health therapist. All of these experiences have been satisfying in their own right, and they have introduced her to some of the most intriguing and difficult individuals.

She has a Doctorate in Psychology, a master's degree in counseling psychology from Towson University, and a bachelor's degree in psychology from Alfred



University. In addition, she holds a Graduate Certificate in Cognitive Behavioral Therapy from Harvard Medical School, a Graduate Certificate in Instructional Systems Design from the University of Maryland, and a Graduate Certificate in Leadership Development from George Washington University, among others. Makida also studied for a Ph.D. in Work and Organizational Psychology at Aston University in the United Kingdom. In addition, she serves in several voluntary capacities, including as a Global Goodwill Ambassador and formerly the Board Chair of a non-profit organization.

such as PTSD, Depression, psychological dimensions of health, cultural racism, and self-care for people and communities, in addition to offering psychotherapy. She has also assisted with courses on micro-aggression, racial discourse, and how and when to engage others in tough conversations. Makida had become accustomed to bearing herself in settings that were only built to suit a portion of her. In practice, this meant that she moved often and fluidly among business circles, with little overlap, to fulfill her goal to live meaningfully in all facets of her identity. Makida learned early on to be confident in both her hijab and her academic abilities - the incentive she needed as she progressed in her lively profession. Makida worked with the Defense Centers of Excellence for Psychological

Makida Bey is deeply committed to resilience therapy and coaching. Makida has lately been a guest speaker on themes that benefit from resilience coaching,

Health and Traumatic Brain Injury (DCoE) Resilience and Prevention Directorate as a Subject Matter Expert. Her areas of specialization include behavioral health, Employee Assistance Programs, facilitation and training, and curriculum design and development.

Dr. Bey's job as an instructional designer and trainer has taught her how to better develop learning strategies for coaching her clients. She recalls being able to help a particular client achieve her personal and professional balance with less sacrifice, which is especially important for people who suffer from a lack of executive functioning. There is still more work to be done to provide equitable opportunity for men and women in the workplace. One approach to do this is to examine these behaviors regularly, utilizing measures like tenure and promotion parity across different genders and races. Makida has seen some vivid depictions of what a woman in trouble looks like. What you don't see, and what's worth highlighting, is that these crises are only getting started in terms of developing practical answers and adapting to the present scenario. As a woman in a male-dominated business, this is an excellent place to be. All of the things a woman may do and learn about herself and the people around her are both fascinating and terrifying. "The journey will be difficult, with lots of bumps along the way," she said.

Makida cherishes the time she spends with her family. Her

hobbies include science fiction films, beach vacations, and binge-watching TV shows like Game of Thrones. She despises being caught in traffic behind slow vehicles - a long-standing pet peeve.

All of her experiences in life, as well as her upbringing, have prepped her for the degrees and certifications in psychology that she has achieved, satisfying her desire to put what she has learned into useful practice. As a consequence, she was able to shift her attention from a passive activity to actively contributing to the creation and support of people and communities as her major responsibility. Makida has already begun to work toward these goals, and she now wants to have the opportunity to further develop the knowledge and talents necessary to achieve them. Makida is leaving no stone unturned in her effort to win hearts by establishing objectives and becoming a role model every day of her life.



RAHMA nonprofit organization



Steve Jobs has said it right, “Innovation distinguishes between a leader and a follower.” A person with ordinary skills does not comply with this capacity. Dr. Gupta is someone with a distinctive style of leadership.

Multi-skilled, beneficent, and resilient, Dr. Gupta is a truly remarkable woman. She is amongst the group of people who can multi-task between being a dentist and a dynamic entrepreneur. Some people are born achievers, Dr. Gupta resonates with this line. Ever since she set foot in Australia to pursue her career as a dentist she had a clear vision of being exemplar with her skills. She went on further to work as a dentist for a few years and later bought one of the oldest dental practices in regional Victoria Australia.

Presently, Dr. Gupta holds management positions in multiple dental practices,

wherein Norlane Dental Surgery is one of the most renowned, modern surgery with the latest medical technology with utmost automation.

Additionally, she is also managing multiple businesses with her husband, “We’re currently constructing one of the region’s biggest healthcare hubs, a set of facilities including one of the largest dental practices, a large medical centre with allied health facilities, a Day Surgery, a Montessori Childcare Centre and a Café.”

Dr. Gupta completed her degree in India in 2000 and arrived in Australia four years later. After getting married to her soulmate, she entered the business world. Being a newbie, she had to learn from the ground up whilst married and with a toddler, in a completely new country with its own culture. Gupta was seen working diligently all day



DR RASHI GUPTA

A Brilliant Mind and a flamboyant Leader



and night for almost two years to understand the intricacies of the business.

Challenges are the seeds that help up bring out the toughness and strength within ourselves Dr. Gupta has faced and overcome huge challenges, which is why she is an incredible role model for women. “Management and the actual running of the businesses was not my strength. I initially had to work very hard to overcome this weakness. I did multiple management courses related to how to run businesses, people management issues, financials, marketing, and the list goes on! Also, I think being a woman upgrading skills also was very challenging. I had to leave my kids at home and travel to USA, Columbia, and interstate for my studies.”

Dr. Gupta finds sheer delight in inspiring the women in business and giving back to society for making her the powerful woman she is today. Elucidating her experience, she says “I think a decade ago, I really found it hard to work in the corporate world as a woman. People today are more accepting of women as leaders. I must say even now a lot of effort goes into proving yourself and putting your point across. From personal experience within my field, women are doing as well as men in dentistry...”

It takes confidence to take sizeable steps to achieve a dream, Dr. Gupta ventured her inspiration from one of the greatest leaders of Indian history Indira Gandhi, “She was highly intelligent, charismatic to a fault, and a decision-maker come-what-

may...” Following her path, Dr. Gupta paved her way with immense confidence in herself “Ignore the non-believers and keep on, whilst making measurable and concrete milestones on the way to your goals. I believe a personal journal is of great value for keeping track of these.”

Entrepreneurs remain on the lookout to escalate their position in the industry. Dr. Gupta puts forth her formula to accomplish this, “If you give others enough of what they want, you will get more than enough of what you would ever want, I live by this mantra. I have wished for things that seemed impossible at the time I wrote them down but they all came true with sheer hard work and passion. Just keep going in spite of inner doubts”

A woman with such tremendous visions and achievements, especially in the health industry, is most fitting for plentiful recognitions. Some of her sea of awards include the Best dentist in the region from the last 3 years, moreover, she has also been listed for the Business Leader of the year award in 2021, she was also featured on the cover page of the Australian ‘BITE’ magazine.



As phenomenal as her ideologies sound, Dr. Gupta’s spellbinding tips on becoming an influential leader continue to inspire many. “Do not underestimate yourself, no one will come and shape your life – you have to. Once you do decide to though, you will be amazed by the amount of support you will be given.”



DR SAMANTHA REDD

A Saviour Helping Women in Distress



Dr. Samantha Redd has been a guiding light in the lives of numerous women who have been dealing with trauma, courtrooms, domestic abuse and child custody issues for the last 10 years. She is transforming their lives by radiating good energy and providing them with hope in times of adversities by imbuing them with confidence, clarity and contentment. Her signature mask that she wears while working makes her feel unstoppable as she carries forward her noble efforts.

Her formative years were spent living in a dangerous city where one had to watch out when going out in the streets. However, this situation made her inner strength grow and she adapted to be calm in any situation, trust her instincts and use her skills to help others. She utilised education as a tool to elevate her out of where she lived and soon



succeeded in getting her Ph.D. in science with the support of her loving family. That's why she states that her mother is her role model who has always believed in her even when she didn't believe in herself.

She feels that her biggest challenge/blessing is walking in her client's shoes. She has a deep connection and

understanding of what her clients go through as she has been through that journey herself. She uses meditation and grounding techniques to not carry forward her client's issues during the day and allow her to continue the fight for fairness and justice.

Dr. Samantha feels the most challenging barrier in her career is "Being a woman leader in my field! The challenges in my field are that the legal field is mostly run by men and most of my work with my clients is helping them remove their emotions when presenting their cases for court. In the courtroom, a mom that cries too much will sour the judge, which can then cause her to lose her children because she became emotional."

When it comes to the present organisational culture being supportive of working women, Dr. Samantha acknowledges that some organisations are better for women to work at than others. She feels that women bring significant value to a workplace and they need to have each others back instead of fighting in order to motivate one another. "The more women at the top means, the more we are heard, understood and empowered to change the world for the better." she says.

The strategy that women can adopt in order to achieve prominent role, Dr Samantha discerns is an access to a good education. When women see other women at the top, it encourages them to try to show the organisation what they have to offer. She observes



For her weekend also means helping her clients as she spends her time documenting their cases or holding a workshop. Her business hours are not the formal one as her clients have to work and manage their families, so she offers different off hours that helps them to connect with her easily. Her 'me time' she states is "I love learning! I read everything, it's what I do. I also enjoy visual facilitation, so drawing with my daughter is a fun way to connect."

that her strength is learning and translating what she has learned by helping people. Her weakness is caring too much which she feels is a woman's natural instinct and can be detrimental to the health sometimes as they take on the world's problems.

She defines her passion as "My dream and passion are the same for my clients and me. I want to live in a world where the courts treat everyone fairly and just, and mothers have all the tools they need to help keep their children safe from a toxic parent."

Being a single mother to her daughter means that all the load falls on her including income, time and attention since she manages it all alone. Balancing motherhood with work sometimes is difficult but overall it is very rewarding and joyful. She states " It is never a sacrifice choosing to spend time with my daughter. When she is at school, I work, when she sleeps, I work, when she is in activities, I work - but when she is finished, I put everything down and choose connecting with her."



Dr. Shellie is a well-known thought leader, entrepreneur, and philanthropist who is recognized for uplifting and encouraging women all over the world! This remarkable lady and influencer is the creator and editor-in-chief of Inspiring Lives Magazine which is the magazine for empowering women. Dr. Shellie has appeared on over 40 magazine covers and on all major television networks, and she is thrilled to share her 13th book, *Ballgown to Yoga Pants: Entrepreneurial Secrets for Creating Your Dream Business and Brand*, as an international keynote speaker and a heart-centered “momprenneur”! This visionary has ascended to new heights and continues to push forward with the same zeal.

The former tenured professor of Ph.D. students and host of Inspiring Lives with Dr. Shellie on NBC has keynoted internationally from Passion

to Profits in Hollywood to The University of Oxford in England and now teaches her signature EmpowerU Master Class, making the world her classroom. She considers leading her company and a non-profit as a single mother to be one of her most difficult challenges. There have been frustrations, but she considers one of her greatest triumphs to be being able to provide a lifestyle for her children and, via her profession, the flexibility to be a great mother. For her, the label “mother” will always take precedence over all other awards and work accolades.

Dr. Shellie is now booking EmpowerU Master Class and World Class VIP 1:1



DR SHELLIE HIPSKY

The Global Empowerment Coach and a “Momprenneur”



coaching clients as she guides female entrepreneurs towards their dream companies and lifestyles. Dr. Shellie’s mission may be found at www.ShellieHipsky.com. She is continually advising clients on their objectives in the field of life balance since it is so important in today’s society, with the minimum balance

of a woman’s life and their importance in society. For her own life balance, she focuses on being totally present during meditation, exercise, and spending time with wonderful family and friends.

Dr. Shellie feels that business cultures are improving in terms of promoting working



has a direct impact on all she does in her professional and humanitarian life.

Dr. Shellie feels that everyone is capable of living their ideal life, one filled with harmony and kindness. Shellie recommends finding a wonderful coach or mentor to help you achieve your life objectives. “You will achieve what is in your heart by establishing your goals for your success and then through hard work and action you can manifest your dreams!” she quotes.

women, but that there is still a long way to go. Following the Covid pandemic, she predicts that greater emphasis will be placed on developing remote and flexible situations for all employees. She has always maintained a healthy balance in all of her life decisions and challenges. As a woman leader, Dr. Shellie believes that the most difficult obstacle to overcome in the beginning was not being taken seriously. She felt compelled to alter the thinking of individuals in our advanced but traditional culture who are unsure of what is good and wrong in the eyes of women.

She has had the wonderful privilege of meeting several incredible role models in the field of women’s empowerment. She was able to present the Inspiring Lives International – Empowering Women in Philanthropy Award to feminist icon Gloria Steinum. She has met and learned from other living legends such as Ariana Huffington, Halle Berry, and Billie Jean King.

Intriguingly, Shellie enjoys working out, whether it’s Pilates, yoga, lifting weights, or salsa dancing. She feels her best when she can get in movement during her day and she encourages her coaching clients to get moving as well. Many of her best brainstorming sessions with clients have come through “CEO Walks” with other women leaders wherein they put in the miles while engaging in powerful discussions.

Dr. Shellie describes her strength as, “leading with love”. Her inventiveness, and her rigorous work ethic has set her apart from other business leaders. She has battled with maintaining boundaries her whole life since she has a kind heart. This can create challenges in both business and personal relationships, she says but she is learning to establish limits.

Her life’s work is to motivate and encourage women all around the world by inspiring and empowering. This purpose

If you’ve ever wanted to quit your 9-to-5 or go back into the workforce as a dynamic mom and entrepreneur, then connect with Dr. Shellie as she shares her proven strategies to success, as well as the experiences of other entrepreneurs who began with a strong vision and desire in her books, keynotes, and her empowering coaching programs!



DR SUBRINA JESMIN

A Healthcare Wizard with an Enchanting Personality

Having been bestowed with 41 awards globally, Dr Subrina Jesmin has a remarkable career in healthcare research demonstrating the fact that hard work and dedication can move mountains. Her source of inspiration has been her father whose humanitarian

efforts swayed her to become one herself. His ideology of helping people became the driving factor in her life and she feels that it gives her immense satisfaction and happiness doing the same. This factor leads her to work hard towards her goals so that she is in a position to help others as much as she can.



Curious about gaining knowledge right from a very young age, Dr. Subrina's father acknowledged her potential and sought to provide her with the best education one can receive. A firm disciplinarian, her father ingrained the same qualities in his daughters. Due to the social norms of that time, it was an arduous task to receive the same level of education that a man was provided. But with endless support from her family, she was able to pursue higher studies.

Her journey had its own ups and downs and she had to encounter difficulties along the way. Being a healthcare researcher and scientist had its own set of obstacles and constraints. Earlier on, it was difficult for her

to tread a fine line between caring for her family and devoting time to her work as it took a lot of dedication and devotion to work in her field of work. But her children were understanding of the situation and supported her wholeheartedly.

Her biggest challenge was that preconceived prejudices in the minds of people responsible for promoting her, judged her on the basis of her gender that took her a long route to be promoted to her current position. She reveals her strengths and feels that having a clear goal since her formative years has made her determined which she carried in her later life as well. Also, being focused in life is a contributing factor.

She shares her views on success and remarks "Cultivate

patience in life. The road to success and fulfilment is not an easy one. There will be many ups and downs. Some moments come in life that may shake your core beliefs and ideals. However, you must never forget that you're your core ideals because that will be your identity. So, you should always be proud of yourself, you're your accomplishments and not compare yourself with others. Because you are where you need to be in life for a specific reason."

Dr Subrina highlights that today's environment is more welcoming and supportive of working women. The corporate structure has modified with the changing times and has made a concerted effort to understand their female employees' distinct values and abilities. The pandemic was also a contributing factor for corporates to be more open to working from home which made it easier for women to balance their work and home.

Dr. Subrina feels that organisations should become open to more gender inclusivity. Men and women working together is a refreshing and important change that makes the workplace more dynamic. When women's success is highlighted and appreciated, they are prompted to put forth more of their ideas.

On being asked about her work-life balance, she says "It is not very easy to strike a balance between home and work life but it needs to be done. Over the years, I have learned to acknowledge my own feelings whether it was positive, negative, or even

neutral." She has developed an internal mechanism that makes her manage her own expectations. She knows that it is acceptable that all the stuff cannot be done flawlessly. She even missed out on family holidays so as to strike a good work-life balance.

She has received the Young Investigator Award (YIA) multiple times along with Global Peace Prize a total of 12 times for her contribution to improving women's health. For her work to enhance rural health in Asia, she was awarded the prestigious Top 100 Asian Women Award. She was also bestowed with the best rural-based women researcher award in 2013 for her exceptional work for rural women's health in Bangladesh among many other awards.





DRISHTI BABLANI

A Harbinger of Change

She has always been the calm head in a crisis and has the temperament to handle stress very well, this enabled her to go further and accomplish more, and then the best. She began her profession in the IT as an analyst with Power Soft Consulting, a local firm in Gujarat where she was working for the client American Express in the travel sector. It's fascinating to learn that Drishti began her career with the mainframe mid-range. Later, when she went to

Gurgaon, she began working for IBM, her dream firm. As her life progressed, in 2006 Drishti relocated to Singapore and started working with JP Morgan. It was the beginning of her banking IT career.

She rose to be a Vice President in JP Morgan and then after 10 years with the firm, Drishti went to ANZ to start a new chapter as a Delivery Head, and eventually, with her hard work and determination, she moved to Standard Chartered, where she is now in the ever changing and challenging regulatory space. Drishti believes that in today's environment businesses cannot afford to remain



still when it comes to their technological evolution; they must change and constantly upgrade their technology to stay in the game.

Drishti Bablani is a philanthropist, an author, and banking & IT specialist. Her life has been a trip full of lessons. Lessons which she transformed into change and growth. Drishti's perspective on life and job is very optimistic. Making the most of each day and not dwelling on the past has always been her top goal in life. There's a lot more to her life, her experiences, and the trend Drishti has started, motivating

young people, especially women.

Drishti Bablani is a Singaporean with origins in Gujarat, India. She was born in the temple city of Ujjain, MP, India. She is a prominent Banking IT Professional with a Bachelor's degree in Engineering, Instrumentation, and Control (L.D. Engineering, Ahmedabad) and a Post Graduate Diploma in Management from TIMS.





Drishti is passionate about helping people and giving back to the society. Hence, she started a movement called “The Kindness Ripple” in 2018 which is about doing small acts of kindness together in one direction thus creating a larger impact. This movement runs an annual rice drive which collects rice from public for donations to the various Charity organizations/Homes in Singapore. Drishti and her team of volunteer leaders were also recognized in the

Singapore Book of Records and Elite World Records for giving the highest public contribution of rice (35,280 Kg) to charity.

Being a woman herself and a great advocate for women in leadership roles, she believes that the road a woman leader travels is very rocky. Not just rocked by the challenges of delivering on their work responsibilities, but more by battling with stereotypical mindsets and expectations of her extended family, peers,

social network, colleagues, or even their own upbringing.

Mr. Lee Kuan Yew, Singapore’s previous Prime Minister and nation’s founding father, is a real inspiration to Drishti. For her, he exemplifies the power of great leadership. He managed Singapore’s metamorphosis from a failing nation to a first-world country with a high-income economy in a single generation, she claims. The country’s economic infrastructure was built, racial tensions were reduced, and an autonomous national defense system was established. While many countries continued to speak about growth, he demonstrated to the world how it is achievable. Drishti has imbibed this attitude for change through the correct flow of ideas and flawless execution. She never takes a step back in terms of progress.

She leads a healthy and happy life with her gorgeous family, which includes her husband and two children. She attempts to arrive at work on time and leave at a respectable hour

so that she may spend time with her two girls. Drishti was fortunate to have a great support system in the shape of her parents and in-laws, who spent most of the time supporting her while her children were little.

The cheerful lady enjoys cooking breakfast for her family on Saturday mornings or going out to brunch with her friends and family. She enjoys writing in her spare time. She’s also taken this hobby one step further and published here collections of Quotes and Poetry in her book “Uns”. Drishti is a great believer in the tremendous power that a wonderfully produced stream of words carries, and how these words may impact the thought process. Drishti is an eager reader, a lover of words, a behavioral psychology enthusiast, and an expressive writer. She founded www.Wordions.com to share her works with the world, which are mostly about love, self-awareness, and self-improvement.

Drishti says her success factors have been her family, her growth mindset – she clearly sees troubles as her biggest teacher, her positive outlook to solving issues and her never giving up attitude which is what is loved by all, and shall be preserved for ages in everyone’s hearts.



ELEONORA BONACOSSA

Empowering leaders across the globe

She was voted as ‘One of the TOP 20 Business Coaches to look out for in 2021’ by Entrepreneur Herald. But in addition to being an International Business Coach, the versatile Eleonora Bonacossa is also the sum of all her experiences - an Author, Speaker, Entrepreneur and Women’s Leader. In addition, she’s the Founder of the global management consulting institute - ARETA new perspectives for leaders.

“Beauty and Internationalism are the two underlying motifs of my life.

On one side, I am deeply aware of my Italian roots and the feeling that beauty is written into my DNA. The fact that I was born and lived for many years in Italy, immersed in its stunning landscapes, architecture, art, and its all-encompassing ‘grande bellezza’, has profoundly shaped my whole being. On the other hand, my international nature has always made me feel like a citizen of the world. Over the years, I have studied and worked in various



countries and settings, as well as on various international teams where multiculturalism and diversity were their foundation, and it’s these cross-cultural interactions that bring value and joy to my activity as an international coach,” says Eleonora.

