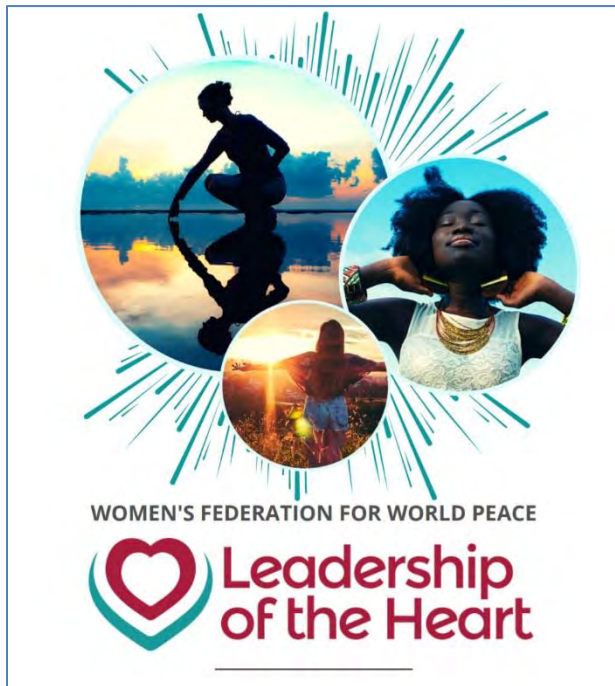


WFWP UK - Leadership of the Heart Online Taster Program for Women in Europe

Mitty Tohma
August 17, 2024



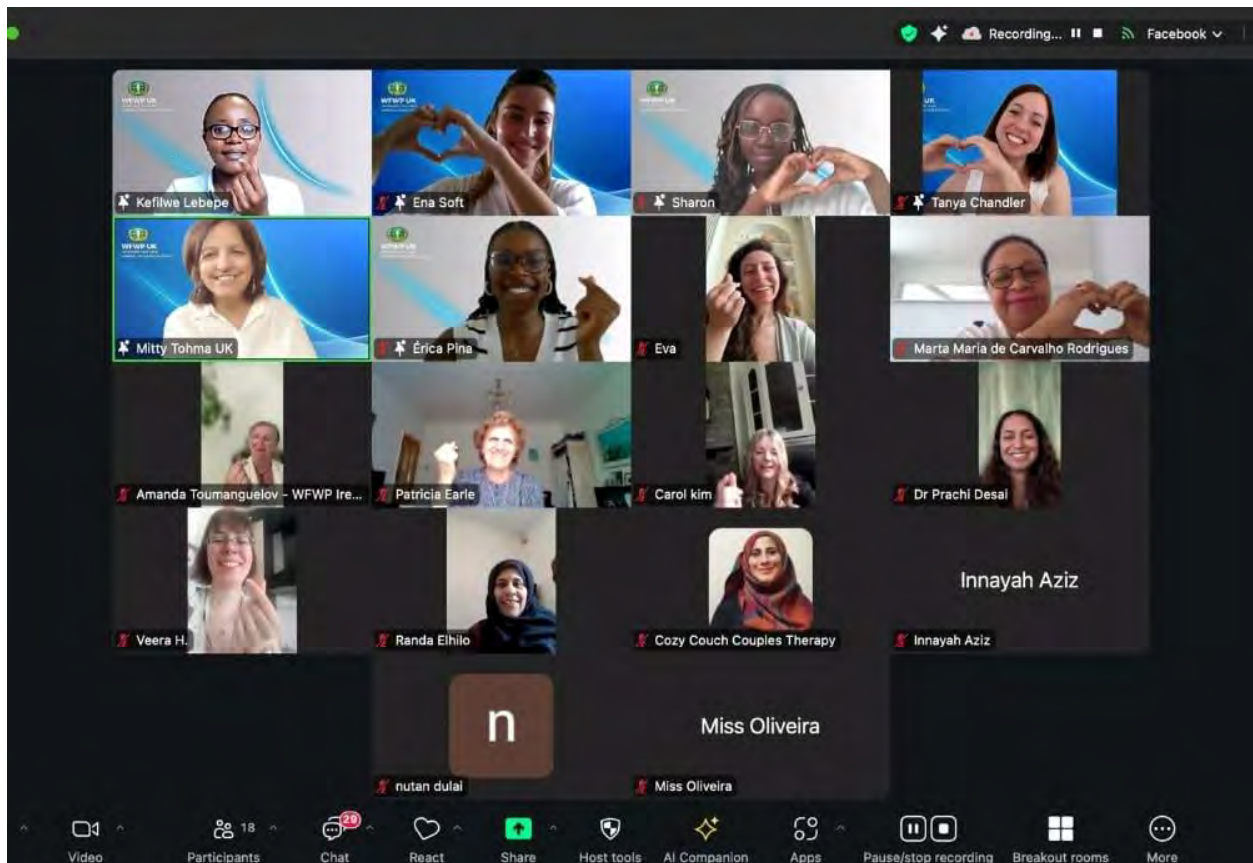
On a sunny day filled with energy, over 20 women gathered for our first "Leadership of the Heart" taster session. This event aimed to empower participants with valuable tools and insights on leading with love, service, and effective communication.

The session began with a warm welcome from Kefilwe Lebepe, Chair of the Young Professionals International, who set a positive tone for the day. Her opening remarks highlighted our mission to engage in compassionate leadership.

Next, Mitty Tohma, President of WFWP UK and Europe shared her excitement about this important leadership curriculum, inspiring participants as we started our journey together.

