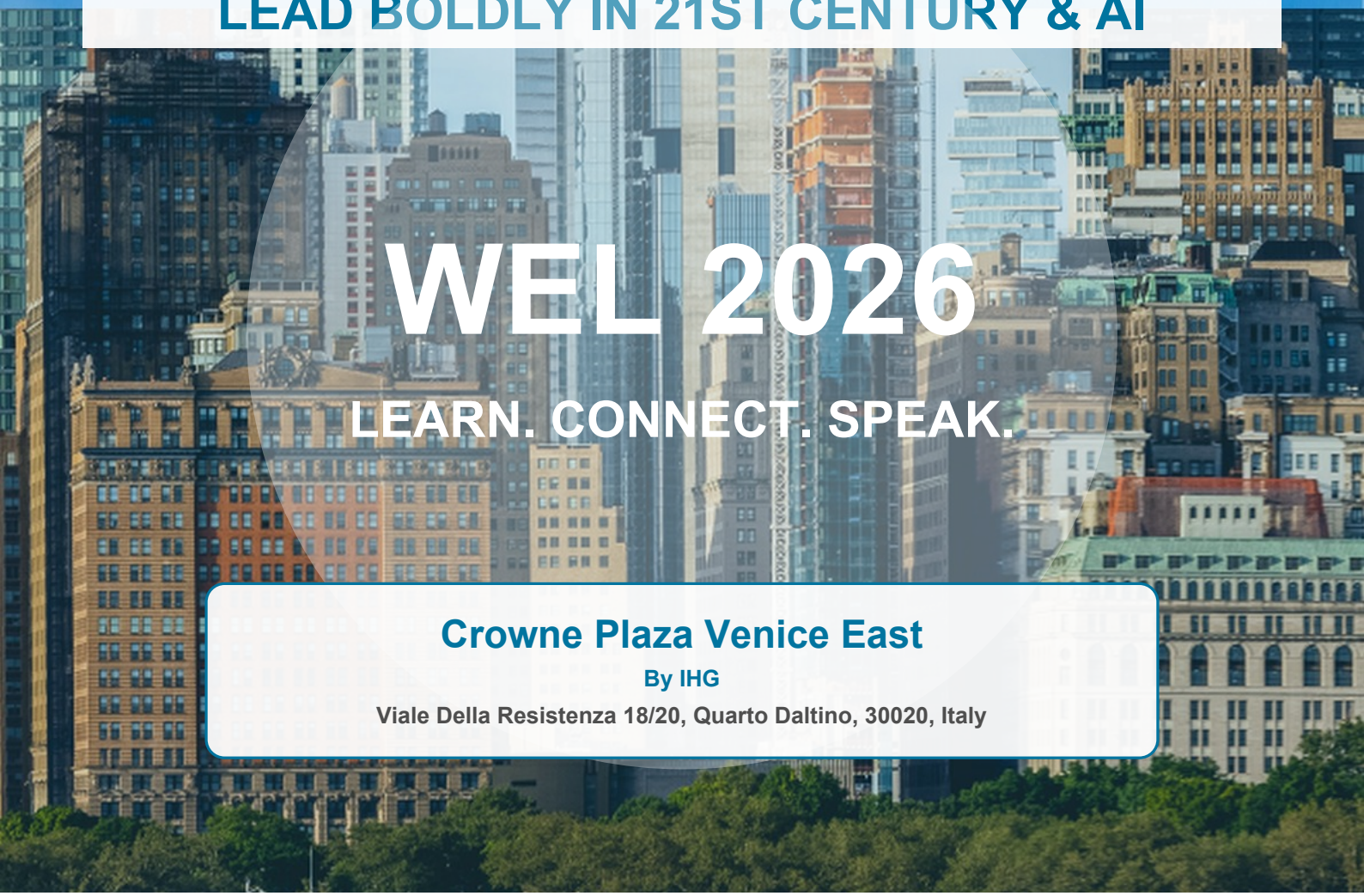
2026 INTERNATIONAL WEL CONFERENCE

WHERE WOMEN

ENTREPRENEURS & LEADERS

COME TO SCALE SMARTER,

LEAD BOLDLY IN 21ST CENTURY & AI



WEL 2026

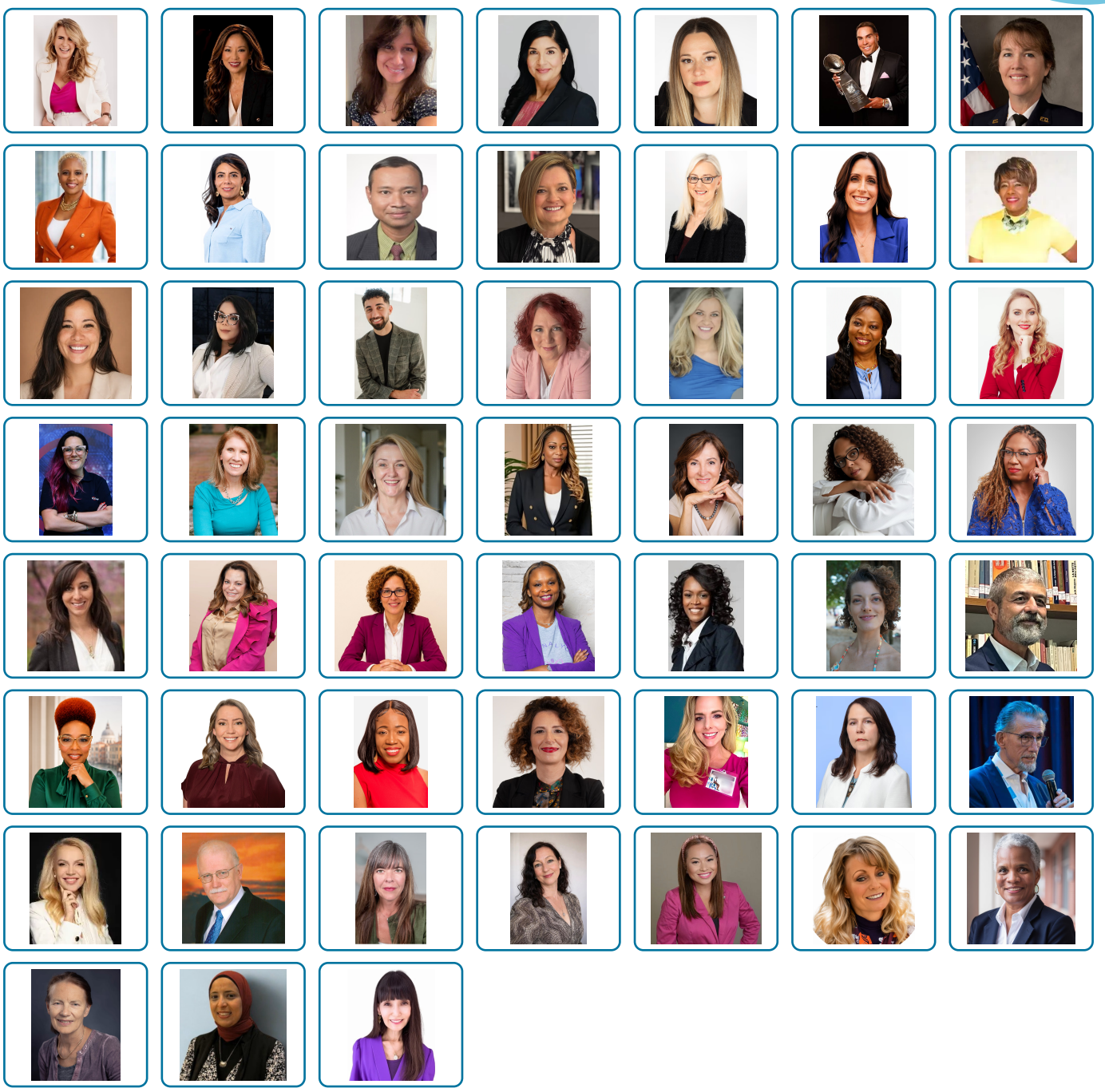
LEARN. CONNECT. SPEAK.

Crowne Plaza Venice East

By IHG

Viale Della Resistenza 18/20, Quarto Daltino, 30020, Italy

SPEAKER REPRESENTATIONS



2026 INTERNATIONAL WEL CONFERENCE WHERE WOMEN ENTREPRENEURS & LEADERS COME TO SCALE SMARTER

LEARN. CONNECT. SPEAK.