Based in Frankfurt, Germany, Eleonora had to face a deeply patriarchal culture when she first arrived in the country with her young family in the 1990s. At that time, the situation of women

was ‘medieval’: Germany was extremely developed economically, but for Eleonora, it was still very backward when



it came to the question of women. Writing her first book about a great Swiss woman, Iris von Roten, helped her

process and overcome this challenge.

“Part of my academic training occurred while I already had a family and young children. While this on one hand created significant challenges as I struggled to balance the private and professional spheres of my life, on the other, it had a very empowering and positive effect upon our whole family,” shares Eleonora.

She considers it a true reward that her family could

be present at all the great milestones of her life - the defense of her thesis at the Alma Mater Studiorum in Bologna, the awarding of her diploma in Social Management at the Bocconi Business School, the launch of her first book, and her farewell speech to Pope Benedict XVI at the Vatican!

Eleonora considers giving birth to her two inspiring and global-minded children, the building of the family dream home with her husband in Frankfurt, and having close ties to amazing and talented friends all over the world as her personal achievement.

While her biggest professional achievement was the establishment of ARETA in 2016, as well as the publication of two books; the latest focusing on leadership with an accompanying workbook, currently available in German and soon in English and Russian.

ARETA is a global leadership, executive coaching and consulting firm that uses a unique and effective heart

and brain-based leadership approach designed to help people and organisations achieve their full potential while making a real difference in the world. It boasts an inspiring list of national and international clients.

As a leading intercultural business coach and leadership consultant, Eleonora's passion arises from a deep sense of beauty, a profound feeling of courage and the enthusiasm that emanates from within her when she beholds people's talents, value and potential. "I use these three factors in every area of my life, be it coaching, interacting with colleagues and friends, or my volunteer and board activities with groups like Soroptimist International, the Frankfurter Stiftung for German-Italian Studies and the Russian Organisation Ecology Woman," she says.

The most important women in Eleonora's life have been her mother and daughter, both of whom are a source of constant strength and encouragement, as well as capable of inspiring creativity



and open-mindedness. And while her studies and work have connected her to many remarkable and talented "maestri," she admires courageous women like the two historical figures of Hypatia of Alexandria (Greek philosopher and scientist) and Artemisia Gentileschi (revolutionary Italian Baroque painter).

A firm believer in the importance of female mentoring, diversity and networking, Eleonora is quite the champion for women empowerment herself. As a multi-talented individual, she is involved in improving the quality of life for women and girls across all levels so that they can become the real gamechangers in the world, right now!

But what makes Eleonora truly interesting and a global citizen are her multitude skills across segments. She learned classical ballet for 10 years, is an art and music lover who likes supporting emerging young artists, and is the proud cultivator of a 600 m2 'food- forest', a small parcel of land cultivated according to permaculture principles, amidst fruit trees and berry bushes.



www.aretaglobal | www.6leadershipskills.com | www.soroptimistinternational.org



FLORENCE AMALOU

Holding the Rein of Tenacity, Fearlessness and Exuberance

“Journalism is the first rough draft of history”

Grahm that embodies the essence and importance of journalism. Florence Amalou found a passion for journalism from a young age and has absorbed all the spectrum of light from the prism of journalism and started her new venture ‘Horse Republic’ which propelled her to follow her ardour for riding and horses. Having

won numerous awards for her abilities she has proven herself to be a woman of substance.

Born in Canada to French parents, with her family constantly on the go, she quickly adapted to this lifestyle. Not an easy situation for a young child to move around so much, she turned this into a magnitude of experience where she



encountered new cultures, people, cuisines and languages. Finally, she moved to Paris from London and worked as a journalist in the renowned French daily newspaper called *Le Monde* for 11 years.

Having started the Horse Republic when she was 50 years old, she felt it was a wonderful challenge that made her feel extraordinarily alive. To operate with a new generation, she had to constantly learn and unlearn, but being an established journalist for many years made her fearless to take on any challenges. She says, “I am not easily afraid and I believe that there is always a solution to a problem: you have to look for it, doubt it, and accept to question yourself very often, without stopping to trust yourself. It is an enriching balancing act. You can achieve anything you dream of this way.”

Florence shares her strengths and provides a learning



playground for others by stating, “I believe that strength, also as a professional, is to be interested in others, to be willing to go and meet them to get to know them better. Without ever judging them, nor being afraid of being judged yourself. Kindness is also a quality that is not fashionable in Europe and in the business world in general.



To me, kindness is a quality which does not make you less efficient.”

She candidly discusses her life as a journalist when she worked in countries like Afghanistan where women do not even have the basic rights to express themselves. She also met women in Africa and Asia where even a gesture or word meant risking their lives. Even in countries like France the issue of equal rights still persists somehow in the business world. She feels that with the younger generation, this subject has taken a faster route.

Florence has been instrumental in empowering the women of her organization by being a solid mentor and aiding them to gain self-confidence and giving them the freedom to express their point of view with stern authority. In her field of work, she believes that in her mobile application that is modernizing horseback riding, women are at the forefront hoisting the flag by being more

creative, hardworking and persistent.

In the end, Florence feels that it all boils down to her being a passionate person which has been a driving force in her life. Horse Republic is a reflection of that same innate passion along with her tenacious professional experience of being a journalist. She exclaims, “You never feel like you’re working when you’re not counting your hours or your efforts.”

She feels grateful to have a supporting and loving family. Her husband even agreed to look after the management

of the house and sidestepped professionally, so she could focus all her energy on her project. Her family has accepted that being a journalist has its own hardships since it occupies every minute of her life. Though her love for the profession made her feel like she wasn’t even working.

In her spare time, one can find Florence in her stables tending to her horse Quelano Tame, with whom she participates in jumping competitions. This moment is the most joyous for her as she feels pure bliss by being in nature and being connected to her horse.

With her heart set out to live a life on her own terms and always following her passion, Florence is a woman of firm grit and vigour.



HAYLEY BOHAN

Igniting positive change through small business marketing

over and over again. There is a lot that can be done to shift perception that we need to work longer hours to be valued more,” reveals Hayley, reiterating what many of us believe.

She goes on to add, “I left corporate to have more time with my family, but not because I wanted to work less or wasn’t passionate about what I was doing. I needed flexibility. I am now able to spend the time I want with my children and be there when it

matters, because I make my own schedule. My lesson.. we all have the power to change our lives. We just have to be brave enough to take real action towards the vision of our lives we aspire to have.”

In 2017, after working as the Chief Marketing Officer for a small tech start-up in her hometown for four years, Hayley felt confident to launch her own company - Marketing On Purpose. The firm teaches small business owners how to build their unique brands-worth-loving. They help build the brand strategy and strategic planning that will lay the foundation of a successful and thriving business.

Speaking about the passion that drives her, Hayley says, “I want to live each day knowing that I am a catalyst for positive change. I believe our unique gifts and experiences can be harnessed to create a wave of positive change this world needs. I use my gifts to help business owners find and fulfill a meaningful purpose beyond profit for their businesses. There is nothing more fulfilling than helping



When Hayley Bohan attended her first class on Consumer Behaviour and Marketing while at University, she knew she was hooked for life. Two decades later, she is now the Founder of ‘Marketing on Purpose’, a Canada-based Branding and Marketing firm.

“I loved how psychology impacted why and what people chose to buy,” says the gregarious Hayley, who grew

her marketing career with corporate jobs in progressively senior roles until about nine years ago.

However, travel and long hours did not give her enough time with her young children so she left corporate life and entered the more flexible world of small businesses. “When I was in corporate, I felt a lot of guilt. I felt that to climb the corporate ladder, I needed to be at work the longest, achieve the most, and prove myself





ignite passion in someone and then seeing them go out and make the world better.”

Marketing On Purpose is now four years old, and Hayley has individually coached more than 150 small business owners and trained hundreds more. She’s been a guest speaker and trainer at post-secondary institutions, government agencies and a number of podcasts. She’s recognized as a 2021 Top 20 Business Coaches to Look Out

For, and a 2021 Top 30 Women Disruptor by two American Magazines (Disruptor Magazine and The NYC Journal, respectively). Locally, she was a go-to coach to help small businesses adapt and pivot throughout Covid.

In awe of her credentials, we ask Hayley how she achieved all this. “I can take in a lot of information quickly and find connections and meaning where others see none. Also, I’m a bit of an empath so I

get to know my clients on a deep level, I can feel when they are excited or we’ve hit on something meaningful to them, and this is invaluable for creating brands they absolutely love and want to share,” she reveals.

A perfect blend of emotional intelligence, talent and hard work, Hayley is also great at building relations. An inspiration to many, who inspired her? “My dad, Phil Jones. He grew up not having much and faced some real hardships, yet was always positive, hard-working and

kind. Twenty-four years ago, he was diagnosed with cancer - and fought it with everything he had. This summer, we had a scare and the doctors wanted to ‘make him comfortable’, but he wanted to live. He said, ‘No, make me uncomfortable!’ And despite all odds, he lived for another seven months. His fight gave us more time together, more laughs, more memories, and for that I am eternally grateful. And, though we can’t control what life throws at us, he is proof that often - amazing things come when we are willing to be uncomfortable,” shares Hayley.

Hayley likes to push the boundary even in her ‘me time’. A fan of the outdoors, she loves walking, hiking, skiing, and lounging on the dock by the river. She also enjoys spending time with her friends and family, just talking and laughing. “And I love to see my daughter play basketball. I generally have fun no matter what I do!”



ILARIA STORCH

Modern inspiration of leading a cheerful life



Often, our dreams fade into the dune of societal expectations and conventions. Our ambition-romanticizing phase ends as soon as our childhood morphs into adolescence and then finds itself merging into the glitz of over-achievement, predictability, and professional labels. Despite all the drama and traditional transitions, some determined individuals manage to keep the light of

their dreams brightly lit inside of their hearts.

Ilaria Storch, a life coach nomad, and a radiant woman, has been actively contributing to changing people's perceptions with an inclusive initiative to allow people to access their true centre and find more connection and energy. Ilaria lived in a middle-class Italian family in South America after being born in Brazil. Travelling

while working has always been her dream. Eventually, she travelled with her family after getting married.

Towards the end of her schooling, many areas caught her attention, and she took a technical course in architecture and went on to graduate with a Bachelor's in Advertising. It was important to be an independent thinker, and she knew she was good with people, creativity, and

speaking different languages. Later, she started working as a journalist and also won an illustration contest for a big local newspaper, wherein the prize got her to work for one year as an illustrator.

Having to choose between her kids growing up and backing her husband's career in corporate, Ilaria faced challenges in coming to terms with a personal rhythm that could fit into family life. "As

a creative, I felt voids, not sacrifices, for time with small kids does not come back, and there is always a way to renew your dreams and business; talking about it with your partner is important,” which was later discovered when she realised that she is a pressure performer.

Powering through challenges, Ilaria fostered her talent and passion through her family and then kids, who inspired her to start a business in her 50’s. Being a journalist made her very sensitive to people’s needs, likes, and desires. That’s why it was very natural when she turned to coaching, first with herself by fine-tuning her personal and professional life.

inspiration growing up has been her family. “I had the most amazing talks and shared them with my grandparents. A creative and professional life is very important, yet family and friends are the cherries on top of life. My architect-engineer grandfather travelled the world and his stories about his work and places motivated me a lot...”

While unravelling Ilaria’s milestones, it is intriguing to know that she relishes helping and supporting women, so that one can find strength and work their way towards dreams. One of the strategies she believes would be helpful is to create a group of friends and co-workers in your company and get management to really listen to what women have to say in meetings, in the family, with your bosses.

On the journey of unfurling her childhood dreams, it is energising to find Ilaria deeply inspiring people, reinventing a plan, or responding with solutions to a challenge that comes either from her clients or from inside ourselves. Nevertheless, she owes that to her optimism and her talent

Without hogging any credit for being an admirable woman herself, she has been gracefully transforming people’s schools of thought. Her greatest



for amalgamating love and peacefulness.

Ilaria’s lifestyle includes reading books, nurturing her hobbies, and continually honing her coaching skills. Moreover, you will find her spending quality time with her family on a Saturday morning. “Therefore, to refuel myself, I either go to a day spa, swim, or drive to collect my thoughts.”

Cut from a very different cloth to the people now ranked as

her contemporaries, Ilaria has carved out her own space, one where her thoughts will be able to grow and develop as she continues on with this fantastic voyage.

Ilaria summarizes by expressing her gratitude for the two young professionals, Elliot Storch and Nicole Socially Stellar for being an integral part of Life Coach Nomads Launch and shares her mantra of success,

“Life is nomadic by essence! Which means change happens all the time. As we grow from kids to adults, shifts in work or relationships may come by, and geographical nomadic changes, like moving countries. I find the best changes are the ones we make when we choose to grow and create the steps to make it happen, finding support and help along the way. And always make space for love and joy in your life.”



PERKS OF HUGGING!!



By Dr Mita Sharma



Give me a Hug! Will Ya?

One of the best ways to express affection towards your loved ones is hugging them. In absence of timely and correct words, the amiability of a hug conveys the emotions unerringly. Hugging can be envisioned as a handshake extended by the heart. Aptly embracing someone generates blissful vibes for both people involved and it instigates the brain to unleash happy hormones benefiting in many ways.

During the coronavirus pandemic, what topped the list of things many people missed most, was being able to hug their loved ones and it appeared like hugs had become an extinct, obsolete, ancient thing. Lack of human touch during isolations truly tested people's patience and made quarantine more challenging. Interestingly, we did not truly comprehend much the importance

of human touch for our overall well being, until we were robbed of our means and possibilities to hug our loved ones due to force majeure situations. Desiring human touch or yearning connectedness is as much a normal human need as a proper nutrition and findings support that hugs don't just alleviate one's mood, they are so much more than that. Various researches have documented the positive effects of human touch, hugging, cuddling and

they accept that hugging is a pivotal part of human evolution and can essentially prove beneficial to one's healthy and happy state of being. Some studies show that if a hug lasts for 20 or more seconds, it entails a therapeutic effect on the body and mind. So, have you hugged today? If not, read about these proven benefits of hugging and some reasons for outstretching to someone to seek/give a warm envelop and then go get a hug!

STIMULATES THE HAPPY HORMONES : OXYTOCIN, DOPAMINE AND SEROTONIN

When we hug someone, a neurotransmitter called Oxytocin that works on the limbic system- the brain's emotional hub, is released by our pituitary gland that alleviates contentment, reduces stress and anxiety, lowers the heart rates and decreases the levels of cortisol hormone (cortisol is blameworthy for stress, high blood pressure, and heart diseases). Hugs also vivify brains to disseminate dopamine, the pleasure and the feel good hormone, thereby making a person feel more joyous. All the more, hugging for a prolonged period also shoots up one's serotonin levels, uprising the mood and generating exhilaration and bliss.

PARASYMPATHETIC EQUILIBRIUM

Our skin consists of a web of tiny pressure centres namely Pacinian corpuscles which are in contact with the brain through vagus nerve and are capable of touch perception. Hugs recompense the nervous system when the change in skin conductance occurs through the galvanic skin response of people exchanging embrace. A positive impact on dampness and electricity in the skin indicates an enhanced, balanced and healed parasympathetic state.

BOOSTS IMMUNE SYSTEM & PREVENTS DISEASES

The tender compression on the sternum and the emotional lunge created by a

hug actuates the heart chakra, further stimulating the thymus gland which runs and manages the body's production of white blood cells, thereby strengthening the immune system. Also the oxytocin released by hugging enhances the working of the T-regulatory cells and facilitates the fortification of the immune system which keeps you healthy and disease free.

A research from psychoneuroimmunology (PNI) denoted that hugging can vitalize the levels of natural killer cells, lymphocytes, immunoglobulins, and other immune-enhancing cells. Endearment and warmth directly support the falling of stress levels thereby preventing several illnesses, lightening pain, lowering autoimmune disease symptoms, curtailing glucose levels in children with diabetes, and ameliorating immune system in people with cancer.

Timely, regular amity and attentiveness like hugging or warm human contact has proven to be beneficial for heart patients through maintaining optimum blood pressure levels, slowing down heartbeat, calming brain impulses, creating feelings of inner safety and trust and lowering the cortisol secretion in response to the stressful situations.

REDUCES STRESS

A warm reassuring embrace from a sympathetic, receptive, compassionate person in an utterly stressful, draining and pressing situation aids one in distress to calm down immediately. Research noted that a warm hug in such a circumstance instantly reduces the amount of cortisol (stress hormone) in our bodies, extends healing energies, succour redressing the challenge calmly, releases tension and boosts sending more calming indications to the brain to handle the stress efficiently.

KEEP YOU DEEMING AND LIVING YOUNG

And who wants to grow old all that easily? None, right! Most people are always looking for those miraculous anti-aging products through the shelves while shopping for personal upkeep that can keep them looking younger than

the previous year. Again the release of oxytocin and serotonin through a hug as discussed earlier, has more benefits than obviously seen and comes here as a rescuer. Hugging can extend some anti-aging rewards through the magical hormones mentioned above by stimulating better sleep, aiding happier moods, alleviating less stressful lifestyles, promoting healthier choices, ultimately leading to decreased signs of aging. So, what's stopping you now from getting and giving a wee little more of those warm wraps around your beings.

PROMOTES BONDING AND MINIMISES FEAR

It is believed that the physiological transposes that take place due to the embrace amongst two people are in the form of an energy exchange of electrons. The release of oxytocin (the love hormone) while hugging initiates and strengthens the bond with others and nurtures

LIFESTYLE

affection and/or intimacy between people. Another study conducted on fears and self-esteem tested the correlation between human touch and truncating the fear of mortality, and it noted that participants showed comparatively less fear and anxiety about death when held in warm embrace, being tenderly touched or holding affectionately to an inanimate thing like a favourite stuff toy etc.

WORDLESS COMMUNICATION

It is estimated that on an average about 70 percent of the communication is nonverbal, which means the power of the non verbal communication cannot be ignored or underemphasized. The exegesis of body communication can be understood through even a single gesticulation and people can efficiently channel a lot of particulars just through physical touch itself, especially by an amicable touch like hugging. The care, concern, admiration and safety can be felt through the safe envelop and it can further be passed on to others through the same non verbal assuring mode of human contact in embrace. Interestingly enough, a study established that even strangers could express emotions like anger, disgust, happiness, fear, sadness, gratitude, appreciation, warmth, concern and sympathy only through an appropriate touch in itself.

FOSTERS PATIENCE AND MAKES YOU MORE AWARE

Zen Master Thich Nhat Hanh offers hugging meditation to acquire more awareness, practising living with togetherness and being more mindful of the present moment. It is well known that being in the present moment aids the happiness quotient and hugging simply amplifies the experience through the release of more oxytocin. In this fast paced, rat race busy world of hustle-bustle, everyone is endlessly rushing to the next chore. And true bonds develop when people slow down, take out time to notice, acknowledge and appreciate those around them. By extending and receiving genuine

hugs to and from others throughout the day, we not only benefit our own wellbeing but also cultivate a reassuring environment for others, and develop patience within ourselves.

IMPROVES SELF-ESTEEM & PSYCHOLOGICAL WELLBEING

Hugging augments self-esteem in everyone irrespective of their age and stage. A baby perceives its parents and other family members initially by touch which assures that he/she is loved and protected. The interconnection of self-worth from our childhood years remains glued in our nervous system, imprinted at a cellular level even when we grow into adults and hugs remind us of that at a somatic level. Hence hugging reinforces and reminds us of our ability to love ourselves. Regular hugging also reduces negative emotions, instigates towards a positive state of being and boosts healthy psychological well-being of an individual over time.

SO WHAT NOW? GO GET & GIVE A HUG!

Although the Covid-19 pandemic has surely altered the way of exchanging affection with our loved ones and it's important that we continue to remain ourselves and keep others safe, it's also equally imperative for our mental health to stay in touch with those whom we love. Hence while adapting to safety measures and with bringing in some creativity, let's keep giving and getting our healthy doses of warm embraces and loving hugs out there. And those who do not prefer the wraps of others around themselves can always try a self hug as that too has shown to have beneficial results.

LAST BUT NOT THE LEAST

Besides and beyond the immense benefits of hugging, there are numerous perks and merits of kissing too. So let's discuss that in detail next time! Happy Hugging Folks!