Tanya Chandler, Social Media Manager for WFWP UK, gave the formal introduction of the seminar, emphasizing the importance of personal

leadership and the need for leaders of the heart in the current world climate. She highlighted the significance of leadership skills such as negotiation, empathetic listening, and communication, but stressed that these skills are insufficient without deeper characteristics like trustworthiness, authenticity, courage, service, and humility. Tanya also underscored the core of peace leadership, which is leadership of the heart, and the transformative power of love in healing and creating peace.

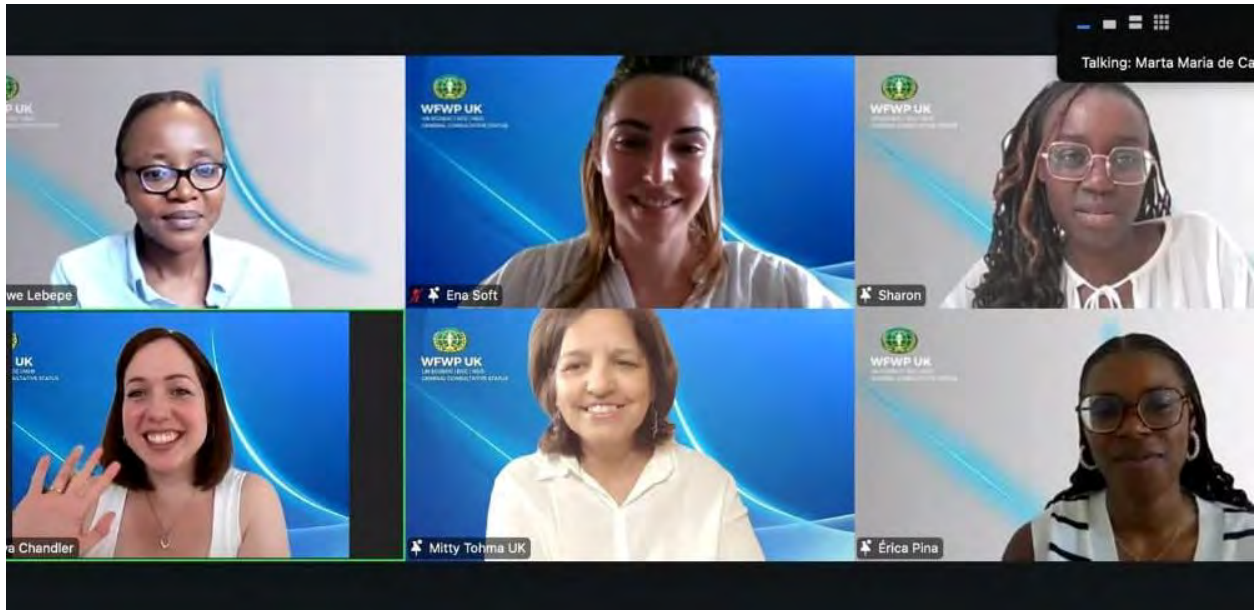


Tanya then discussed the connection between spirituality and leadership, emphasizing the importance of service, community engagement, and moral standards. She highlighted the transformative power of spirituality in personal growth and the creation of something more beautiful and positive. Tanya also stressed the need for passion, a calling, and good character in leadership roles, and encouraged everyone to reflect on their gifts and calling, and to actively pursue discovering and offering them for the greater public good.

Tanya suggested that prayer and meditation can help individuals discern their passions and gifts, and encouraged everyone to delve into inner work and spiritual reflection to better understand their role in

serving the larger purpose.

She then led a meditation session focusing on self-reflection and the connection between the self and the world. She emphasized the importance of seeking answers sincerely and highlighted the toxicity present in daily life. Participants were encouraged to connect with their inner selves and discuss their special gifts and how they could use them for a higher purpose.



Sharon Kabubi, Co-Chair of the Young Women's Speech Contest UK, then took the floor to discuss the topic of self-worth, emphasizing its importance in leadership and its connection to spirituality, as well as its impact on individuals' well-being.

She highlighted the difference between egoism and a healthy sense of self-worth, the impact of negative messages and societal expectations, and the importance of self-awareness and practicing reality checks. She also emphasized the importance of self-love and self-care for women, arguing that these practices are not selfish but rather essential for maintaining one's intrinsic value. Sharon encouraged the participants to reflect on their own experiences and challenges as women, and to recognize their own inherent value and beauty.

Sharon then focused on the concept of the inner child, encouraging participants to contemplate their own self-worth. Tanya shared her personal journey of overcoming low self-esteem and emphasized the importance of understanding the root causes of her low self-esteem, self-reflection, and self-compassion. Sharon then discussed the importance of practicing affirmations and changing one's inner dialogue to instill self-worth. The session concluded with a quote by Dr. Moon, emphasizing the uniqueness and value of each individual.

The next topic was led by Ena Softic, Board Member of WFWP UK, focusing on emotional maturity. Ena emphasized the importance of emotional maturity, spirituality, and authenticity in navigating through changing times. She highlighted the role of self-reflection, managing fears, and setting personal boundaries in becoming more authentic and vulnerable. Ena also discussed the concept of imposter syndrome and the negative impact of living in fear, encouraging participants to challenge their instincts and develop mature responses.

The conversation ended with a reflection session and an announcement about the upcoming full presenter training program, with limited spaces available.

As we wrapped up the session, we expressed our gratitude to Kefilwe for guiding the program and to Erica Pina for skillfully managing the technology. We appreciated all participants for their contributions and support.

Looking ahead, we are excited to announce our presenters' training session on August 31st for those aged 18-40.

We are already fully booked!!

Keep a look out for more Leadership of the Heart sessions across the UK and Europe!