SPEAKER ABSTRACTS | DAY 1

GO LIVE
Rediscovering the Art of Living in the Age of AI

Jodie Nevid
Founder, It's Time to Shift, The Shift Planner

AI doesn't have to be the enemy that steals our jobs, takes over the world and turns our brains to mush. Sure, that stuff might be on the cards. But what if AI could also become our ticket to Freedom?

What if, instead of replacing the things that make us human, we used it to help us do more of them? To get curious. Make choices. Try things. Take risks. Connect. Explore. And actually LIVE.

In this hands-on workshop, Jodie Nevid, founder and creator of ShiFt, invites you to become the artist of your own life. You'll explore the six Terrains of your Life Map, discover YOU ARE HERE, and learn how to replace grand plans and bloody long to-do lists with small, powerful ShiFt experiments that move you towards your version of Freedom.

Along the way, you'll explore a radically different relationship with AI - not as the thing that lives your life for you, but as a companion that helps you navigate it: catching the Proof of a life well lived, helping you see how far you've come and revealing possibilities you may not have been able to see from where you were standing.

Because your life isn't another problem to solve.

It's your greatest masterpiece.

If you've been feeling lost, stuck, trapped - or wondering when the hell there's supposed to be time left for actually living - this might just be the ShiFt you need.

Biography

Jodie has spent over 20 years helping thousands of people rethink the way they live, work and define success. But it was losing almost everything that completely changed her own understanding of freedom.

When an abusive relationship came to an end, the abuse didn't end with it. Jodie found herself without her home, her business or the financial security she had spent decades building - and facing a three-year legal battle to recover her share of the life she had created.

Then something unexpected happened.

Loss set her free.

Qantas points got her to Bali. Her skills took her through Europe - becoming a kind of currency that extended her travels for almost a year. From Italy to Eastern Europe, Jodie discovered that even without the money, possessions and success she once



UJWEL/2026/JODIE-NEVID

Power on the Edge: The Art of Becoming in a Rapidly Changing World

Dr. May K. Li
International speaker, author, and executive recruiter

Technology is rapidly reshaping how the world works, learns, communicates, and even defines wealth and success. As traditional life paths become less predictable, making significant contributions in career and business requires more than simply acquiring new skills. Today, we must also adapt how we think, behave, and imagine ourselves in the future.

This era of rapid evolution often brings us to a threshold where "who we have been" confronts "who we are becoming." We know the old ways no longer work, yet uncertainty, fear, and unfamiliar territory can keep us from taking the necessary steps forward.

Dr. May K. Li introduces Power on the EdgeTM, a lens for navigating pivotal moments when resistance meets intention and for seeing how unconscious behavior can alter the trajectory of our lives.

Listeners will learn to recognize their own Edges, move forward in the absence of guarantees, and consider one increasingly important question:

Biography

Dr. May K. Li is an international speaker, author, and executive recruiter who has spent the past decade exploring career development, wealth mindset, and identity evolution.

With a PhD in science and a background spanning three Ivy League institutions, she brings analytical rigor and deep emotional insight to understanding how people navigate defining thresholds in their lives.

She is the author of Millionaire Mindset for Women, exploring limiting beliefs and behaviors that influence a woman's wealth and success. She is the creator of Power on the EdgeTM, a body of work examining the art of making empowered decisions when faced with uncertainty and resistance.

Dr. May Li's perspective is shaped by her own path of consistently stepping beyond established norms to pursue greater meaning and fulfillment.

Her work today centers on a defining question: Who are we becoming in a rapidly changing world?



UJWEL/2026/DR-MAY-K-LI

Dr. Felicia A. Gokool,

Dr. Felicia A. Gokool
Talk

Reimagining Present Future Environmental Sustainability: Individual Empowerment and Economic Responsibility through Collective Action and Enlightened Design

Biography

I am the Founder of Together in Unity, where health communications meets environmentally sustainability. These have a strong and important impact on the stability of our world. How we interact with each other and the choices we make do make a difference. Be the change you wish to see in the world - Mahatma Gandhi. I have a Doctor of Education (EdD) and Master of Science (MS) degree in Health and Behavior Studies from Columbia University Teachers College, New York, NY, and a Master of Arts (MA) degree in Environmental Conservation Education from New York University, New York, NY.



UJWEL/2026/DR-FELICIA-A-GOKOOL

The Future of Leadership is Human

Babita Spinelli, LP, JD, babitaspinelliip@gmail.com
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"The Future of Leadership is Human" addresses a critical challenge facing today's leaders: how to lead people effectively in a world shaped by AI, rapid change, constant pressure, and growing disconnection.