SATYA XCLUSIVES

THE GOURMET FOOD FACTORY



SATYA XCLUSIVES
THE GOURMET FOOD FACTORY
SAVOURY - SWEET - SUGAR FREE

<p>1 BADAM KESAR KULFI BITES Anytime kesar kulfi loaded with roasted almonds</p> <p>2 PISTA THANDAI BITES Anytime thandai bites loaded with roasted almonds, cashews, pistachios, khus khus, makhana seeds & exotic spices</p> <p>3 DRY FRUITS DATE LADDOOS Dates loaded with dry fruits and topped with pistachios</p> <p>4 SHAHI PAAN CHOCOLATES Paan flavoured chocolates filled with premium dried paan bits</p> <p>5 BABY ORANGE DELIGHT CHOCOLATES Orange flavoured dark chocolates topped with baby oranges</p> <p>6 DRY FRUITS GRANOLA BITES Crunchy nuts, raisins, dates and grains blended in honey</p> <p>7 DRY FRUITS AMARANTH BITES Superfood Amaranth now as tasty bites with the goodness of honey, almonds & raisins</p> <p>8 DRY FRUITS BITES A rich blend of dry fruits - almonds, cashews, walnuts with the goodness of honey and dates delicately paired with dry ginger, black pepper, fenel, cardamom</p> <p>9 MANGO BASH Delicious, mango flavoured bites loaded with assorted dehydrated fruits</p> <p>10 MIXED FRUIT BITES Anytime nutritious mixed fruits - dried mango, pineapple & papaya loaded with roasted cashews</p> <p>& LOTS MORE</p>		<p>Flavoured ALMONDS 1</p> <p>Flavoured ALMONDS 2</p> <p>Flavoured CASHEWS 3</p> <p>Flavoured WALNUTS 4</p> <p>natural DRY FRUITS 5</p>
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JAIIME BRONSTEIN

LCSW, Licensed Relationship Therapist, Coach, Author, and Speaker

The world is full of human emotions; each one is different. The complexity we create in our minds ends up affecting our relationships. Our bond with others in our personal and professional lives greatly influences the quality of our lives. However, many of us struggle in the realm of relationships and, in particular, finding love. The great news is there is salvation to every problem, and that's where a relationship coach comes in to help.

Jaime Bronstein, a licensed relationship therapist with over 20 years of experience, is known for her show on LA Talk Radio, "Love Talk Live," where she helps with dating and relationships.

Jaime is recognized for her credible work, wherein she was named "The #1 Relationship Coach Transforming Lives in 2020" by Yahoo Finance. At

an early age, Jaime discovered her passion for studying and understanding people; and how and why they operate the way they do. This led her to pursue her bachelor's degree in psychology from Boston University, her master's degree in social work from New York University, and a certificate in Spiritual Psychology from The University of Santa Monica. Today, Jaime is highly sought after to share her advice by various media outlets such as ABC, CBS, NBC News, The New York Times, USA Today, Forbes, and many more.

"Ever since I can remember, I've always loved love. My name in French ('J'aime') means "I love," so it makes sense that I became a relationship therapist and coach," says Jaime. Jaime looks at people's lives with a wide lens and then encourages them to step into their authentic empowerment to either manifest love, strengthen their



relationship, or navigate a breakup or divorce.

Jaime has learned that growing a business doesn't happen overnight. But the undaunting and fearless woman never stopped hustling. Her extensive hard work, perseverance, and a lot of patience paid off with a well-known brand that grows exponentially every day.

Moreover, she feels women are making progress in the workforce as a society. As a woman leader, she feels a lot of support in today's organizational culture for working women. "Many women are starting to receive higher pay for the work that they provide," shares Jaime.

If there's one thing that the last couple of years has proven to this world, it's that above all, people need people, people need love, and it's essential to connect. Jaime inspires her clients to experience the love, passion, and connection vital to people's quality of life and overall well-being.

Jaime helps her single clients love themselves unconditionally, find happiness regardless of their status, and heal their past to manifest the RIGHT person for them. Jaime inspires her clients who are in relationships to "adore and treat each other with respect, love each other and prioritize their relationship."

She also helps her clients to excel at their careers by encouraging them to know their worth, strive to grow, and give back, which is very

important. "Philanthropy is key." When you can give as a couple, it's even better.

As a speaker, she believes that motivation, dedication, and passion take you towards success. Hence, if something doesn't work out your way, you should pick yourself up and keep moving. The truth, is that everything is meant to be, so if a particular relationship, project, or job doesn't happen, you need to move on and trust that there is a reason. She encourages her clients to know that "something better is waiting just around the corner."

Jaime balances her life like a pro. Jaime believes that taking breaks with family nurtures her relationships. Jaime is intentional about having date nights with her husband and spending time with family on the weekends when there's no school or work. She adds, "It is essential to have balance as a wife and a mom. It's not healthy to be running on empty. You have put on your oxygen mask first before the ones you take care of," which is why she takes time for yoga class, time to read and time to write.

Jaime has recently been honored with prestigious awards such as "The # 1 Relationship Coach to Follow in 2022" from The American Reporter. She is one of the "Top 20 Relationship Coaches of 2022" from CoachFoundation.com, which has an audience of over 240,000 and has been featured in publications like Forbes, The New York Times, Thrive Global and many more.

A true woman leader, we asked Jaime what her strength is, and she revealed, "My strength is my intuition, my strength of heart and staying in my integrity. I trust in the timing of my life. Things work out when they are supposed to. Opportunities arrive with hard work, passion, and perseverance."





JO PICKARD

Winning over the World with her Voice

You may not be aware, but you've probably heard Jo Pickard. As an international voice artist, presenter and broadcaster, her voice has been used on Netflix shows, gaming, animation and narration. She is the face and voice of Omaze UK; winner of The Ultimate VO Survivor, a US competition for voice actors; and one of New York City Journal's Top 30 Inspiring Women of 2022.

"My passion is communicating a story to an audience and taking them on a journey, igniting emotions and creating



memories. This passion helps me to develop wonderful characters, voices and read scripts for some of the best in the business," begins Jo.

Jo was born in Yorkshire, UK, with a passion for performing. Her whole life has been dedicated to telling stories either as an actress, presenter, and now, a highly experienced award-winning voice over actor.

After years of traveling the world, working and searching

I have always had the drive and commitment to be self-employed and run my own time, motivation and career."

This imbedded strength came in handy when the pandemic hit and all of Jo's presenting work, both at home and internationally, disappeared overnight. After the initial shock, she picked herself up, forged on diversifying, and focused entirely on voice acting from a home studio astutely built by her husband. She learnt how to be her own

for love, she has married her best friend and soulmate and lives on a potato farm back in Yorkshire with their two dogs. She is incredibly proud of her family and adores her step daughters and all their achievements.

Speaking about her journey, Jo says, "My parents were huge role models, even though as a young child I didn't know it at the time. They were entrepreneurs and gave me the inspiration to go it alone.

engineer and how to edit and market her skill, quickly growing a trusted, loved and successful business.

Today, she is the face and voice of Omaze UK and since 2020, they have raised £3,750,000 for six different charities and given away hundreds of life changing prizes. With a drive to change the world, Jo also supports black, Asian and Southeast Asian women through mentoring in the world of VO and finds it truly



rewarding in every way.

“In my industry, there is a distinct lack of roles and opportunities for women of black, Asian and southeast Asian backgrounds to emerge. Myself and Alix Wilton Regan dedicated our time over the last year to mentor women and help them reach the heights they deserve,” shares Jo.

As a woman leader, what is the most challenging barrier she has faced? “I believe the

biggest battle I have faced as a female leader is myself and the conversation that occurs in my own mind. Overcoming negativity and destructive language internally was a game changer and the reason why I had the successes that I have had in my life,” answers Jo.

In addition to global experience of more than two decades, Jo has also worked on over 200 live major events. For nearly all of her career, she has travelled

internationally for 80% of the time, making relationships and commitments challenging. She viewed seeing the world, different cultures and focusing on experiences as her life. All this changed when she met her husband and a different balance needed to be struck, as time at home became precious. It was a big step to refocus but letting go of what doesn't serve you anymore and allowing new opportunities to come

into your life has meant that Jo is happier, more content and successful than ever before.

“My husband with his amazing energy, ability to love and unwavering positivity is a constant inspiration,” smiles Jo. On the other hand, in the voice over world she looks up to strong talented women with kind hearts such as Elley Ray Hennesy, Alex Wilton Regan and Tara Strong.

A woman of strength, substance and style herself, Jo believes that you should never take life too seriously or it will devour you. “For anyone reading, believe in yourself, be kind to yourself, and most of all, go for it with a smile because whatever it is that you want to achieve, it is possible with hard work and positivity,” she shares, as her lovely voice can be heard on every TV channel in the UK.



LISA J CRAWFORD

Executive Leadership Coach, International Author, Impact Speaker and Life Coach with a Heart of Gold

When life throws a curveball we can either duck from it or play hard, we always have a choice. Lisa J Crawford turned her life's hardships into the strength to achieve all her dreams. She is an Impact Speaker, Best Selling/ International Author, Executive and Life Coach wrapped up into one powerful voice.

Her formative years were filled with the love of family but when she was not in their presence she faced in silence multiple emotional hardships and even experienced molestation, low self-esteem and lack of self-worth from those that preyed on her when she supposed to be in a safe space. After a lengthy divorce, Lisa maintained a loving and caring home with the help of family and friends. Although Lisa did not have a vehicle, she and both kids were in schools on different sides of town but through sheer determination she was able to maintain a positive routine for them and herself. In spite



of the hardship, Lisa received her first degree and prepared for her next educational step. She was determined to be an example to her children. She taught them that no matter what happens in life; forward movement is the key.

Being honest about her struggles, Lisa doesn't refrain from sharing her challenges. In the workplace, Lisa "allowed" a particular leader to make her feel unworthy and incapable of doing her job. Their relationship was filled

with toxicity and it affected the Lisa's health and mental well-being. Lisa takes responsibility in the toxicity, because she gave up on getting any assistance from those that were above this leader. Although Lisa faced great trauma under this leader, she realized that if she was going to make it through, she had to humble herself and use her voice and have a conversation with the leader. From that moment on a mutual respect was created and together through the leader taking time to train Lisa

properly and her now being mentally available she was able to earn the annual award of Platinum Sales Manager of the Year.

Through her experience of surviving workplace trauma, she has found her niche of helping Executives remember that their first customers are their employees.

Lisa is convinced that employees can make or break a company, but leaders can make or break employees. She has a



Did your attitude shift?
 4. Did you stop being a Leader to them and turn into a boss?

Lisa prides herself in being as transparent as she can in sharing the difficult parts of her life. This has made her a resounding voice in championing the cause of fair treatment of employees in the work place. She makes herself heard through speaking, writing and coaching and calls it her 'divine calling'

But this made her even stronger and she strived hard to push past the highs and lows of life and be the voice for the voiceless.

With years of experience, wisdom and overcoming she says these golden words of success, "YES allows you to leap into your greatness and NO will help you maintain your peace"

Lisa seeks inspiration from strong women just like her and the greatest source of inspiration comes from her loving Mother, Gloria Crawford.

Ms. Gail, who pushed her hard daily to never quit. Also, Laura Brown, a woman that lost her hearing as an adult but created a platform for authors and with her determination now has 75+ authors.

Her numerous accolades include earning Volunteer of the Year from Chattanooga Chamber's "How to Get A Job Program" she taught over 300 students. Lisa serves as a Mentor and Coach to those who have been physically, mentally, sexually assaulted. She is a graduate of the Vocalize Women's Academy. Lisa is also a graduate of Leadership Chattanooga. Lisa was chosen to be in the Shawn Fair Leadership Experience Tour 2022.

system that can assist Leaders to self-evaluate their leadership style and create leaders.

S.E.L.L Executive Evaluation Questions

- 1. Leaders what are you selling the new hire? Did you sell them on company policies, work/life balance, the mission statement, teamwork and training?
- 2. Are you being the Example of the things that you sold the new hire? Are you walking out the excitement that you provided to the employee about working at your company?
- 3. Are you Listening to the fact that the new hires excitement has shifted? Did they shift or did the things that you sold them on shift?

Her absolute faith in herself proves that Lisa is a one of a kind woman, that radiates positivity and whoever she inspires remembers her for a lifetime.





LISA MOORE

A High-Powered Leader On A Mission to Aid Others



Lisa Moore is a tremendous leader who has a mission to make the world a better place. She is the CEO and founder of ‘Success Tangent’, a company that helps people achieve their goals. Her life journey is a dynamic story and she is a personality that we all should look up to.

Lisa grew up in a military family, which meant that she had to move often and leave friends behind. But she also got to experience new cultures and meet new people with each transition. This gave her a strong desire to understand people and to befriend them from different cultures when moving to new places. Lisa graduated high school from an international school in the Netherlands. She was always interested in helping people achieve their goals, so she started ‘Success Tangent’ as a way to do just that. And it’s been successful beyond her wildest dreams! Lisa loves

had taken out a loan from her retirement account in order to start the business and now it seemed all for naught. Lisa had to sacrifice travel time to see her family that lives out of state in order to run the company with a small support staff. In the early days of the company, she worked weekends at her old job to help cover personal and business expenses until she could get some traction in the market. But then something amazing happened: one of the marketing agencies agreed to work with her on a very limited budget. She was ecstatic! Finally, things were moving in the right direction.

When asked about her work-life balance, Lisa responded that she had always been a workaholic, but now that she was married, she made it a point to leave the office at a reasonable time each night. Her husband was always there to remind her that it was “quitting time” so they could spend some quality time together. She loved him for that.



being able to help others reach their goals and change their lives for the better.

In the early phase of her career, she had to go through some rough patches. She was starting to feel like giving up, it seemed as though everything was going against her. The business was taking too long to get off the ground and she kept getting rejection letters from marketing agencies. She

Lisa Moore has some insightful views for women leaders in the workplace. She strongly believes that there is still a lot of progress to be made when it comes to gender equality in the workplace. Women are still being penalized for having families or needing to take time off to care for sick children, school events, etc. They are viewed as not corporate-minded enough if they want to have both a family and a career. Women should be able to have both a successful career and a fulfilling family life if they choose. We need to create



workplaces that are more accommodating for working mothers, and that value their contributions as much as anyone else's.

Lisa had always been passionate about people. She loved helping them feel inspired and valued. It was something she longed to do, and she found great satisfaction in it. However, society tended to view people in a different light. They were often seen as victims, rather than individuals with the potential to grow and thrive. Lisa was determined to change that mindset. She wanted to help people move into a growth mindset space where outcomes were just a

benchmark to track progress over time, rather than something to be defined by.

As Lisa looked back on her life, she couldn't help but feel proud of all she had accomplished. Lisa had always been a driven person, and that was what had led her to success in business. She had a knack for people operations, HR, and corporate training. She had used that knowledge to start her own company. But Lisa's accomplishments didn't stop there. She was also an executive contributor to BRAINZ Magazine, and in 2021 she had won the BRAINZ 500 Global 2021 Award.

When requested for some powerful success insights for our young audience, Lisa responded delightfully. She stated, "So many times we get caught up with trying to find that magic recipe for success along our journey, that we forget what is important. Help others - make it a priority to help and give back to others now. We are all in this together."

Only an extraordinary personality can bless us with such gracious words!



FEATURE STORY

Lori, along with her older sister, were born and raised in Montreal, Canada, where their parents taught them to be strong and decisive women. After receiving her degree in Linguistics from Concordia University, she began forging a career, but it did not bring her the joy and fulfillment that it should have. She started to look at her life from a deeper perspective, to find her purpose and her happiness.

Lori struggled for many years with her weight and body image. After having lost almost 45 pounds through balanced eating and exercise, the science of weight loss fuelled her interest in the subject, and she began her studies in nutrition and natural medicine. With her passion for healthy living and taking a realistic approach to a healthy lifestyle, Lori now coaches others on how to do the same.

Using her extensive knowledge in nutrition, Lori consistently highlights the importance of eating balanced meals and ditching the unrealistic weight loss methods. She points out

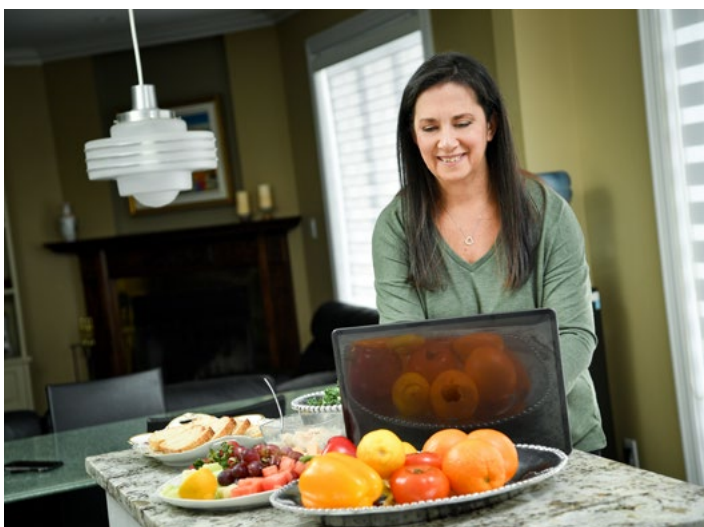
the risks involved in choosing extreme diets and how they affect a person's mental, physical, and emotional health.

“We live in a diet culture world that thrives on promoting instant results with new diet trends. They promise quick and easy weight loss and, most of the time, they are not safe or healthy. Since the science of nutrition is always evolving, new studies are published that counter old studies and it reaches a point where no one knows the healthy way to eat.”



LORI BERGMAN

Transforming lives through wholesome Nutrition



As Lori entered a new phase in her life, she experienced an array of emotions which later brought her to a crossroads. “After my divorce, I felt broken, like there was no hope. But I was raised to be a strong person, and gradually, I started to process my situation. I put time and effort into reviving my business. Managing client meetings, creating recipes for the cookbook I was writing, caring for my daughter, and getting new certifications all at the same time was

overwhelming. But it was worth it.”

Lori works two jobs, manages her business, and spends time with her daughter. Throughout her professional and personal growth, she always admired Sheryl Sandberg, Oprah Winfrey, and Gabrielle Bernstein, all of whom overcame enormously difficult phases in their lives to become successes. She believes in equality and reflects feminist views by



opposing the conventional view of women as mere caregivers. Lori herself is a combination of true power and achievement, as she manages it all without compromising the fundamental aspects of femininity. She is a loving mother and a successful businesswoman.

“As women, we worry about being judged or labelled as difficult if we speak our opinion, but it is time to challenge those archaic views,

move past those concerns, and make ourselves heard. Be professional in all you do and take pride in your work. It’s also important to be supportive of other women and celebrate victories together.”

Some of her notable achievements include earning a degree as a Nutrition Natural Health Practitioner from The Alternative Medicine College of Canada (2014) and getting registered with the Association

des Naturotherapeutes de Québec (ANQ) that same year. Later in 2017, Lori received her certificate as a Precision Nutrition Level 1 Coach in Exercise Nutrition with Precision Nutrition, followed by 2019 a Nutrition and Healthy Living certificate at Cornell University. In 2020, she also wrote and published a cookbook, ‘Kitchen Confident,’ which is sold online.

Lori explores the outdoorsy side of her personality in her free time. She enjoys skiing and snowshoeing in the winter and loves to bike around the city. As a nutrition enthusiast, cooking feeds her soul and brings her into her proper element. Meditation, yoga, and strength training are all just a few of the ways she enjoys being active, but she also enjoys curling up with a good book.

Speaking with Lori can incline anyone towards following a healthy and balanced life. She emphasizes the importance of listening to one’s body and following one’s heart. “Choose a job you love, and you’ll never work a day in your life. Life never fails to surprise you with the ups and downs but it’s how you interpret them and make the most of them that allow you to decide who you will become. So put all your energy into becoming a better you each day.”



LOUISE SIWICKI

Miracle Mindset Coach for women and men facing infertility



Louise Siwicki is a Miracle Mindset Coach in the field of infertility. Having suffered for six long years with infertility issues herself, Louise knows first hand what it takes to overcome stress and achieve your dream of parenthood.

Louise's journey began in Sydney, Australia. She has



one brother, who has Down Syndrome, and is Louise's biggest inspiration in life. In 2000, Louise finished her schooling and obtained a Bachelor of Business Degree in 2004. She then spent the next seven years travelling the world with her now husband. They came home and settled in Brisbane, Australia, and that's when her life started to derail.

"We suffered through six long years of infertility issues, my mental and physical health declined and as a result, I found myself unable to succeed at all in a professional sense", she reveals.

Louise sought professional support and guidance to help reprogram her unconscious mind and get to the root cause of her problems. It took commitment, determination, focus, hope and belief, but she did it! Soon, she fell pregnant naturally with her first miracle son and today, she is the mother of three beautiful children.

"The mind can be our most powerful asset or our most powerful enemy. Mastering my mindset and rewiring a lifetime of limiting beliefs has helped me overcome the paralyzing fears blocking me achieving the happiness I desired. I now truly believe I am worthy of success and as

a result have the confidence, drive and determination to back myself and my business,” shares Louise.

In 2020, Louise decided to use her personal experience to help others, and trained to become an NLP Practitioner (Neuro Linguistic Programming), Timeline Therapy® Practitioner and Hypnotherapist.

“My passion to help others stems from my own turbulent journey to fall pregnant. I understand the need to feel supported though this incredibly stressful time. With infertility on the rise around the world it is my life’s mission to reach and support as many people experiencing infertility issues as possible,” says Louise with feeling.

Today, Louise offers specialised coaching programs for infertility, pregnancy and motherhood. She’s an Executive Contributor for Brainz Magazine and was awarded a prestigious position on the Brainz 500 Global list for 2021. She’s also the author of ‘The Secret to Getting Pregnant is Not Just in Your Body but in Your Mind’, and was handpicked as an Inspirational Speaker at the ‘Woman to Success Conference’ in Sydney, January 2022.

Empathetic and inspirational herself, Louise in turn is inspired by women who have risen above adversity to achieve greatness and help create change in the world. For instance, Jacinda Ardern, Oprah Winfrey and Louise Hay - All very different women from very diverse

backgrounds, yet all have achieved success and greatness in their careers.

How does Louise aim to achieve success and balance in her career? “Achieving balance starts with the correct mindset, planning and structure. I know exactly what needs to be achieved each week on the home and work fronts and I create a plan as to how this will happen.

Of course sometimes life happens, and then you need to go with the flow and prioritise what needs to happen in that moment,” she answers.

Family is the cornerstone of Louise’s world and she built her business with the intention of not missing out on her kids growing up. She considers it important to be a very present and available wife and mother.

Just as important as she finds ‘me-time’. “Finding me-time between balancing family and work life is very important. I

am a much better wife, mother and business owner when I make time for myself. I love the outdoors, the beach and adventure. My favourite time of the day is sunrise. Whenever I get the opportunity, I can be found at the beach, finding a

new walking track, or doing a yoga class,” she says.

Determined and committed, Louise’s self belief and laser sharp focus has seen her emerge as a respected voice in her field.



As someone who’s found her mantra for success, what message does she have for our readers? “Master your Mind or your Mind will Master You. Our unconscious mind is responsible for 95% of our mind’s processing power. Potentially a lifetime of negative programming and limiting beliefs has left you unable to move forward in a personal or professional sense. You will not even be aware of it consciously until a physical symptom such as an illness or disease presents itself in your body or you find yourself stuck and unable to progress in life in some way. Turn the page and start today, it is never too late!” suggests Louise.



MADHURI MURLIKRISHNAN

An Accomplished Artist & Silicon Valley Professional

Madhuri Murlikrishnan is a singer-songwriter who is also the founder & creative director of philanthropic platform called Flute Theory that helps empower underprivileged causes through performing arts, benefitting non-profit organizations globally. Madhuri is an Artist part of this mission with original songs & music videos, released on Spotify, YouTube, JioSaavn, etc.

Her artistic talents and generosity have helped different social causes as part of her commitment to uplift the impoverished. Madhuri embellishes her songs with her life experiences, and they have captivated numerous hearts.

Madhuri has written and produced over eight original songs and mashups, including conceptualizing, directing, and producing music videos. Her unrelenting attitude has

touched over ten non-profits that served millions of people in the areas of childcare, pet care, and healthcare. Her tracks have scaled over 50k listeners on Spotify, and over 360k streams on JioSaavn which also got a place on JioSaavn and Spotify's Discover playlists.

Madhuri is also an accomplished Silicon Valley Product Marketer in the technology industry, combining her love of both technology and creativity. She thrives in the space where creativity and technology collide. Madhuri is a computer science graduate who, during her career, has successfully transitioned from several roles. Madhuri was also able to establish her own identity and brand by recognizing her complementing abilities from both her artistic and professional endeavors.

Madhuri leads the Product Marketing efforts for Adobe



Creative Cloud's collaborative capabilities. Prior to this, she drove the Go to market strategy for VMware's Cloud transformation solutions. Her industry and product-agnostic consulting expertise at Accenture and Slalom helped her navigate her career.

Madhuri is enthusiastic about giving back to the women's community to empower the diversity causes and help them navigate their careers. Madhuri believes it's often difficult to navigate your career efficiently. For many, the intended future career may not be a linear, vertical, senior role. It's possible that our intended future career is in a different company, team, or may need a new skillset. She is convinced that recognizing transferable skillsets from previous experiences, as well as having a plan for the skill gaps and areas of development, will help position oneself for success in any desired career. Madhuri was invited as a speaker at the 2021 Silicon Valley's 'Women Transforming Technology' conference to talk on this topic



of 'Identifying transferable skillsets to find your dream job'.

Madhuri's platform, Flute Theory was named as an ode to her father 'Murli' which means 'Flute'. Madhuri's father is the sole source of inspiration behind her songs & music, and she continues to stay connected with him through her songs. A dreamer, as she describes herself, fought to realize her ambitions and aided others in need. Madhuri

is on a mission to know herself a little more through every song. She says her songs are a gift to her future 70-year-old self.

Madhuri is excited about the release of her latest song "Azadi" which is currently in the making. The song she says is about giving yourself the freedom to live life on your own terms without following a template or a checklist. Her last song, "Apnalien Zindagi," was about finding acceptance.

Pehchaan, Madhuri's song, was about discovering self-worth & identity, whereas Khushi was about finding real inner bliss. Every song, she claims, contains a piece of herself and her life. Madhuri has always thought that the secret sauce is "finding your why" in anything you do. Dance, music, and her day job as a Product Marketer are more than just job for her; they are things that align with her purpose, making it simple for her to prioritize them.

Madhuri uses the Flute Theory to collaborate with various non-profits across the world, contribute her time teaching dance, and urge her students to donate to the organizations she supports. Madhuri has helped a wide range of causes, including children's cancer, Indian Army Martyr families, and animal rescue. It has been a really rewarding experience to share the joy and have fun while doing it, and she hopes that the influence is far-reaching and impacts many lives.

Madhuri believes that, as social conditioning and stereotypes grow, the rat race of schooling defining intelligence does a lot of harm to people with diverse abilities. She quotes; "We need to look at success and failures as merely just information about ourselves that can help us align to our true calling."



MAMTA BINANI

A Leader Making an Impact With Her Brilliance



With a multitude of accomplishments throughout her career, Dr. (h.c.) CS Adv Mamta Binani is a national treasure and an inspiration for all. She is the National Past President of the Institute of Company Secretaries of India (ICSI) for the year 2016. Being the second woman President of ICSI in the 52 year history of the institute, she also has the remarkable feat of being India's first registered Insolvency Professional.

Today, as a practicing lawyer and insolvency professional, Mamta handles business portfolios from the planning to the execution stage. She focuses on corporate laws like Companies Act, FEMA, business laws, insolvency laws, competition, RERA. As of today, this impactful lawyer is deeply focused on the space of reconstructing and rejuvenating corporate bodies.

In her formative years, she was a hardworking and diligent student and studied tirelessly to become a company secretary in 1995. Mamta became the all-India-topper amongst all other

females in the intermediate exams and stood 14th overall. Soon her passion and love for studying and practicing law increased many folds. Having a prolific twenty-three years of experience as a company secretary, she is currently practising as an Advocate having made her dream come true.

Mamta is proud of her strengths of honesty, tenacity, and an optimistic approach to life. Her ability to be at peace with herself at all times is one attribute that helps her navigate through the good and difficult periods in life. She keeps her head high in times of adversities with a firm belief that she has always done her best. Mamta feels that focusing on happiness is the way forward to overcoming any obstacle in life.

She carries her strengths as her pride and acknowledges that weaknesses and mistakes are part and parcel of life. She says, "A person is bound to make mistakes. I also make my share of them, but it only makes me better. Today, I'm glad that my mistakes are learnings for my

colleagues with whom I love to share my experiences.”

It wasn't a smooth sail throughout as she found it difficult to make a name for herself in the industry but she treated work as worship and every client as God and eventually got recognition in her field of work. She was poured with job opportunities but she stuck with her instincts and followed her passion to lay the foundation for her enterprise. This prompted her to study about the corporate world with close quarters and take the necessary plunge.

Numerous achievements and awards were bestowed to her including the Tejaswini Award in the year 2010 for bringing change in the social sector and empowerment of women. She has been conferred with the 'The Sculptors Bhavishya Ke Shilpakar Awards-2020' in recognition of her contribution to society. She has won the Insolvency Law Award

Winner (India) for 2020 by the International Advisory Experts. She is the first Indian to have been endowed with the prestigious award of 'IWIRC Women of the Year in Restructuring (Asia) Award, 2021'. She was awarded with the Asian African Leadership Awards in Legal & Professional Services. 'Wah Zindagi' has featured a telefilm on her journey which is widely viewed on YouTube.

Mamta likes to keep herself updated with the latest developments in the arena of laws and has an unassailable belief in the government machinery to properly run the country and she feels it is her duty to accentuate the efforts of the Government by taking it to the masses and classes. She is also heavily involved in the Insolvency space and is a regular writer, speaker and thought leader. Her passion is reflected in her life as she focuses on her work and likes to push her own boundaries.



Her husband Sumit has stood by her like a rock and has embraced Mamta's ambition as his own. She is content with her life and considers her family as her most prized possession. She feels grateful to the people who have stood by her and have been part of her incredible journey. Her never give up attitude and unending optimism are the core strengths that have made her a woman leader by showcasing that if you have your mind set on something then anything is achievable.





MANSI JASUJA

Global Powerhouse of Conscious & Participatory Leadership

The multifaceted Mansi Jasuja can best be described as a trailblazer who leads with generosity, inspiring and empowering people through initiating & hosting conversations that matter. She's a Speaker, Networker, Feminist, Participatory Leadership Host & Trainer, Mother, Storyteller, Systems Rebel, Yogi & Dendrophile!

Born in a Sikh family in Delhi (India) with strong values

around equity, justice and harmony, Mansi's childhood was ripe with ancestral stories deeply instilling in her the love for community. From an early age of 4, she became conscious about environmental issues and by her teens, she started to rebel against social injustice and inequality.

As an architectural student, she gained a unique interdisciplinary life perspective weaving sciences, history, art, culture, sociology,



anthropology and philosophy. She went on to do a Masters in Urban Environmental Management at IHS, Erasmus University Rotterdam and Wageningen University. Choosing to stay on in The Netherlands as a "Lovepat" with her Dutch husband, she continued her career in international organisations such as the United Nations

conveyor belt of traditional success. "I was deeply disappointed with hierarchy and ego in organisations, lack of human-centredness and meaninglessness of a majority of the work. To add to that, the environmentalist in me fell in deep 'eco-grief' about the status of our earth and where we are headed as humanity," reveals Mansi.



(UNEP-GPA), European Union, and CARE.

In 2008, a growing sense of climate urgency led Mansi to reorient herself, step off the

As Mark Twain said - "The two most important days in your life are the day you are born and the day you find out why". Some months later, Mansi emerged with her 'Why'. This was the beginning of an interesting path that zigzagged across several sectors, and looking for the biggest impact she could have in this world while staying grounded.

In 2017, she met Raj Sisodia, co-author of 'Conscious Capitalism (2013)' - the beginning of her journey into (co)founding Conscious Business in Netherlands / Europe and using the model to inspire businesses to shift. Around the same time, Mansi followed her first training for the Art of Hosting and Harvesting Conversations that Matter (Participatory Leadership) which nourished her with its deep wisdom and provided her language and tools to do work she was already practicing. Soon, she had her Eureka moment - "Conscious Business and Art of Hosting fit perfectly well together and I can help make this happen!"

Conscious business is an incredibly compelling idea. How can businesses make an enormously positive impact, create more value, have a happier and really engaged workforce, contribute to SDGs and thrive more financially? There are remarkable stories of conscious CEOs and companies who extend the multi-stakeholder engagement approach and seek solutions to a common challenge in a conscious way.

A veritable pioneer in the field, Mansi tells us, "The only way to multiply consciousness in an organisation and reach a win-win scenario is to hold meaningful conversations with all the stakeholders. Conversations in which we can truly tap into collective intelligence and co-create. As a host, I love using processes to create equitable and safe spaces where such conversations can happen." In the last

decade, Mansi has excelled in facilitating participatory leadership, (gender) empowerment through building capacities, weaving communities, and helping humans and businesses transition all across the globe.

As a female leader, what has been her biggest challenge? She replies, "It often takes a lot of courage to stay authentic, show up for work with my cultural heritage, gender, style, ideas and challenge the white colonial and capitalistic norms of 'professionalism' that bind so many of us and prevent true diversity and inclusion. It helps me to stay mindful, human and connected to my inner power and purpose."

Mansi nourishes herself in various ways: Yoga, badminton, cycling, exploring nature, deep conversations,

reading, gardening, practising her not-yet-perfect latte-art, and rediscovered joy of visual graphic work. "On weekends, you can find me in

conversations over chai with my 2 curious, lovely teenagers and being grateful for all that life brings us," she shares with a smile.

As someone for whom awards have always been de rigeur, Mansi's biggest reward are words she receives from people who have found their purpose or a new path after a conversation or training with her. She offers stories, humour, a listening ear, unexpected creative impulses, some madness, and a lot of warmth and colour. "I dream of a world where the focus on individual achievement is replaced by love for community," she sums up.





A woman can be bright like a flame, clear like water, and versatile like glass, Marina Nosenko is one such woman who regards hardwork above all else and has achieved success in all forms. She is the founder of a marketplace ecitrust.com.ua for waste management and recycling and feels that “Being a mother who does everything to keep our home cleans and use all possibilities for sustainable management of the family, I wish the same for our world. The idea that waste is a source of energy, resources has been proven and worth investment of time and money.”

Born in the Ukrainian USSR to a family of a Soviet officer that enabled her to receive access to a high quality and free education. She studied English and French at the faculty of foreign languages which opened her worldview to new cultures. With the dissolution

of the USSR and the formation of an independent Ukraine, she learned about her country’s language, history and literature. She says “European history, its rich culture and true democracy have become the values of my everyday life.”

After her bachelors she found a suitable job that matched her criteria which was at a metallurgical factory in



the city of Dnipro for the position of an interpreter. She convinced the HR of the company of her aptitude for the job and they even agreed to wait a whole year till she completed her Marketing and Business Administration. She started her work on August 19th 1991 on the exact same day the military seized power and the Soviet Union collapsed



MARINA NOSENKO

Tenacious, Tactful and Talented



which marked the beginning of a new era for her and her country.

Marina views her personal and professional life as a whole and strongly believes in planning ahead so that she never has to 'sacrifice' one for the other. Her daughter was her partner and support system on whom she relied on thoroughly. She states "For me, it is a question of priorities at different ages. In your 20's, a professional start will give you more time with your family for your 30's. In your 40's, you will master the work life balance and unite

these two, seemingly opposite, parts of life."

She has many strengths including adaptability to any situation, high responsiveness to a challenge, thinking ahead as preparing for a future event by equipping plans for the best possible outcome. She models her development on the basis of Charles Darwin theory of natural selection and she states "I want to be competitive through education and implementation of my knowledge, I am adapting to the world permanently, I am flexible enough to grow. I keep

my resources thoroughly."

Marina has learned a lot from her experience and feels that one of her biggest weaknesses is a full trust to everybody. This had led to many troubles in life when she was unable to protect herself due to not being able to check people's intentions. But she has picked herself up and is marching forward with her symbol of survival that is to defend herself in all situations. She is deeply passionate about caring for people and after receiving an education as a licensed healthcare professional nurse she likes to

practice some treatment for sick people.

Marina has many powerful women as her ideals including DC Comics fictional Wonder Woman who fights for her society. She also takes inspiration from historical figures from all over the world like Jeanne d'Arc who was instrumental in protecting her country against occupants. She admires Hillary Clinton as she is a self-made woman who guided and helped her husband become the President of U.S.A and was herself an electoral candidate.

She shares a beautiful message for all the women out there and says "The women in our world are at a unique crossroad today. We are empowered more than ever, with access to education, employment and leadership positions. I would like to push women to achieve their full potential, to explore all of the options ahead of them. May they be independent and make their own decisions based solely on their values. I wish for all women to be free and to occupy a decent place in society, as CEO, as mothers, as employees or as any other position they wish, in a way, which makes them involved, fulfilled and happy."





FEMALE AUTHORS

that are making waves with their literary prowess

By Arushi Garg

The Last Queen

By **Chitra Banerjee Divakaruni**

Queen Jindan of Punjab was the embodiment of bravery and dependability, and this book is a tribute to her illustrious history, which is sure to leave a lasting impression on readers. She rises to power and contends with British encroachment after marrying an elderly Maharaja Ranjit Singh, who passes soon after she gives birth to their son. Chitra Banerjee's great writing transports the reader of the bygone era and brings forth the Queen's conscientious wit and listening abilities to life, making her a formidable ruler.



The Christie Affair

By **Nina de Gramont**

The world-famous mystery writer Agatha Christie was a mysterious figure herself and there is one part of her life that was left unexplored. One fine day in December 1926, Christie packed a small suitcase and drove away from her house. Later, her car was found in a ditch and people assumed Christie to be dead as she was in turmoil due to her personal life ever since she discovered her husband's affair. She was later located in a hotel room in perfect condition and she has never spoken or written about this ever. This book is a fictionalised version of that event and gives an insight into her life.

All My Rage

By **Sabaa Tahir**

This young adult novel has it all and its premises and flared writing makes this one unforgettable. A multi-generational story of Misbah who is a writer soon gets married to Toufiq in Lahore but tragedy strikes and they move to the United States and start the Cloud's Rest Inn Motel. Salahudin is their son and is best friends with Noor, they bond over being immigrants until they have a fight which crumbles their friendship. Their personal life takes a drastic shift when Sal has to save the family motel and Noor applies for college. The book explores their love and the question of whether they ever be able to find their way back to each other.



The Forty Rules of Love

By **Elif Shafak**

'The Forty Rules of Love,' an international bestseller, delves into the lives of the famed Sufi poet Jalaluddin Rumi and his companion Shams Tabrizi. There are two parallel stories running throughout the novel, one being of Ella Rubinstein who is reading a manuscript about Rumi written by a mysterious writer with whom she forms an instant connection. The other is the tale of Rumi and the circumstances that prompted him to become one of the most famous Sufi mystic. Shafak gives a deep understanding of Islamic mysticism and provides the reader with beautiful prose about the true meaning of love.

Eat, Pray, Love

By **Elizabeth Gilbert**

A memoir of the author who embarks on a journey of self-love and healing after a painful divorce that resonates with many readers. She decides to spend four months in each city that will bring peace to her mind, body, and soul, and she seeks relaxation in Italy (eat), spiritual growth in India (pray), and self-reflection in Bali (love). This best-seller was also made into a movie by the same name featuring Julia Roberts but the book has its own charm that the movie could not capture.



Silent Murder

By **Nupur Luthra**

This suspense thriller makes the reader unable to put down the book till the very end. The story is set in the coastal town of New York with Nick leading a blissful life with his better half Bridget. Soon, a secret about a murderer is revealed and it opens the Pandora's Box with Nick being swarmed by questions that he never knew existed. Many hidden truths about his grandfathers are unveiled which makes him determined to reach to the bottom of the whole story.





MEERA DUNCAN

A Therapist who is paving the way with a groundbreaking new therapy for patients with Bipolar Disorder

Today’s challenging times have led to a lot of us looking for help in a professional capacity—counsellors, therapists, psychologists, and psychiatrists. There is a lot to unpack in the mental battlefield and emotional and mental health is something we need to address as we continue to explore this journey of healing.

A positive force in the therapeutic world today, Meera Duncan started her healing journey after encountering a devastating experience in 1998. An enthralling tale of emotional and physical trauma, then reclaiming her life and eventually finding her true-calling.

On March 24th, 1998 a catastrophic event took place in Meera’s life, when she stepped into an elevator, little did she know how her life was going to change in the next few moments. As she got into the elevator at her workplace, it fell 6.5 stories, went up, and dropped a second time 5.5 stories. Although no one



wishes to contemplate such a horrific event, the trauma is palpable. Meera explains, “I sustained a long list of severe physical injuries, many that

discs, and post-traumatic syringomyelia (a fluid-filled cyst in the centre of my spinal cord damaging nerves and possibly eventually causing

Over a decade of procedures, medications, experimental treatments, and therapies but nothing changed in her condition. The excruciating pain levels were locked in a continuous debilitating loop, rotating throughout her countless injuries each day.

3rd Eye Hypnotherapy

are permanent in nature: Severe concussion, severe cervical strain, nerve damage, fractured jaw, herniated, bulging, and shortened

permanent paralysis). I was soon diagnosed with PTSD and clinical depression from searing daily chronic pain levels and emotional trauma.”

In the midst of her deepest despair, a new vision suddenly crystallized in her mind: a clear and vivid scene, an image of herself overflowing with happiness and health. Actually living! Pain-free. This



was in fact hypnosis, and not only the pivotal catalyst to her journey of healing, but a gift shared by the Universe to instruct Meera to heal herself. Void of any evidence, any proof, any facts. Completely against the skilled team of physicians and specialists who clearly stated in unison that she would never work again, the damage is permanent, the intense pain levels and extreme

restrictions on her ability to walk and function would never resolve or improve. And yet, this was the gift of knowing, a powerful life-changing vivid visualization. A form of self-hypnosis called Auto Suggestion.

Her life was immediately changed and enlightened, as stated by Meera, it was the pivotal catalyst in her healing

A passionate humanitarian, Meera has also been donating \$5 Canadian dollars from every book sale for the entire year of 2022 to the Canadian Red Cross Ukraine Crisis Appeal.

journey. “The subconscious mind controls all of our physiological responses, all of our involuntary body functions. If it receives clear instructions to reduce inflammation levels it will comply, and chronic pain levels will therefore reduce and resolve.”

“I was able to reduce my chronic pain levels by 80%, and completely resolve my PTSD, and clinical depression associated with this trauma through self-hypnosis and other additional changes,” she says. “Hypnosis helped me to reduce my inflammation levels, in addition to other changes such as adopting a strict plant-based diet, incorporating yoga, and pilates.”

Powering through her challenges, Meera fostered her healing abilities as a therapist and began on this new path to become a Clinical Hypnotherapist. “If hypnosis could resolve the emotional trauma and physical injuries I sustained, what couldn’t it do? The possibilities fascinated me.” During her experience as a Clinical Counselling Hypnotherapist, her major

breakthrough came when a client sought treatment to reduce symptoms associated with Bipolar Disorder. She had never worked with a client with this disorder before, so began to search through mounds of research, clinical textbooks, reading study after study; but there were no psychotherapeutic treatment protocols that incorporated hypnotherapy for clients with BD. Meera began researching Bipolar disorder and Environmental Stress-Targeted Therapy (EVSTT) was formed, targeting the stress-response Meera identified to be linked to manic, hypomanic, and depressive episodes. The results were life-changing and dramatic for this client.

Cradled in the bounds of her research this led to her clinical research study, followed by her published book, *A Therapist’s Guide to Treating Bipolar Disorder with Hypnosis: An Introduction to Environmental Stress-Targeted Therapy*, available at all major bookstores worldwide. Her work is now impacting thousands of individuals who live with this complex diagnosis.



Photography: David Watt Photography | Hair: [instagram.com/ericarmitage_hair](https://www.instagram.com/ericarmitage_hair) | Makeup: [instagram.com/Miss_Brendalynn](https://www.instagram.com/Miss_Brendalynn)



NADA MATIJEVIC

A Charismatic Professional Who Carved Out Her Own Destiny

Nada Matijevic is an accomplished professional with an alluring life story. She is a businesswoman who helps people achieve their dreams and goals. She is known for her ability to help people find clarity and direction in their lives. Nada's skills are in high demand in today's rapidly changing world, and she often works with individuals who are looking to make a change in their lives.

Nada Matijevic has always been a go-getter. As a young woman, she was determined to make her own way in the world and help others do the same. She knows how hard it is to make a decision about the future in these trying circumstances.

Nada spent her childhood roaming the forests and hills around her home in Europe. She learned a lot from nature; how everything was connected and had a purpose. From



her parents, she learned the importance of having a flexible mindset, determination, and resourcefulness. Memories of her time with family and friends are her most important memories. She still cherishes the company of family and friends and the love, joy, and laughter that comes from spending time with them. Nada loves spending time outdoors, being amongst nature, hiking, biking, or simply exploring new places and cultures.

Nada is a life-long learner in the field of personal

development and has studied organisational behaviour and business management. Nada holds a Bachelor's Degree in Business Studies and Accounting. The challenges, frustrations, ups, and downs in her career gave her insights, and the determination to go solo. 2015 was a watershed moment in her life when she realized she wanted to be true to herself, her values, and her purpose. Running her own career consulting business was a significant career change and required adaptability and resilience. It meant abandoning a lucrative senior management position in the corporate world. She says, it definitely wasn't easy switching from the safety of a well-established and successful career to



becoming an entrepreneur and is grateful for her husband Chris' support, and the encouragement to carve out her own path.

She is a member of the Career Development Association of Australia and is a CPA Australia Fellow and active member. Nada obtained excellent insights into workplace difficulties and varied sectors over her more than 30 years of working in professional services and corporate contexts. She has always been interested in what makes people tick and how they might tick better, both individually and collectively. Her beautifully written Chapter "Success starts Within" in the book: "Rise Above - Beyond Ordinary" is surely a must-read.

Intriguingly, Nada is deeply committed to encouraging people to uncover who they truly are and what they are capable of, so they may chart a clear course and make well-aligned, purpose-led decisions with conviction. But what she is most excited about is being a part of the larger path to successful lives and careers, assisting people in strategically implementing their objectives and achieving their own personally significant triumphs.

Nada strongly believes in creating tailored programs for reaching a more meaningful version of success through work, wellbeing, and whole-life planning. Supporting women's self-actualization via personal & professional growth, and empowering them to take charge of their lives

are some of the many visions that Nada has for women's empowerment. But she says stepping up into our own zones of power equally applies to men and leadership. In her own words, "I'm passionate about debunking the myth that to succeed we must mold ourselves to fit in and give away our power to external forces to determine our future."

Investing in your ongoing learning and development, building strong, supportive networks is really important. For Nada, this means engaging with a community of other businesswomen and accessing resources and training that are relevant to her specific business requirements.

Nada's life motto is now redefining success and a thriving future, supporting self-discovery to define the vision and path for the future.

As an outcome, you'll be able to detect opportunities and pitch yourself into your dream career. Her business was named Elevate Me as an expression of that guiding purpose. Her vision is clear and progressive, and it is not dependent on what one experiences in today's world. It's the comfort and simplicity in her demeanor that makes her personality stand out to others; she's the woman who speaks her mind. Creating routes of hope and belief with a dash of optimism to encourage individuals, particularly women, to break out of their shells and achieve great things.

That is Nada Matijevic's magic.





Dancing her way through life and imparting the hidden wisdom she has gathered, Nicky Burke stands out from the crowd with her charismatic personality and unique percipience. She is an International Bestselling Author of the co-author book “The Sacred Dance,” and is welcomed as an expert speaker at Universities and pioneering podcasts including her recent episode “The Parallels Between Dancing And Intuitive Coaching” available on Spotify. As a Creatrix for the past 10 years Nicky’s roles include being an artist, choreographer/movement director, creative director and intuitive coach to artists and souls worldwide who are choosing to live a life they love.

Born and bought up in Nuneaton, England, Nicky at the age of 4 quickly gravitated towards dancing as it gave her utmost happiness. Her

creative side was unleashed and it has since weaved magic into her life. With a public education, she spent her evenings in dance class and the weekends competing, with the encouragement provided by her family and friends. In London, she completed her BA Hons in Dance Theatre and took her passion to the stage and screen.

In 2017, she felt that sacrificing on her health and finances became too cumbersome, she decided to change her life for the better and found spiritual wisdom and clarity with the medium of books, intuitive tools and shifted her focus from external success to internal acceptance. Now she states “Each morning I have rituals, where I ‘meet self’ first. When I do this I decide to make myself and a higher love the priority of my day - from this place I tune into my heart’s vision and take inspired action”



NICKY BURKE

An Ode to The Beautiful Dance of Life



Being a freelancer had its own share of difficulties which she handled with great confidence as she balanced between clients, creativity, her personal life and seeking adventures. With the tools, she has gathered Nicky perceives contrasting experiences as an opportunity for divine expansion. She says, “I practice telling myself ‘I’m always learning, always expanding’ and most importantly ‘I never get it wrong.’”

She feels that her greatest strength lies with her ability to listen to her own intuition and taking time to step back in order to allow herself to rise above conflict. This makes her flourish as she chooses friendships, relationships and opportunities which resonate with her heart instead of identity. Earlier in life,

she recognised that she had designed herself as a people pleaser based on the deep belief that she needed external validation to be safe in the world. Once Nicky began working with the tools, life changed from the inside out; recognising that when we are guided by our own divine nature and free of limiting beliefs, we blossom and shine our own unique light in this world.

She describes her passion as “A continued desire to be the highest version of myself, whatever she looks like, feels like, enjoys, dislikes, I choose to step into the fullness of me as I continue to evolve through all stages of my life. This passion for LIFE keeps me growing, internally stretching and deeply rooted in my heart. Accepting that

the past does not define us instead, remembering that our true strength is held in our heart’s vision of ourselves. This knowing keeps my life juicy, exciting and open to the unknown!”

Being a woman leader, her most challenging barrier was ‘Saying yes to her own success’, since she has spent her life transitioning from one stage to the next with no external boss, she decided that ‘she was enough’. Whenever external forces tried to put her down and deter her from her route,

she always listened to her inner voice and believed in herself.

She shares some techniques that women can adopt in order to achieve a more prominent role in their organisation. She highlights, “‘Know thyself’ is the key to being a predominant creator in all areas of your life, when you understand your values, your vision, your own inner richness and guidance you are like a tree deeply rooted in the ground. This stability allows us to be receptive of new opportunities, ideas and relationships.”

Nicky spends her free time as an avid reader, and enjoys books from all genres which she feels uncovers parts of the self that one often hides from. As an adventure seeker she loves to travel the world and has even climbed Kilimanjaro; today Nicky commits to climbing mountains both internally and externally for her own expansion into unconditional love.





NORMANIE MCKENZIE RICKS

A Visionary Who Is Lighting Up People's Life

With over 2.2 billion visually impaired people worldwide

who do not have access to proper healthcare and have unfortunately been living in the dark, Normanie McKenzie Ricks is an individual who recognised this dilemma and has made it her life's mission to illuminate their lives. She is a TV show host, Vision Therapy Trailblazer, Author, Entrepreneur and Mentor but most importantly a human being who strives to make a difference in people's lives.

Normanie is a decorated former officer of the United States Navy and has served rigorously in the healthcare sector as a Rehabilitation Clinic Manager and Occupational Therapy Clinician. She continues these efforts by being the owner and operator of Achieve Vision Center, which imparts rehabilitation to those affected by neurological deficits that further causes ailment to their vision.

Being an ardent advocate for children with disabilities all



around the globe, she has served youth communities in Japan, Nicaragua, Honduras, and Zambia. Her international non-profit organization, Vision Therapy Education International is a model system that wants to make the lives of numerous people full of light and hope by aiding them to achieve an optimal functional vision. Due to her efforts, she also hosts the popular show 'Health Facts' with Normanie Ricks.

Scaling the heights of success early on in life, she was a scholar right from the inception and even graduated in the top 5 percent of her high school class. As a high schooler, she was awarded Track Woman of the Year by the Atlanta Track Club and her team even won two state championships and set several school and state records. Her persistence and passion followed her well through college where she was inducted into the National Honor's

Society and was named the Coca Cola Dean's Scholar.

Normanie was also responsible for single-handedly developing an Occupational Therapy Neonatal Intensive Care program and even achieved a 100 percent customer satisfaction rating at the Naval Medical Center in San Diego. Her ardour for goodwill was further witnessed when she served as an essential leader in developing the Naval Medical Center's upper extremity

Strong women like Normanie are an exemplary guide that helping others can be the biggest source of fulfillment and success one can achieve.



amputee program.

The biggest challenge Normanie had to face was as she recalls, “Because I am one of the trailblazers in the field of vision therapy, I had some findings that were not popular ideas at first. Now lots of research has been done and the findings are just as I suspected and now I am “allowed” to be vocal about them.” She finds that her core strength is GRIT which is what makes her a success. Giving credit to being an athlete in her youth she learned time management, diligence and discipline early on in life.

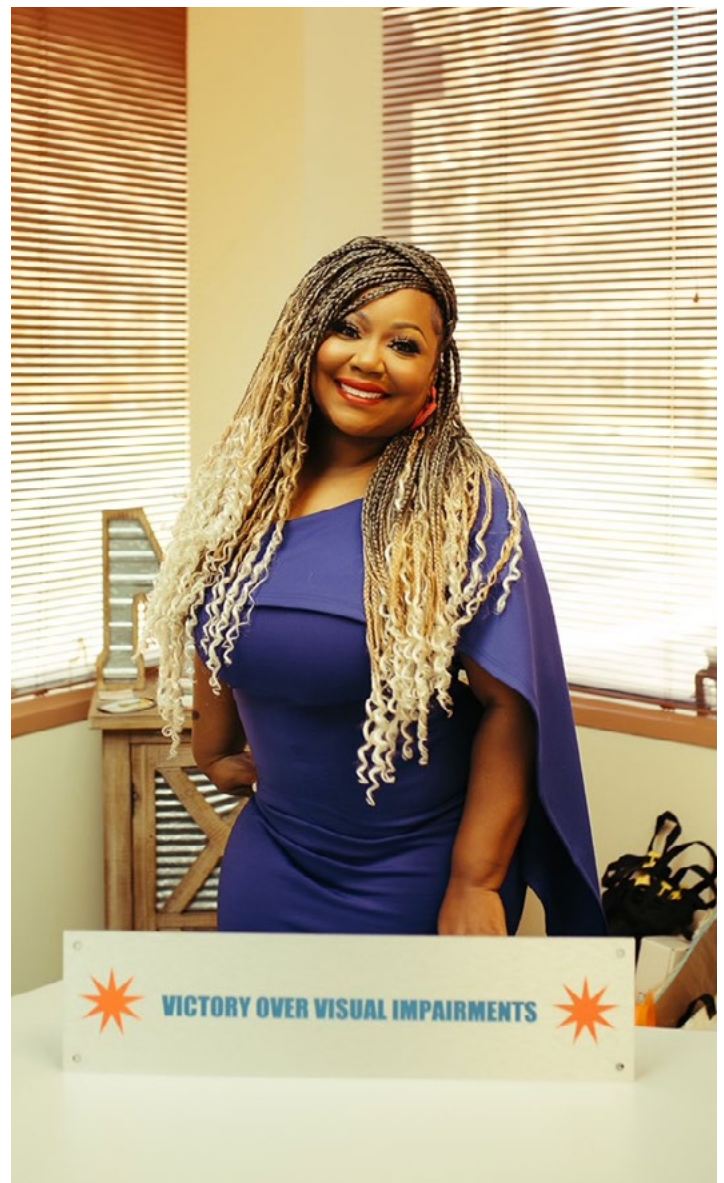
When she first ventured into her business, she was putting in many hours of effort. But gradually she realised that a favourable work-life balance is essential for the physical, spiritual and mental wellbeing of a person. At present, she refrains from working beyond 9 hours and also takes the weekends off. Her free time includes hiking up mountains as she feels it’s a great way to unwind by being surrounded by nature. She reveals “I enjoy watching sports of all types,

especially football! In front of the television, cheering on my favourite team is my happy place!”

Being a trendsetter in her field of work and having multiple feathers in her cap, she gives an insight into the strategies that can be adopted by women wanting to achieve an eminent position in the workforce. She says “First and foremost, be known and recognised as the “go-to person” in your area of expertise. If you are the most knowledgeable person on that topic in your organization, or you are the subject matter expert, others will have to respect that.”

She gets inspired by strong female entities including Nikki Giovanni, Maya Angelou and Oprah Winfrey. She even quotes Eleanor Roosevelt as her motto in life “No one can make you feel inferior without your consent.”

Her daughter is a driving force in her life and she feels proud that she wants to become a powerful businesswoman like her mother when she grows up.





Pallavi Malani was pursuing her MBA from a reputed college in Kolkata when she got married at the age of 21. Her then Dean called her a symbol of failure, scared of pursuing a difficult journey – in short, a waste. But it didn't take long for the gritty Pallavi to prove him otherwise.

Today, as the founder of Sapphire Skills since 2013, she has emerged as a leading Coach, Storyteller and Author across the country.

Born in Ranchi and raised in Asansol within a close knit joint family, Pallavi lost her mother at an early age and was brought up by her father and sister. Her best friend Pooja was also instrumental in helping her sail through the emotional trauma.

After completing her education from the reputed Ness Wadia College of Commerce in Kolkata, Pallavi joined the

training industry at the beginning of the millenium. At a time when the industry was in its nascent stage, was male dominated, and mocked upon as a concept... a lady empowering men with tools and rational thought process was unacceptable and demeaning.



However with huge MNCs spreading their wings in the country, came a paradigm shift in the thought process. People started recognising the importance of adding on new tools for a raise. Coaching made them open up to the outer and inner threats, and helped them highlight their USP in the competitive world.



PALLAVI VIVEK MALANI

Coaching people to succeed in life and leadership



Pallavi chose this opportune time to become an ICF Licensed Emotional Intelligence Coach, Master Neuro Linguistic Practitioner, Mindfulness Coach, and Licensed Leadership Coach. In 2013, she also founded Sapphire Skills.

“My passion is to feel satisfied about adding value to an individual or an organisation. This makes me proactive, creative, innovative and courageous towards mapping a new roadmap to success,” says Pallavi.

Coming from a marwari joint family, people always doubted her credibility towards work. Male trainer counterparts were thought to be more efficient in connecting with the organisation ecosystem. And few people were even quick to believe that women got their way easy. This denial of identity was not acceptable to Pallavi.

“Changing mindsets has been the most difficult challenge,” says Pallavi. She tells us how



to break the proverbial glass ceiling: “Women need to learn to negotiate for their pay. They should have an accurate self-assessment to stand confident. They should invest in skill building, leadership training, and understand the importance of networking. Women must be confident of the fact that being a mother is not a hindrance in their career, they can manage their responsibilities perfectly.”

How does Pallavi herself

maintain the work-life balance? “Striking a balance is crucial for family well-being. And the best way to do it is being guilt-free so that you feel confident while doing it. To create a balance, I prioritise my day beforehand. I am an avid follower of 80/20 rule. My passion towards work makes me enjoy each and every moment,” she replies.

Pallavi is equally passionate about her me-time. “I love to decorate my home and paint.

In my free time, I meditate and perform my Narayan reiki satsang with Raj didi, Sandhya didi and Vidya didi. Morning walks give me the energy to drive my day and be with myself without any adage. On weekends though, I put on the shoes of a homemaker. Family is my strength and I devote my time to them. I especially make it a point to spend quality time with my teenage son.”

Pallavi is fortunate to find inspiration in the men in her life - her father, father-in-law, husband and son. “Both my fathers simplicity, generosity, and trustworthiness make them great leaders. Their discipline in life has impacted me greatly. My husband’s strong mindset, setting realistic vision, being self-aware of one’s ability, and implementing the art of saying ‘No’ inspires me to hone up my leadership skills. My son who has amazing self confidence and doesn’t fear to sweat the small stuff leaves me awestruck,” shares Pallavi.

Pallavi herself is an inspiration for many. As an author, she has published articles in newspapers, magazines and Kindle. She has been featured on Red FM and Radio Mirchi. She has trained and addressed more than 10,000 people across the country. She has been acknowledged as a lady of substance by many institutes and social service organisations. In addition, she is the women wing Convenor of TiE which has acknowledged her entrepreneurial journey as a women achiever, as well as the Co-Chairperson of Karnataka Chamber of Commerce. She also holds an MA degree in Kathak, and has trained under the legendary Guru, Pandit Birju Maharaj.



PAULA OREZI

A Connoisseur of Elan and Eloquence

development. She remarks “Developing an online presence was challenging and still is because the internet is saturated with all kinds of

things. I had to overcome a negative mindset of not being good enough to start my own business.”

Paula describes her strengths as being a very organised person and learning from others in the same field. She keeps her head focused on the larger picture and on the WHY of starting a business which keeps her encouraged. She also



Paula O! Store
BE YOU MOVEMENT

Armed with a pleasing personality, a positive outlook, a hardworking attitude and an aptitude for learning new things, Paula Orezi inhabits all the ingredients that make her a success. She is the author of a motivational poetry book titled: From Me to You and Co-Author of the #1 International Best Selling book: Experts & Influencers: Women’s Empowerment Edition.

Paula candidly describes her teenage years as being a typical one that is usually riddled with struggle with self-identity and worth. She was constantly comparing herself to others and harbouring thoughts of

not being good enough to be someone important in life. But she put such thoughts at bay and she recalls “I quickly learned that I was stuck with Me for all my life and I needed to be okay with that!” During her college days, she aspired to start her own business and tried to grab every opportunity she could.

Success did not come that easy, as Paula had to learn the process of building a website on her own and presenting herself to the world of her skills in order to partake in meaningful projects that would encourage bookings. She had to attend masterclasses to upgrade her public speaking skills, writing and coaching





- want to achieve in life and also setting your career goals.
- 3. Persistence is the key to success.
- 4. Focus on bringing more of your skills and creativity to the role that you desire.
- 5. Learn from the experience of others who held the same leadership role.

She defines her passion as “I want to brand myself as a change agent that brings value by helping to foster positive change. Creating influencers to influence. I have a passion to speak and help people get inspired to make a change that will create a positive and win-win outcome. It’s about taking the approach of becoming a change agent which is the foundation for real positive impact to start occurring in communities. I take it one day at a time.”

feels that it’s okay to fail along the way and in order to be a success she had to learn the power of using the word NO.

She gives an amazing strategy that keeps her work-life balance in sync. She assigns specific hours of each day dedicated to working on her business in 2-hour increments. She likes to keep her work easy by trying to reach small goals that will culminate into her ultimate goal of success. She tries to spend her weekends with the people who matter in her life and volunteerism. On a typical Saturday morning, Paula loves to work in a nice coffee shop brainstorming for her next business move or working on a current project.

When it comes to today’s organisational culture being supportive for working women, Paula sees a pragmatic shift as they are being provided equal considerations for leadership roles. She feels skill should be given more weightage rather than gender as ultimately it’s the skills and talent that gets the results. She highlights that there is still room for improving facilities for working women and when they take up more prominent roles, changes will start to take place.

She illuminates the strategies that women can adopt to achieve a distinguished role in their organisations-

1. Being open to learning more about the role you desire.
2. Assertiveness in what you

Paula takes inspiration from her mother and best friend who were instrumental in encouraging her when she started her business. Their compassion to serve others has become a driving force in her life and she wants to carry forward that legacy further. That’s why her mantra is, she states “Success means arriving at the point of discovery of who I am meant to be in this world and actually making a difference! I feel fulfilled when I know that I am helping people to change their course in life towards their own dreams.”



PHILLIPA BROWN

A Trailblazing Light In Times of Distress

When it comes to breaking barriers regarding mental health issues, Phillipa Brown is making waves by integrating technology to provide psychological support with the help of her platform. A robust burst of energy amalgamated with her down to earth persona, makes her an exemplary psychologist and counsellor which is reflected in her platform MeHelp Psychology. Engrained with a resolve to support others, her life is a reflection of 'where there is a will, there is a way.'

Born in a family of winemakers in a small town in the heart of the King Valley, she got her formal education in the city of Melbourne. She excelled in her studies and made psychology and counselling her forte, thereby obtaining 4 different degrees in the same field. "Upon reflection, the journey was the most challenging yet rewarding experience that taught me more about myself than I thought possible" is one

of her learnings in the pathway of life.

She elaborates how her company started off as a sought after and professional tool by which people living in remote and rural areas could get access to affordable

mental healthcare which was mostly available in big cities. Started in 2019, she witnessed a monumental shift in the technological atmosphere that assisted her in developing this platform. A year later, the pandemic opened the Pandora's box with a high number of people being gravely affected by mental health issues. She never knew that MeHelp Psychology would become an overnight success.

After developing an exemplary capacity for psychology, mental health, and understanding peoples' mindset, she feels that she relies more on her intuition and analytical skills when it comes to decision making in her business as she didn't have any formal education in that field. This had been her biggest barrier when she started out her venture. But her hard work and positive attitude has sealed a niche for herself in

the industry by demonstrating that being fearless is the only way forward. She bridges that gap by formulating creative ways to teach herself by reading books, listening to podcasts and joining business group discussions.

Her mantra for success is unlike any other, she exclaims "Asking for help is the single most important thing anyone can do to achieve an outcome they can't do alone. Ironically, I used to think I could do everything on my own, even if it meant putting myself through a lot of suffering to 'figure it out.' What I was failing to recognise was that sometimes figuring it out, meant asking others for help and we can do so in many different ways"

Phillipa has outlined four strategies that can be of guidance to women achieving



more prominent roles- Commitment (focusing on learning opportunities rather than mistakes), Care (showing respect and appreciation to others), Competence (personal and professional development goes hand in hand) and Confidence (believing in yourself).

She also feels that the workforce is becoming more dynamic globally with institutions providing improved facilities for women. Paid leave for new parents and shared responsibilities at home is also a contributing factor. This makes her feel that her husband inspires her each day as he himself works hard towards being a better, more loving father and also a well-reputed businessman.

With Phillipa's heart set out to help people one way or another, she had previously

used her reservoir of knowledge by volunteering on numerous occasions for years including assisting homeless people to find shelter, food and care. She had also volunteered as a support worker for disadvantaged youth and also as a telephone crisis support worker for a suicide helpline.

Being a mother to a toddler and another one on the way, work-life balance is the keystone upon which she attributes her time. With her exceptional time management skills and with the aid of her supporting husband she was able to commit to work and give the fullest to her son. In her spare time, she makes sure she does what she loves which includes skiing in winters, spending time with her family, content creating, blogging, reading and listening to podcasts.



Being a young entrepreneur can be a challenging job but Phillipa makes it look like a walk in the park.



QURAT UL AIN

Achieving real estate domination Qurat Ul Ain catapulted her vision to the top

Dreams are an accumulation of fantasies and goals. Often, we live on the precipice of our dreams until a stroke of determination hits our mind, and we commence the journey of chasing them. Glued to those visions and rooted with the business world, Qurat grew up into a multifaceted businesswoman.

Hailing from a family of entrepreneurs in Kashmir, Qurat was seasoned to pursue a career as an entrepreneur herself. Right from her early schooling days at Presentation Convent School in Kashmir to DPS in Delhi, she grappled with her innate quality of selling. Nevertheless, a persistent student, she finally graduated from the University of Wollongong in Dubai, then completed her Master's in Business Administration.

The feeling to be at the pinnacle of success is elating, however, Qurat elucidates, the journey was not easy but a herculean instead. Despite

that, she went on unleashing her potential and consequently broke the stereotypes. A strong-headed entrepreneur with perseverance, passion, and grit, her entrepreneurship is an inspiration for women.

A savvy salesperson right from the beginning, Qurat carved a reputation for herself in sales by selling privilege cards for top-notch hotels in the Middle East. With the unquenchable thirst to go higher and higher, she has been able to do this tightrope walking. Her passion for everything she does is an infectious quality that rubs off on everyone around her.

Powering through the challenges, Qurat fostered her talent as the only woman to be sharing honours among compatriots in the UAE real estate industry, after making a name for herself for over a decade, she feels it is pivotal to have self-belief because it's the motivating factor that never leaves your side. Keeping her hope and optimism for women entrepreneurs intact, she never



stopped herself from travelling into the diverse avenues of the industry. Moreover, landed a leading role as a legendary sales professional and set up Drehomes Real Estate in 2007.

Qurat's modern angle on life does not make her any less of a believer. She manifests success for herself in the face of adversity and stagnancy too. "To me, success does not mean being famous, but how the client sees me, the trust they place in me, and the sheer joy of seeing their happy faces after moving into their dream home. With my passion for work, I accomplish my

goals and set the bar high for others, because if your passion becomes your profession, you can create wonders. "

While unravelling the milestones, it was intriguing to see how Qurat has set an example for women to follow. She witnessed the challenges as she stepped into the male-dominated industry, and the biggest obstacle was to excel in the field, "Fighting gender prejudices at any level is the first step towards women's empowerment, and as a woman, I believe this kind of thing should be commended and not demanded in today's

world," says the leader.

Inspired by her role model, Sheikh Mohammad Bin Rashid Al Maktoum, and learning about his unrivalled legacy and revolutions in the UAE, Qurat says, "His vision for the UAE motivated me to go after the challenges in the real estate sector. He certainly is my role model; someone I have always looked upon whenever I felt like giving up. "

Passionate about her work, playing multiple roles, Qurat has never failed to strike a balance between home and work. Qurat explains, "There

are times when work suffers due to personal commitments and vice-versa, but I am very fortunate not only to have a great team but also a loving and supportive family who understand my work nature and have always stood by my side, which makes it easier to balance them both. Apart from being a wife, sister, and a daughter, Drehomes is another family to me, so the responsibility increases, but today's workplace provides us with more flexibility, which is good, but if you want to achieve something in your life, you have to give it your all, and that's what I did."



An indomitable spirit and a leading realtor, getting global heads turning with her thoughts and customer-centralized work Qurat sums up saying, "To succeed, all you need is a bit of confidence in yourself, and you can achieve great things. When it comes to displaying your talents, women are always a step ahead of men. All you need is equal opportunities. So, if I can do it, so can you. Have a little faith in yourself, and you can pave the way for others."



ROBERTA TORRESAN

Undaunting woman carving her niche in the Italian history Destination Wedding Planner



Brimming with history, art, and great hospitality, Rome is considered the ideal city for a destination wedding. Couples dream of getting hitched in the Italian capital for a mesmerizing wedding, what adds a bling to the most awaited day of their life is

the expertise and unique approach of the wedding outlook. Roberta Torresan is a leading professional in luxury destination weddings who has established herself internationally as a top wedding planner working on the most exclusive and famous venues. Roberta is also known

for founding the 1st Wedding Business School in Italy, Wedding Planners Pro.

The roman citizen looks back at her story unravelling like dream in itself. From working as a shopping centre manager at an early age to realizing her inner calling and switching off

to pursuing a wedding planner course. Roberta Torresan's life unfolded like a fiction story. She toiled hard and paved her way through the pinnacle of success.

She knows how important your big day is and she will go above and beyond to make it magical. Roberta counts her family and friends as the key contributors to her success, who held her hand during the beginning steps of her career.

Roberta's undaunting personality is one highlight of her life and career that speaks about her before she does herself. She believes that challenges are a fundamental part of life and they encourage us to come out as who we really are. "I always trust my inner instinct, on which I build relationships and goals. Certainly, there is no lack of dedication and as far as possible I always try to ward off fear with small challenges that I can easily conquer. I always give myself two rules



even when a day or a situation puts me to the test, think positively, and analyze all points of view. Giving in to discouragement must be the last choice.” says Roberta.

Maintaining a work-life balance is one inevitable issue in everyone’s life. However, Roberta doesn’t believe the same as she maintains a healthy balance between her work and personal life, “I realized with my experience that the only way to avoid regrets is to build a close-knit team to whom I can entrust the work with the utmost confidence, without drowning in worries and stress. And a way out to be present with my family, with my young son, and to dedicate quality time to myself.”

The kingpin of success and determination, Roberta knows that the Italian corporate culture has a long way to go in order to include women 100% and it is no secret that women, especially in some moments of their life, are often penalized. But she also believes that things have changed and so is the approach of working-women who themselves have adopted it. It’s been seen that there is greater self-awareness, a keen interest in defending own rights, and the courage of not giving up on bigger dreams.

As a wedding planner, it’s natural for Roberta to be a creative mindset coach. But when asked to paint her ideas about the strategies she follows for a successful career, the professional stated, “There are no strategies. If you want to achieve a goal you have to

believe in yourself, and stick to your own values. Let your work talk. And don’t stop believing in the meritocracy.”

Her journey as a leading destination wedding planner has just not provided her with international recognition but helped her bag the ‘ELLE International Bridal Awards’

With the success and appreciation, she received a victorious mind which is why Roberta has never considered being a woman as an obstacle and on the contrary has always made sure that her work could not leave room for easy commonplaces. Today, she is at this juncture in her life where she has achieved something that she never thought she would. During the tough time of the pandemic, Roberta never stopped and is full of ideas that helped her to build more in life.

Sourcing strength from the woman around her, she never had a particular role model, Roberta was inspired by every talented and courageous woman she met on her path who was capable of giving her something to learn.



Roberta’s message for the youth is to never forget who we are, our essence, our roots. As it implies our ability to stick to our own authenticity. That’s the only way you can truly be the “commander of your ship”.



ROSA LOPEZ ANTONINI

An influential Author With an Inspiring Mission

A cognizant leader and author who has touched thousands of lives with the power of empowering words. Someone who cares and enlightens people everyday. Coming from a family of ten brothers & sisters, Rosa L. Antonini spent her childhood growing up in the Dominican Republic. Rosa feels lucky to be from the first generation in her family who could have a college education. Intriguingly, her college degree was not valid in the United States. So, she started working for minimum wage as a cashier at a cheque-cashing store while going back to school to learn computer programming. She then continued her education by receiving a master’s degree in information systems. Today, she is the author of the life-changing book ‘The Zero-Sum Game of You’. Her mission with this book is to empower people internally to take control of their lives, but also to sponsor training programs to enable young adults with useful skills so they can build a better future.

Rosa L. Antonini has a



compelling point of view towards her profession. She firmly believes that most tasks in life are difficult in the beginning. It can be overwhelming too. Especially with no financial or emotional support. The only available resource is a dream with no feasible way to attain it. She says, as an immigrant, there were some extra challenges as well. Being able to communicate effectively while learning the language is one of them. It

can affect your self-esteem and confidence regardless of the amount of knowledge you have. However, Rosa was not someone who easily gives up. Despite experiencing all sort of monetary scarcity, mental and verbal abuse, depression, and the loss of many of her loved ones; she kept moving. She says that everyone will experience downs in their lives that will cause them pain. “These experiences should not be a competition of who has had more pain. The pain can

only be experienced by the person that has it and the only way to overcome anything is to keep forging ahead knowing that the coin will always flip”.

On asking how she maintains the equilibrium of her professional and personal lives, Rosa insightfully replied, “I have always been a family person. I had my first child while doing my master’s degree and working full-time. I was only sleeping 2-4 hours every day for a couple



of months and there was one week I remember that I had only about two hours of sleep over 48 hours. On that morning while I was on the bus to work, I was suddenly struck with fear because I couldn't remember whether I had left my daughter at home alone or brought her to the babysitter. Thankfully, she was with the sitter. Through that experience, I learned the need to balance my life while clearly understanding my priorities and goals."

Rosa L. Antonini is the epitome in terms of women's empowerment. Rosa has seen the curve of organizations adopting a better culture for women. However, she believes there is still a long way to go. Twenty years ago, within the technical field, it was not easy to find a company that would allow

any form of telecommuting. However, now there are many opportunities to choose from. Some companies are leading the charts by putting efforts to bring diversity, equal pay, and equal rights for women.

Rosa is someone who works adamantly for the goals she has set out in life. She is a firm believer of determination. Let's hear her strategy for life in her own words, "No matter what role you have or aspire to have, 'Always be determined.' The journey is simpler and more manageable if you enjoy what you do at work. However, your level of satisfaction and self-fulfilment will increase tremendously if you concentrate on adding value to others' life on everything you do. As a woman, mother, wife, and worker in the STEM field, it is crucial to have clear objectives and priorities

before committing to any role. I believe we are responsible for achieving the best future for us. If you are unhappy with your current situation, make changes and be part of the solution. Success and happiness can mean different things for women, and this is perfectly ok." That is some

wise piece of insights from a magnificent author.

Asking about what she loves the most, Rosa without a minute's thought responded, "spending time with my husband and children". Plus, she enjoys the compelling beauty of rivers and nature.

As a final piece of note, Rosa L. Antonini shared with us her secret mantra to a joyful life. She believes, gratitude is the pathway to oneness. Gratitude and self-fulfilment can do wonders that can only be experienced with time. The power to make it happen is within yourself. Silencing the mind, curiosity for the truth, learning, and adding value to others are key factors for an individual's success.

Truly a significant leader, someone we all should look up to!

These women are making heads turn as they shatter the stereotype that only boys can ride bikes. They are role models to many women who are seeking the courage to follow their passion for riding bikes. Many of them embark on solo journeys throughout the world and are showcasing the fact that women can do anything they want.

WOMEN BIKERS

who are taking the roads head-on.

By Arushi Garg





Dr. Neharika Yadav

One of the foremost bikers in India, Dr Neharika is making waves in the biking circuit for her ability to manoeuvre herself in the fastest direction. She was bestowed with the title of being 'India's Fastest Lady Super Biker' as she made it to the 2015 KTM open track by clocking in the 20th fastest time among 97 male bikers. Being a dentist by profession, she takes her passion for biking to the next level by practicing frequently at the Buddh International Circuit.



Maral Yazarloo

This Iranian born super biker has various feathers in her cap as she is marketing strategies and even has a PhD in the same field. Maral also has her own fashion label and often exhibits her work all over the world. She gained recognition when she embarked on a solo tour across the seven continents and travelled to 67 countries covering 110,000 km, which is an incredible feat in itself. She owns some of the most coveted bikes including models from Harley Davidson, Ducati and BMW.

Dr. Sarika Mehta

Dr. Sarika Mehta is the founder of an all-female biking group called The Biking Queens which aims to motivate and form a community for women who have a passion for bikes. She came from a conservative family but with the support of her husband she quickly learned biking and has broken stereotypes since then. She gained the limelight by becoming the first female biker to travel to 10 countries in Asia on her bike including Singapore, Thailand, Vietnam, Cambodia etc.



Aishwarya Pissay

This circuit and off-road motorcycle racer likes talking to the wind and has won numerous national championships including Road Racing and Rally Championships. She made headlines by becoming the first Indian female rider to compete in the Baja Aragon motorcycle event held in Spain in 2018. Her passion for biking commenced when she undertook a ride from Gujarat to Meghalaya at the young age of 18 and hasn't looked back ever since.



demonstrates her hard work and diligence.

Shabnam Akram

Having first made a ride on a bike at the age of 14, Shabnam has come a long way since then and has been actively riding since 1991. She is one for shattering societal norms as she started riding when there weren't many female bikers in India and also has a lengthy history with the biker organisation Bikerni, one of India's first female biker gangs. She has been on so many trips that she has lost count and is an inspiration for all.



Anam Hashim

Anam Hashim is making her country proud by becoming the only Indian stunt athlete to have secured a win in an international stunt competition. She amassed a massive feat of being the first woman to cover 2,150 km by riding to Khardung La on her TVS Scooty. She also completed one of the toughest circuits called Desert Storm and succeeded with flying colours. Her illustrious career at the young age of 26

Roshni Sharma

An engineer by profession, Roshni found rejuvenation amidst nature and a sense of thrill riding her bike. She became the first female biker in India to scale the length of the country from Kanyakumari to Kashmir by riding solo. Her journey was through the vivid landscapes of mountains, uneven terrains, unrelenting roads and with a solid determination she covered 11 states in this 5,453 km ride.

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As an award-winning transformational coach and therapist, Rosalyn Palmer is in the business of creating success stories. She works predominantly with entrepreneurs, business owners, executives, and maverick leaders, to enable them to align the outward success of their life with inner balance and joy.

A self-starter, Rosalyn's global success is an amalgamation of her life-lessons. She brings the unique fusion of a first-class business background with a deep psychological understanding of people. This stems from her childhood, the early part of which was spent living above her parents' grocery shop. Rosalyn never read any books on leadership, business, or marketing. She lived it! From a family of two-generations of entrepreneurs.

While at school, Rosalyn always went for the starring role. She was an A-student;

at 16, she was chosen as the Girl Guide from Nottingham to meet the Queen; and in a nationwide Young Enterprise competition, she stepped up to be the MD (CEO).

After University, Rosalyn got accepted for the post-degree course in Fashion Journalism at the prestigious London College of Fashion but couldn't gain the money to attend. She was bitterly disappointed, but it led her to the publishing, advertising and then PR industry in London, which was just taking off.



Lynne Frank's PR agency was 'the' UK agency to work for (the TV series Ab Fab is based on it). Rosalyn applied and thus began an early career in a world where trips on the Orient Express, breakfast with movie stars, launch events with



ROSALYN PALMER

Re-aligning others to sure shot success

the Rolling Stones and seeing leading fashion designers at close quarters, were daily occurrences.

Two years later, Rosalyn started her own highly successful PR agency – RPPR, which later won the coveted

PR Week Award for Best Small UK Consultancy. That same year, Rosalyn was runner-up in the 'Women into Business' Awards. 10 years after it was founded with £5,000, Rosalyn sold her PR agency with a turnover of £1.3 million.



At the height of her success, Rosalyn had an 8-bedroom London house with a housekeeper. It all looked amazing on the outside, but Rosalyn paid a huge price with her health and mental wellbeing. Cancer and divorce followed in the ensuing years.

As a single mother newly returned to the UK after living overseas, Rosalyn had to reinvent herself. Then, an amazing synchronicity happened - a personal invitation from RTT (Rapid Transformational Therapy) creator Marisa Peer to train as one of the pioneers of her new therapy dropped into Rosalyn's inbox. She trained, loved it, became a trainer for the next 10 courses, and is now a world leading practitioner to individuals and groups in this field of therapy.

In addition to certification in Advanced Rapid Transformational Therapy, Rosalyn is also a Clinical Hypnotherapist and NLP Coach. As a natural communicator, she's the well-being expert for a radio show, has a monthly newspaper column, two podcasts, is a featured contributor for many publications and platforms and a multiple Amazon #1 self-help author. A multiple award winner, she was an Honouree - The Brainz 500 Global list of 2021, and the Best UK Coach/Therapist for Trust Transformation therapy/coaching - Janey Loves Platinum Award 2019.

We ask her about the biggest challenge she has faced, to which she replies, "I've realigned my inner and outer

life and wellbeing after many setbacks. My resilience and good internal voice have been key to this success. An inner critical voice is the biggest impediment to women leaders. A voice that cruelly tells you that you are not enough. That you are not educated enough, pretty enough, successful enough. That's why I do the deep mindset work to free them."

Women in leadership are one of Rosalyn's key client cohorts as they face up to how stressed, exhausted, and overwhelmed they've become and finally turn to therapists who are wellness-warriors. "I'm passionate about enabling them to create lives that feel as good on the inside as they look on the outside. One can get caught up in the 'do more to be more' trap and not enjoy the

rewards," adds Rosalyn.

Listing her strategies for helping women, she states: "Create balance and a feeling of self-worth, then adopt the following strategies: Have determination; Cultivate gratitude; and Ask for help. Men have had clubs, networks, and support systems for hundreds of years. Women now need to develop and use them."

Rosalyn often shares her own story to encourage others to step out from behind any mask they might be wearing – pretending their life is all perfect - and follow her blueprint of proven, easy-to-follow steps or group courses for how to get through soul-destroying moments and emerge stronger. "My wish is for everyone to feel freedom and to align external success with internal happiness and a sense of purpose," says Rosalyn, an epitome for transformational success herself.





SIMA AZADEGAN

Leading entrepreneur we should all look up to

Settling down for a profession one has worked in for years is seen often. But Sima Azadegan didn't have such an eye for life. A tale to tell that it's never too late to discover a passion and start peddling towards your dreams. Sima Azadegan, multiple award winner and an epitome of passion and determination.

Dreams have no age bars, proved Sima who established her passion into a business at the age of 50. Born in an immigrant family, as a young girl, Sima struggled to find her voice. The urge developed into always doing the right thing and mostly pleasing others. She started to flex her creative muscles through classical piano training and enrolled in one when she was 9. At the age of 17, she entered the University of Southern California and graduated with a double major in Political Science and Music. In a little to no time, she got married and went on to raise a family at the age of 20. Yet she continued her creative pursuit and worked as a classical piano

teacher for twenty years.

Serving as a board of directors for four major charities in Los Angeles, Sima did not limit herself to charitable works and became a counsellor and travelled the world. A role

model to her son, Daniel, and daughter, Dana, Sima Azadegan has also adopted a boy named Jordi.

"Success is not sweet if your family is not around you or with you throughout the process." Sima Azadegan emphasizes that it is a hard juggling act to work on your passion and your entrepreneurial journey while at the same time being present for your family. This is why she decided of sharing it with family, her hard work, accomplishment, and failure.

Despite a successful career and happy family, Sima could feel the void in her life and be propelled towards her passion. After several years of hard work and collecting nuggets of lessons Sima took a leap

of faith and translated her vision into a company which she named Sima Collezione, a fashion and clothing line brand.

It is easy to come up with an idea but executing and sticking all through the journey takes it all. The struggling memories kept coming back when Sima's family doubted her "My biggest challenge that I had to overcome was the fact that my own family and friends were not supportive of my decision of manifesting my own dreams and desires. They were very skeptical about my decision, but what hurt me, even more, was the fact that they did not believe in me. Nevertheless, I realized that I had worked very hard in my life to get to this point and the only person that I was going to listen to was



myself. I can say, with a lot of confidence, that listening to my own intuition has paid off.” says Sima

She strongly believes that women are more equipped as well as more capable than men. In many countries, corporates do make efforts in improving the facilities for women workers. “I believe all countries around the world should make strong efforts to make sure to facilitate and be supportive of women workers. Truly, it’s the women who have clarity and vision to lead in this world” says the entrepreneur.

Like every other successful woman, Sima also had an inspiration, her grandmother, Suzanne Cohen. A holocaust survivor who escaped Poland and the atrocities of World

war II. As she describes, my grandmother lived her life as a warrior and not a victim. She was an exceptional soul. I hope that through my achievements with my journey and my dream, I can also bring her hope and her faith alive as well.

Speaking about her challenges Sima quoted, “The most challenging barrier in my career has been finding the right people who believe in me and my cause.” The experience has taught her more about human behaviour and she has realized that these were not the right people that she wants around her or on the wagon. “Soon, I discovered the right people who shared my vision, energy, and my cause. We have been working together ever since, and amazing outcomes have come to pass,” she added.



An ardent woman working with diligence and unwavering dedication, Sima Azadegan is a leading entrepreneur and a powerful figure who relentlessly teaches us the value of determination and perseverance in life.



SUGEETA MADAN

An eager beaver with unrivalled experience

over ground by designing and implementing an efficient people strategy.

more than 2 decades in Human Resources as well as Human Capital Strategy.

“I strongly believe that all of us are capable of greatness. No matter what situation we are in at the present moment, it is our duty and responsibility towards ourselves to curate an environment that helps us to become extraordinary,” asserted Sugeeta, she stepped up for greater heights after professionally working for

With a career spanning over three decades, 7 organizations she established her own venture The Tree of Zeal, a wide spectrum of corporate and personal coaching consulting and training programs. She has always been an inspiration since her youth and her professional career. “I help people Reinvent



As rightly said by William Osler, “The best preparation for tomorrow is to do today’s work superbly well.” The saying goes perfectly with Sugeeta Madan, a diligent professional. Due to her exceptional know-how and world-class knowledge, she can aptly be called the pioneer of Human capital strategy and a Transformational coach & Mentor.

Her story is the stuff of dreams. Sugeeta dreamt big

and toiled hard to ensure those dreams become her reality. Born and soaked up in the foothills of Uttarakhand, Dehradun Sugeeta lived her first ten years of life around the scenic surrounding, later she moved to Ambala Cantt and thereafter to Delhi for her further studies. Yet her middle class family heritage was never too far away. She felt managerial skills in her veins and consequently she was seen work closely with technology incubation units & startups and raising them



As a person who liked to share unconventional ideas that simplify matters, I have been told off many times to keep my ideas to myself, or not shake the system or to take it easy. However, I am happy to see that things are changing and have evolved a lot over the years.”

Mention her strategies, and Sugeeta is quick to stress that all ‘overnight successes’ take years of preparation and strategizing. “Most women do not plan their careers and end up treating their employment as jobs. However, by adopting some effective strategies, they can actually test track their careers. One can invest in their own personal development and mindset, take on new roles and responsibilities confidently and focus on the long-term career growth,” she says.

Themselves & Reclaim Their Lives, I am lucky that I continue to work in areas specific to people strategy and start-ups. As a Leadership Coach & Transformation Mentor, not only do I get to do what is close to my heart, but it also gives me immense satisfaction to be working in areas I am passionate about and which are aligned to my personal goals.” added Sugeeta.

With more than 25 years of professional experience, Sugeeta has been very active in working closely with people and helping them achieve excellence in their life and career and business. However, the journey was not a piece of cake, and the entrepreneur have encountered multiple challenges, but like a flamboyant woman herself she has gracefully overcome

it all. Elucidating further she goes on, “the biggest chain of challenges started post marriage. In my quest to make a place for myself in the house and hearts of my husband and in-laws, I ended up compromising on all fronts for over three decades. It was an extremely challenging task to deal with the shame arising out of ridicule and mistreatment while I started to work outside the house and grow as a working professional in a fairly well-paying position.”

However, there was a time when being a woman, Sugeeta had tough choices to make. An internal struggle between being a full-time wife or pursuing a business career has been a barrier to climb the corporate ladder faster. “I have faced lack of being taken seriously on many occasions.

Probably the most important nugget Sugeeta shares with us is regarding her strength. “The qualities I attribute my success in life are the willingness to learn and implement new things and a never say die attitude. When I was seriously ill a few years ago, I started reading about and experimenting with alternate healing methodologies and associated systems. I was convinced that I would overcome my health challenges and will recover completely. Not only did I recover, but I ended up venturing into a new area of business and put in all the required efforts to make it a success,” sums up Sugeeta.



TARUNA PATEL

Beaming, Bracing and Brilliant



With an unparalleled personality, unrivalled enchantment, and peerless elegance, Taruna Patel radiates a charm that cannot be replicated. She is an astute businesswoman, a hands-on team player, CEO of Emtici Engineering Limited, and Madhubhan Resort & Spa, the first-ever 5 Star Deluxe Luxury property in Gujarat.

Born in Kenya where she received her early education and then, later on, moved to London where she finished high school. She pursued a Computer Programming Course at the London School of Computer Programming followed by a short stint with IBM before joining TWA as a flight attendant in 1974, based in Hong Kong. After an eleven-year flying career, she moved to India in 1985 after her marriage, where she settled in a very small village called Vallabh Vidyanagar in Gujarat.



A drastic change from her earlier life, she adjusted well to the new atmosphere and with her determination, she introduced many firsts in the village including, the first air-conditioned Beauty Saloon and a café called Café Uno serving all types of fast food. Also, the first-hand tossed pizza place in Anand, Ahmedabad & Baroda called “EK ONE UNO” which after 25 years is still doing good business in Ahmedabad.

Being the CEO of Madhubhan

Resort & Spa, she grappled with the fear of failing when they started the venture. Since the Resort was not in the main city and Gujarat being a dry state and with the very high cost of the project, she triumphed with flying colours having made it to the 12th year of operation. With a lifelong passion for the cuisines of the world, she embarked on a journey to make her dream come alive as she introduced a few international cuisine restaurants at her resort. Her restaurant “The Mexican Tapas Bar” is the longest-running stand-alone Tex-Mex Mexican restaurant in India.

When it comes to striking a cordial balance between her home and work Taruna says “My mantra of life is to be always on my feet, to be working, and to be very productive. I work almost 16 to 18 hours a day and I manage to balance my work, home, and social life. My flying career taught me to be resilient, and vigilant at all times. This included working within tight time schedules, facing any challenges, hardships, or unforeseen circumstances that may come my way, very positively and calmly.”

She discusses the most challenging barrier she had to face in her career was being in the shadow of two successful men, her father-in-law, and her husband. Living in an environment where the two men were treated like Gods in their organisation, she has learned to climb the ropes after 20 years of experience. She says “ I do walk side by side with my husband and I am recognized as a woman who



Taruna likes to take up challenging work that helps the society through CSR activities such as the Green Environment project which she undertook and completed on the targeted time. As the Chapter Chairperson of FICCI FLO Ahmedabad in 2020-21, she adopted eleven villages to convert them into Model Villages within three years. Her latest project is setting up Cloud Kitchens of Tex-Mex cuisine and to open up at least 20 such kitchens within a year. With 'The Mexican Tapas Bar' Gourmet Cloud Kitchens, her aim is to open at least six outlets in Mumbai very soon.

is not only his support but an independent achiever too.”

A passionate person at heart, Taruna says “My passion stems from life and living life to its fullest, as well as from the multitude of opportunities that it throws my way. As a result, my cup always overflows, with new goals. To an extent, I am the proverbial Jack of all trades and somehow I accomplish most of my targets or goals, thanks to my team and the passion that drives me towards success in all my endeavours. Her father and uncle were the most revered role models and mentors who inspired her in her growing up years.

She shares that her greatest strength is her family, especially her brother and circle of friends. Her strength contributes to her willingness to face any hurdles that

are placed on her table, to eventually resolve them and move on. She says “ Since I like to cross all the hardships that come along as soon as possible, I don't have any such weaknesses.”

She loves all kinds of sports and even enjoys playing volleyball and tennis and is currently learning golf. A seasoned traveller, she has travelled to almost all the continents except for the Arctic and Australia. To unwind and rejuvenate she likes to take weekend vacations in a nearby city or at her Ashram on the banks of river Narmada. She has been a spiritual person since childhood and her yearly trips since 2002 to Tibet for Mt. Kailash Darshan and monthly visits to the Ashrams enabled her voracious appetite for peaceful reading.





Tonya Rutter is a brilliant Clairvoyant, Intuitive, and Energy Master who is excelling as an Empowerment and Confidence Coach. She has worked with people all around the world and helped them attain the confidence they need to pursue their dreams. No matter who they are and whether their problems are connected to health, relationships, money, or anything in such, Tonya can aid them well. Her vision is to engage as many members as possible in her Freedom is Wealth Movement, proving that wealth is abundant when people are free to be themselves.

Tonya has two sons, they really are free thinkers who enjoy lives to the fullest, and two daughters, who are sturdy spirits living life freely. She describes them as her inspiration to be the greatest version of herself. In the early days of realizations, it wasn't pleasant for her to come out as a high priestess when

she initially started on her spiritual path. There was a lot of worry about how her family would respond because of the misunderstandings about what it takes to be a high priestess.

Her path to aiding others began about 13 years ago when folks who had died began to come to her and she was able to converse with them. Soon after, she began to sense how the living died in previous lifetimes, providing her with a different view of the tragedies they faced in their existence. Her energy practice has evolved over the years from previous life regression to working within DNA to connect flashbacks and backstory programming that are preventing clients from moving forward; moreover, making her a desirable expert in her profession. It was destined from the start that Tonya's motivation was to help heart-centered creatives, coaches, entrepreneurs, and executives become unlimited by showing them how to delve into the magic they already



TONYA RUTTER

**A Master Of Empowerment
and Resilience**



have inside themselves. Her coaching takes into account the full individual: mind, body, and spirit – as well as history, now, and destiny. It's a statement to society that you are much more than a mind, much more than a body, and even more than a soul.

Tonya, as a coach, once supported a patient in healing from cancer and others in healing from COVID. She has assisted a client in attracting worldwide consulting offers, another in attracting retailers for her food company, and far more. She's indeed an

Executive Contributor for Brainz Magazine, and a writer in the forthcoming book 'Inspired Living'.

Talking about her most loved moments in life, Tonya maintains regular contact with family and friends. She dances and meditates early in the morning and takes occasional holidays. The powerful lady is launching the Freedom is Wealth Movement to demonstrate that wealth is abundant when you are free to be yourself. And it, like a magnet, attracts the human intellect and produces a

sense of knowing more about oneself. However, Tonya, like many other coaches in her profession of energy therapy and ability to heal, struggled to charge for her services and attract clients who are ready to pay, as there is a stereotype that their skills are 'gifts,' they must just throw them away and do their job for less money.

Though, through her hard work and dedication, in her business journey, Tonya also collaborates with organizations, providing chic business success techniques to achieve targeted objectives. She guides staff on how to change through difficult times for positive mental health, so they don't feel entirely insane, all while supporting the creation of a safety net. When she isn't attending to her clients, you can find this

published author penning the sequel to her urban fantasy, Blood Promise; cuddling up with a book and a glass of red wine; or relaxing outside on a beautiful night. Also, she loves watching Netflix and reading good books.

Tonya thinks that all is made out of energy, which covers your ideas, emotions, sensations, and body. When someone discovers how to control energies, they become the master of themselves, and nothing has been forced over them unless they would like it to.

"Let your creativity flourish and draw inspiration from different sources and individuals," she said. "Imagination generates a drop of reality in space and time, allowing ideas to go from concepts to production."

Her words, aura, and knowledge will encourage others to see more and manifest more for the rest of their lives. Tonya is embarking on a self-healing change that will be recognized in society and by the people for many years to come.





TRICIA LIVERPOOL

An Ensemble of Diligence, Charisma and Optimism



A strong voice in a corporate world is often deemed to be that of a man but Tricia Liverpool has broken that stereotype and proven her mettle in a stern world with egoistical leaders. Her hard work and charisma have proven that a firm resolute

can move mountains and with this, she became MD of a large Corporate and further started her own recruitment business in 2014.

Born in the UK to West Indian parents from Trinidad and St. Vincent, she studied English at the prestigious Kings College

in London. But she soon shifted to Hong Kong in 1996 pre handover while working in Public Relations providing communications support to the Society of Publishers in Asia (SOPA). Tricia then grabbed a great opportunity to pivot careers. Whilst she was waiting in her friend's

office one evening, his boss took notice of her given her persistent visits and gave her a chance to join him in Sydney to work in recruitment in a startup consultancy called 'Ambition'. She was the first consultant in what is now a global business.

Having almost 20 years of experience in the corporate world, Tricia Liverpool has navigated her way to the top. After 6 years of running her own business which had become the agency on record for PR/Comms recruitment in SEA, she



returned to Corporate as a General Manager and has led Cornerstone Global Partners in Singapore to its most successful year in 2021.

Being a minority in Asia and Australia has had its struggles

but also its rewards. She recalls two instances, one being in Sydney where she was taking a job brief and being told “please do not send us any darkies!”. The other was in Hong Kong where she was offered two roles on the phone and was dismissed when it was her first day on both occasions when she turned up for work. But Tricia has met a lot of people along the way with whom she has built long-lasting and positive relationships.

Tricia scrupulously gives insight into the structure of today’s organizations compared to twenty years ago when it was definitely more of a Man’s World. “I feel there has definitely been a shift in the workplace whereby with a focus on family and flexibility, women are on equal footing.” She shares some useful strategies for women that include fostering open communication and transparency with the company. In addition, you need to play to your strengths as ultimately an office with diversity is an office with more experience, more opinions and more suggestions. If the environment does not support it and you can’t change this, then leave.

Being an inspirational figure herself, we asked her who inspired her the most? “My role models range from Michelle Obama who for me was the most effective First Lady the US ever had, to my parents for the education and opportunities they gave to me, to Russell Brand who has a special place in my heart for the conversations he inspires and for being a Brit!”

Tricia provides her insight for achieving accomplishment in life and says “Never stop learning and surround yourself with people who are better than you. Humility is something most leaders need to embrace as just because you may be senior it does not always translate into you being the best. I love to read/listen/watch others to get inspiration and will never stop doing so.”

She feels that her family is the core of her strength and spending time with her husband and two children form the real highlight of her life. Earlier all she wanted was to excel financially above all else but having recently remarried in June 2021 and having a much stronger family unit has given her a new motto, that is along with a successful career she wants to spend as much time with them as possible.

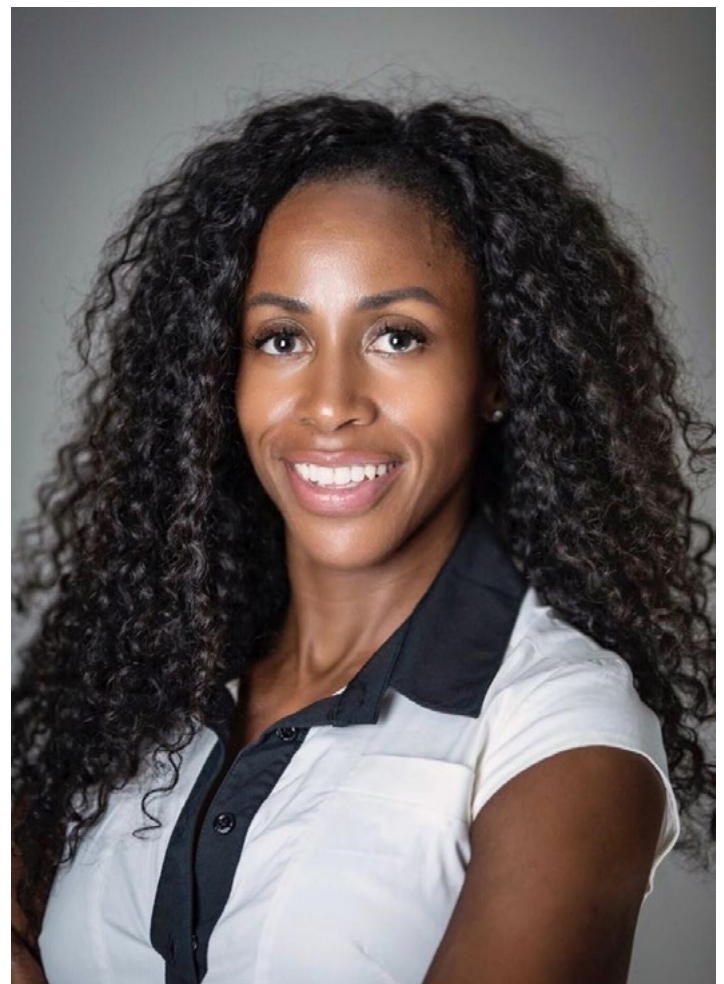
Her passions include fitness and as much traveling as possible. She attributes her professional ethics to being a National Level sportsperson in her earlier days that taught competition but also discipline. This was a big factor for her hiring professionals who had been involved in sports or who had traveled as it showed determination and willingness to take risks, particularly when in Australia. However, some of her best success stories in Asia have been consultants who are driven to provide for their families or as is the case in Singapore, to buy their first HDB flat.

Now in this Covid era, Tricia has found a place in her

life where her personal and professional life are in sync. Every day kicks off with a morning workout and a coffee and she has found pleasure in the balance of spending half of

her week in the office thanks to WFH now being an option. This work-life balance ensures she is effective as an Employee, Employer, Mother, Wife and Friend.

Tricia Liverpool proves to be a woman who left the comfort of her UK home in 1996, and 26 years later has a successful career in Asia and a wonderful family.





TRICIA-KAY WILLIAMS

A Firm Resolute with an Unwavering Radiance



With the ability to triumph over any stumbling blocks coupled with the tenacity to always move forward in life, Tricia-Kay Williams is one such exuberant soul who has taken whatever life throws at her in her own stride. She is a Registered Clinical Counsellor, Coach, owner of Metamorphose Counselling and Consultation Ltd, co-founder of TKM Scarves and More. In addition, the host of a YouTube channel and Podcast called Meta Transitions and is also a Diversity Equity and Inclusion Consultant for organizations in Higher Education.

Currently residing in Coquitlam, British Columbia, Canada, Tricia is happily married to Basil Williams. She grew up in a humble home in the valley of Mount Charles, Parish of St. Andrew in Jamaica. At the age of 19, her family migrated to Ontario in Canada and initially, she found it to be difficult to find an appropriate job since she didn't have any Canadian Experience or Canadian Education being an immigrant. The available jobs for immigrants were usually in factories but Tricia-

Kay was determined to get a better education and was accepted into York University to pursue a BA in Psychology.

After taking a break from pursuing education she worked in administrative positions at York University. While travelling to Pune, India an idea of opening an e-commerce store selling scarves was integrated into her mind and along with her partners, she registered the business TKM Scarves and More in Brampton. Then she began her MA in Counselling Psychology at Adler University and met some wonderful people who have helped her reach this height of success. Even during times of hardship, her family and friends stood by her like a rock.

Tricia had to undergo a transition when she moved across the country to pursue her education and it was the first time that she lived away from her family. This period was riddled with all sorts of mixed emotions ranging from anxiety and fear to excitement and passion. Living alone gave her the confidence to do anything in life. She recalls "Currently, the

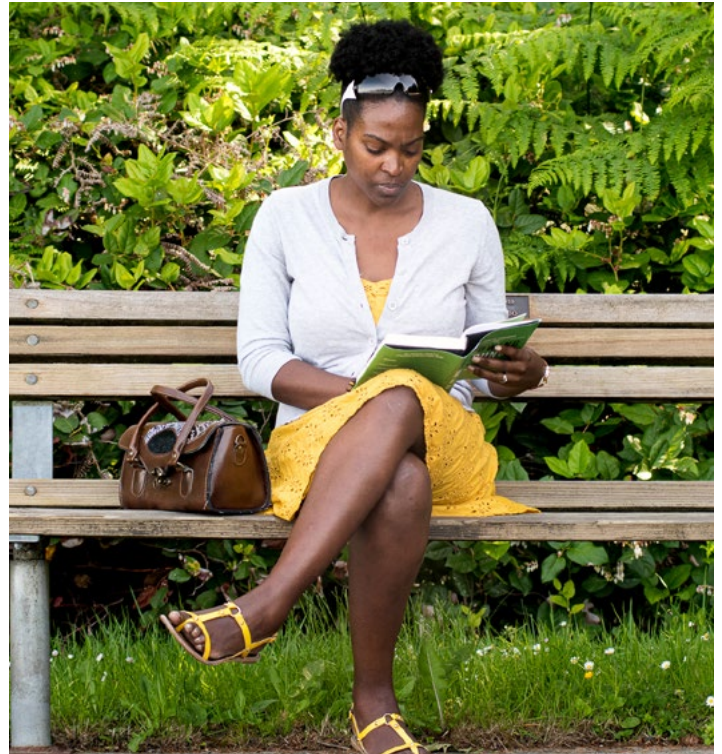
journey to growing a private mental health practice has its ups and downs. As a multi-ethnic counsellor, I navigate compassion fatigue, burn out and discrimination.”

She defines her passion which is instrumental in navigating towards her goals and states “I consistently remind myself of the road I travelled to get to where I am. I think about my family’s humble beginning in Jamaica, my immigrant story to Canada, my own mental health journey overcoming sexual trauma, grief and loss, and relational transition stories. These experiences have made me the resilient warrior that I am today and I use the determination and the drive from these stories to inspire me to empower others.”

She is a member of the LEAN IN organization based in the U.S. that was created for women by women. This organization is a medium with which women can connect with each other and form a community that is growing

each day and prompts women to be assertive and fight against bias in the workplace. Being a multi-ethnic woman, Tricia-Kay had to build up the courage to make her presence known and she says, “I advocate for others who may be invisible and sit on committees that implement systematic changes to have more diversity, equity and inclusion.”

Her most challenging barrier Tricia-Kays tells us has been finances as she had to apply for student loans which she is still paying today. She had to work full-time hours and went to school full time too due to which she sacrificed healthy meals, sleep and comfort. She mentions “The social support of friends and family made up for the lack of money. I truly believe that a strong community connection is more important than monetary wealth.” Also, she dealt with discouraging people by using their words as fuel to take off.



Her multitude of strengths has enabled her to overcome any breaks and barriers that have come along the way. Being an action, task and goal-oriented person, she maps out her plan into micro-steps and then aligns herself with the right people who can complete the tasks that she is not good at. Her strong work ethic meant that she became unstoppable when it came to accomplishing her plans and goals and is capable of choosing the difficult route in order to learn to work smarter.





VERED LERNER

**Multi-Award-Winning Entrepreneur,
Consultant, Coach & Speaker**

Vered's commitment to goals proved beyond a doubt that whatever she set her mind to would exceed expectation. She soon learned the power of negotiation and the concept of 'bundling' services. Offering families she regularly babysat for to have their friends' kids sleep over on double-date nights, she would watch them all and increase earnings. The families loved the "discounted rate" and she discovered that creative solutions are profitable.

knowledge along with progressive experience, Vered freelanced while relentlessly working full-time which consequently introduced her to many companies of different sizes in various industries. "While climbing the corporate ladder, I identified universal issues across businesses in general and developed solutions. With time, I gained a great reputation in the business world." says Vered Lerner.

A sponge soaking up

Naturally, Vered encountered numerous challenges pursuing dreams. There came a time when she halted her career for wanting more, feeling unsatisfied in the status quo of corporate life and conflicted. Ultimately, she learned to trust herself.

Vered admired and looked up to those who pursued their passion and followed their dreams. "I admire people who take calculated risks, face their fears, and do what it takes to reach success. Some of my role models have been colleagues who paved the way for future entrepreneurs and female leaders." she explains.



Emotional Intelligence is the link between the heart and the mind" says Vered Lerner; entrepreneur, writer, consultant, coach and speaker. She strongly believes that emotional intelligence is more important than the intelligence quotient, as it is a balance between the way that the emotional and logical parts of our brain connect to and interact with each other.

in a business-oriented environment, she was always busy running a pretend office when other children her age were playing with toys. Growing up, she realized the value of leadership and stepped forward to play the role wholeheartedly. Vered's professional journey began during her teenage years as a babysitter. Surrounded by the most positive people, she always found herself grounded and never shied from small jobs.



Vered developed her career since childhood. Raised



Call it God's positive intervention or her ignited spirit, one of Vered's dreams came true with the inauguration of her venture; Bizstance Services Inc., a full service management consulting agency delivering business services and corporate training, where she serves as CEO and Founder.

Being a tough nut to crack, Vered manages a thriving career and parenthood as a single mom of two. She inspires the realization that it

is possible to balance a career as well as family life without one negatively affecting the other. On Saturday mornings you will find her at home, enjoying quality time with family. That is the one day of the week that Vered refrains from work and spends her precious moments with loved ones.

What sets Vered apart is her strength and resilience. She says, "I am not one to give up easily. I attribute much of my success to a healthy mindset

and advanced people skills, essentially my emotional intelligence". Speaking about one of her passions, Vered went on, "My passion is Emotional Intelligence, it is the foundation for a healthy mindset and a higher quality of life. My mission is to empower individuals and businesses to operate with clarity from a strong foundation. That's what drives me."

As one among impeccable and brilliant coaches, we cannot let Vered leave without asking her how women can uplift their lot today. She suggests, "Women must believe in themselves.

They need to embrace their natural ability to tackle multiple projects, manage their time and nurture relationships. The first step to achieving success is identifying what success means to us. Once we know what drives us, we can create a plan to reach our goals."

Among her greatest achievements, Vered has recently been listed for the second year in the row on Brainz-500 Companies and Influential Leaders who are recognized for their entrepreneurial success, achievements and dedication to helping others.

Probably the most important piece of wisdom Vered shares with us is regarding her determination. "These are unprecedented times. These same times, however, are great opportunities for self-reflection, discovery, and change. Regardless of external circumstances, we all have choices. Sure, it's not easy and yes, it will take time but there's no bigger satisfaction than living the life we design." sums up Vered.



YVETTE JAIN

Empowers women to stand confidently

Yvette Jain is a recognized yoga instructor, handstand coach, and entrepreneur based in New York City. Born in the Philippines and immigrated to the United States when she was 6 years old, Yvette lived with her grandmother and uncles, while her mother lived

and worked in another state and her father stayed in the Philippines. Living the first year in a new country without her parents helped her to trust her instincts and intuition. “Looking back, I see that because I had many struggles so early on from adjusting to a new culture, learning a new language, and being ‘on my

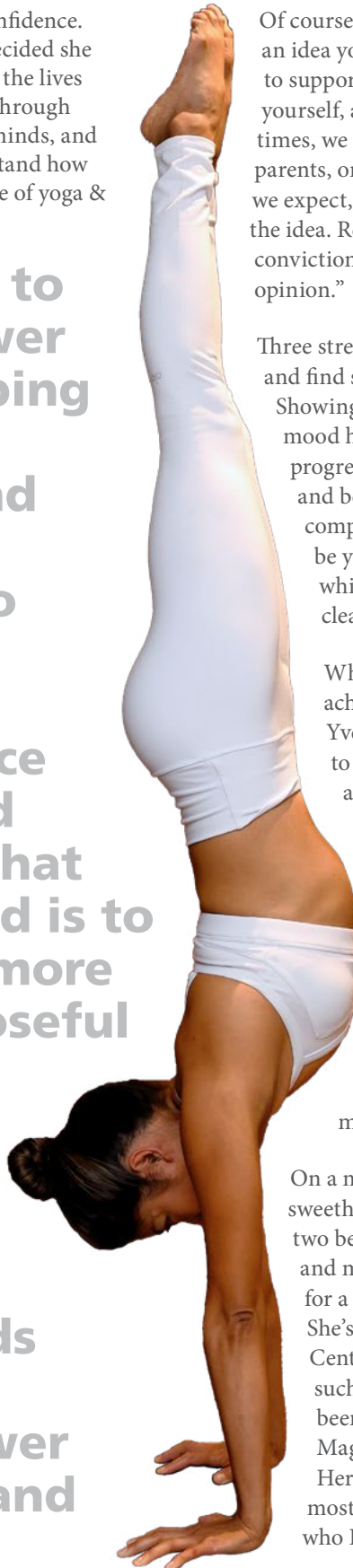


own’, I was able to tap in my own inner strength and learn how to find confidence in myself.”

A lifelong student of movement, Yvette trained in martial arts as a child, ran varsity track and cross country as a teenager, and has been practicing yoga for 2 decades. She studied Business & Economics and graduated Carnegie Mellon University. After graduating, she worked in consumer marketing research and brand management for beauty and consumer goods multinational companies, Avon Products and Unilever. She gained insights on how women from different countries perceived themselves and how their makeup

usage and skincare routines tied to their self-confidence. After working about 7 years in corporate, she decided she could make a greater and more direct impact in the lives of individuals by teaching yoga. She believes, “Through yoga we can transform our bodies, elevate our minds, and change our lives.” Now, she’s working to understand how women perceive themselves through the practice of yoga & handstands.

Yvette’s mission is to inspire and empower individuals by helping them to believe in their self-worth and abilities, to hone their power, and to bring forth their inner confidence through the practice of handstands, and beyond. She says that her greatest reward is to help others live a more positive and purposeful life, and the vision of a better future is what keeps her going. In fact, a part of her company’s proceeds is used to support causes that empower women, children, and minorities.



Of course, everyone has challenges. “When you have an idea you feel passionate about, not everyone is going to support it... or you. You have to dig deep, believe in yourself, and work hard to turn your idea into a reality. At times, we look for external validation from our partners, parents, or friends, and when we don’t receive the support we expect, we may get discouraged and withdraw from the idea. Remember to believe in yourself and allow your conviction in your work to triumph over anyone else’s opinion.”

Three strengths that helped Yvette to overcome challenges and find success are discipline, focus, and courage.

Showing up to do the work despite fear, doubt, or a bad mood hones your willpower and that enables you to progress even when life gets chaotic. Being able to focus and be fully present on one task at a time helps you to complete tasks more efficiently. Having the courage to be yourself, and to speak up for what you believe in, while respecting others keeps your heart and mind clear.

When asked, “What strategies can help women achieve more prominent roles in organizations?” Yvette believes that women have an opportunity to learn how to negotiate their salaries, their time, and honor their boundaries in a firmer way. “I’m working right now to facilitate conversations to help women negotiate more confidently in the workplace and at home. Trust in your own capabilities. At the end of the day, you got to where you are through your hard work, knowledge, and skills. Own it.” Continuing your education either technical skills or interpersonal skills, can empower you to rise to the next level of performance. Seeking mentorships and creating a network of like-minded women can help us all rise together.

On a more personal level, Yvette married her college sweetheart, and they live in New York City with their two beautiful children. For 12 years, she’s taught yoga and meditation in gyms and yoga studios in NYC and for a number of corporate clients, including the NBA. She’s taught yoga for SELF Magazine’s Workout in Central Park and has written articles for magazines such as MindBodyGreen and Red Tricycle. She’s been featured in Mantra Magazine, Origins Magazine, The NYC Journal, and Entrepreneurs Herald. She’s excited to be part of Passion Vista, and most importantly she notes, “I love what I do and who I am becoming.”



24 Live Talk Show Toronto

Bringing determination, peace, and a heap of resilience into the marketplace awash with grace ‘show and tell’, Zahra is a genuine and impeccable woman.

It’s a story as to how Zahra concocted her passion and profession of an optimistic, empathetic, and dedicated therapist, when she linked up working as a humanitarian and found her innate peace in it, she found a kindred spirit and serenity, who was able to help translate her wisdom and energy into something truly special.

Zahra Syeda, a doctor, therapist, and life coach always wanted to contribute to humanity. Being the first child in the family inculcated maturity, responsibility, and discipline in her at a very early age. As a young girl, working towards her professional dreams sounds delusional to the spectators. Carrying her dream with eyes full of passion and a heart loaded with

courage, Zahra turned her power into the main driving force when encountered gender discrimination for the first time in the society and community.

After completing her MD and master’s degree, she started working as a doctor, despite a fulfilling career her craving gravitated Zahra towards helping humanity which later intertwined with her personal and professional life. From a stressed, burnt-out doctor with sleepless nights to a calm and relaxed profession she established her own company and went on following her heart. Zahra has carved her name as one undaunting woman with a lot of patience, energy, and passion to achieve these results. Through her deep commitment, passion and after working relentlessly for 5 years, she has transformed her life. The flare of challenging herself at every possible stage led Zahra to start working as a devoted yoga teacher aiming to balance her heart, mind, and soul, she says, “Change is never



ZAHRA SYEDA

A stellar vault of determination and success



easy but essential. I had to bid farewell to my comfort zone and step into my growth zone and I love to stay there since then.”

This led Zahra to her biggest achievement yet – the launch of her own company –4D Health Services, Canada, however, she is also acting as a Director at Hum-we.

If success has changed her, it isn't showing. She remains the same honest, kind-hearted, confident, and spirited individual, who initially insisted on helping people, and now shows gratitude towards people she met throughout her journey. “Every person I have met and engaged influenced me in some way or the other. I appreciate how various people including my parents, family, teachers, friends, co-workers, and my clients have inspired me.” Showing furthermore gratitude towards the criticism she has received during different stages of her life, she adds, “I am also thankful to all the haters and the naysayers as they have challenged me to do what I am doing today! Knowing yourself is the beginning of all wisdom! Failures, setbacks, and rejections have taught me how to be mentally unshakable, physically fit, and emotionally stable.”

What drove Zahra to execute and triumph a career switch of this magnitude? She shares, “I practice what I preach! I accept life as a package of happiness, sadness, cheer, fear, kindness, and anger. I believe challenges make us stronger and better! We grow during our hardest times and learn life lessons

that are otherwise not possible. I have learned not to run away from challenges, and instead, face and overcome them!”

Passionate about work, playing multiple roles but she never fails to strike a balance between home and work herself. The entrepreneur's commitment to her work has never neglected her personal and family life. She has successfully learned to manage her time and energy. She says, “Over the years I have overcome perfectionism and mastered the way to prioritize and complete my tasks on time.”

An inspiration to many, Zahra herself has been inspired by the life and its stages, as she believes it's not just about the people but everything around us can inspire us, she says, “Nature is amazingly inspiring for me, it's a divine mystery, beauty and silence is a wonderful inspiration and has a great impact on my life.”



In her free time, Zahra likes to read, sketch and listen to music. Every Saturday you can find her starting her day in her yoga studio, following up with preparing special breakfast for her family. She enjoys spending time with her loved ones and her favourite destination is Niagara Falls. Zahra's indomitable spirit resonates with Michelle Obama, “Success isn't about how much money you make. It's about the difference you make in people's lives”

LONDON

LOOKOUT

By Arushi Garg



A city that has a long-standing history is the perfect amalgamation of old-world charm and modern serenity. Places like Hyde Park, Oxford Street, London Bridge, Madame Tussauds, London Eye, St Paul's Cathedral and The National Gallery are popular spots that are on every tourist's wish list. But these unexplored gems deserve a spotlight too as they are one the best-hidden spots in the city that are a must-visit.

1. Kew Gardens

This botanical garden is situated in southwest London and is a well maintained open space, tastefully curated with beautiful glasshouses which are one of the biggest in the world. The 200 mixed-use buildings are scattered at a distance which poses as a long walk but reveals the sheer magnitude of the place. Each herbarium has a different range of plants and fungi from all over the world. Some plant species which were on the brink of extinction have been restored like the Slipper orchid, rubber tree, African oil tree, the world's smallest water lilies and more.

2. Little Venice

If you want to enjoy the canals of Venice in London, then this is the place for you. Located near central London, and can be viewed from Camden Town and Paddington, this safe haven is lined with lush trees and colourful boats floating all around. Small cafes and tearooms make for the perfect brunch spots where you can take a gondola boat and delve into the tranquillity of the place.

3. Primrose Hill

A small walk from Camden Town, this hill gives the most awe-struck view of the London Skyline from a different angle. A small and fun uphill trek,

you can take a picnic basket and enjoy the quiet and vast open space while admiring London's exquisite building in your own leisure time.

People often come here during the sunny days to bask in the sunlight and spend time with friends and family.

4. Shoreditch

A colourful retreat for the eyes in an urban dwelling space where graffiti of all sizes and shapes have popped up over the years. This makes the locality a must-visit place for all art lovers as they can walk along the carefully curated trail whilst admiring the art of various artists. Brick Lane is just a short walk away and

this whole path has art ranging from big murals to small stickers.

5. Leadenhall Market

One of the oldest markets in London that is embellished with magnificent baroque roof with arching columns and glass panels. The high ceiling and sprawling shops make it a perfect spot to take pictures. This market can be missed as it emerges after a narrow lane in Gracechurch Street, so you need to have a map at all times. Also, all the Harry Potter fans will love this market as it served as an entrance to Diagon Alley in the movies.

6. Kyoto Garden

If you have always wanted to visit a Japanese Garden that is structured and balanced, then this place tops the list. Spread over 20 hectares of land situated around the Holland House, this garden promises to make you unwind from the hustle-bustle of the city. Birds like peacocks and herons can be seen frolicking and you can witness flowers in full bloom in spring, greenery in summers and beautiful orange hues in Autumn.

7. Sky Garden

London's best-kept secret can be often missed by onlookers, this place gives an excellent bird's eye view of the city's skyline and is overlooking the Thames River and London Bridge. Though it is on the rooftop of a building, you feel that you are amidst a garden in the sky literally. Boasting a botanical garden too, Sky Garden has amazing cocktails that you can enjoy while replenishing your mind.

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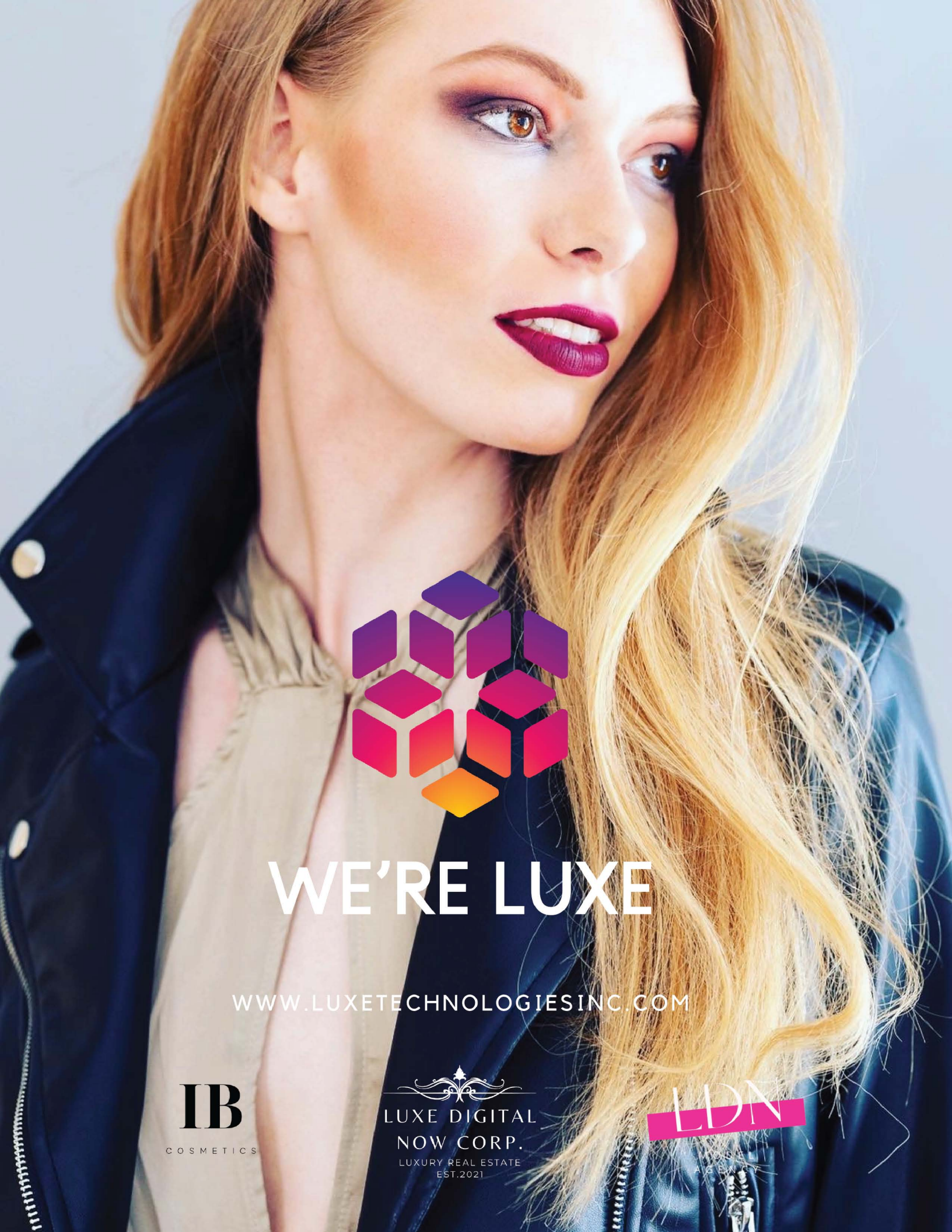
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