As technology takes over more tasks, the human skills of leadership become even more important. Babita explores how emotional intelligence, resilience, psychological safety, authenticity, and connection build trust and help leaders create teams where people feel seen, valued, and able to contribute.

Attendees will learn practical strategies to manage their own emotions under pressure, communicate with greater clarity, create psychological safety, navigate difficult conversations, strengthen relationships, and lead with confidence without relying on control.

They will leave with a clear understanding of why being more human is not a leadership weakness. It is a competitive advantage. They will have practical tools they can use immediately to build stronger teams, inspire innovation, and lead more effectively in an increasingly digital world.

Biography

Babita Spinelli is an award-winning psychotherapist, executive coach, and global speaker. Featured in Forbes, Bloomberg, and prominent media, she brings a distinctive perspective shaped by psychology, law, Wall Street, and Big Four consulting. Babita is recognized for her expertise in human behavior, empowering people to break limiting patterns, navigate complexity, and strengthen emotional intelligence. Her work turns insight into lasting change, helping leaders gain clarity, grow businesses with confidence, and create meaningful impact in today's fast-changing world.



UJWEL/2026/BABITA-SPINELLI-LP-JD-BABITASPINELLIIP-GMAIL-COM

Read the Room: The Hidden Signals Behind Every Yes

Dr. Kieva Hranchuk
Founder & CEO, Buyer Behavior Inc

Every seller has lived through the deal that should have closed: the framework was followed, the objections were handled, the offer was strong, and the answer was still no. In this keynote, behavior scientist Dr. Kieva Hranchuk reveals why those losses were never about the pitch, the price, or the product. They were about the conditions. Drawing on a PhD from Columbia University and nearly twenty years of clinical work with autistic children, Dr. Hranchuk brings the science of behavior into the sales conversation, showing why most sales training fails when it matters most: it teaches rules - scripts, closes, objection flowcharts - and rules collapse the moment context changes. What holds up instead is the ability to read the room, which isn't charisma or a personality type but a discipline anyone can build. Audiences will learn the three states every buyer moves through on the way to yes, how to recognize each one in a live conversation, and the precise move each stage requires. Along the way, Dr. Hranchuk translates powerful concepts from behavior science, including establishing operations, extinction bursts, and the four kinds of no, into practical tools attendees can use the next morning. This powerful and deeply personal keynote leaves audiences with something rarer than tactics: the ability to see exactly what the person in front of them needs to feel safe saying yes. Because context isn't a detail around the sale. Context is the sale.

Biography

Dr. Kieva Hranchuk is a behavior scientist turned science of selling expert who helps entrepreneurs sell without selling out. Kieva is a mother of 3 and a Professor with a PhD in Behavior Analysis from Columbia University in New York City. She translates complex behavioral science into simple, psych-infused sales strategies that actually work. She's known for her anti-bro energy approach - teaching sellers how to create trust, activate buyer behavior, and build brands that last. Dr. Kieva brings over 20 years of experience studying and applying behavior change. She began her career working with autistic children and their families, using evidence-based behavioral interventions to help individuals develop meaningful life skills and achieve greater independence. Through this work, she developed a deep understanding of how environments shape behavior and how small shifts can create lasting change.

Over time, she realized the same behavioral science used to support transformation in therapy also explains how people make everyday decisions - including purchasing decisions. Today, she applies those principles to the world of business, helping female founders and entrepreneurs understand why buyers say yes and how to design ethical, values-aligned sales processes that feel natural rather than forced.

Dr. Kieva has authored 10+ academic publications in peer-reviewed journals and continues to bridge the worlds of behavioral science and entrepreneurship. She is currently writing her forthcoming book, The Science of Yes: Buyer Behavior Shaping for Strategic Sellers.

Through her teaching, speaking, and programs, Dr. Kieva helps entrepreneurs make more money while feeling genuinely good about how they sell.



UJWEL/2026/DR-KIEVA-HRANCHUK

How Prototypes and Stereptyps limit the Contextualism of effective Communication.

Dr. Rick Perea, Ph.D., M.A., M.Ed., M.S., C.P.C., C.E.P., S.I.P.

World Champion Performance Psychologist (PEEFUNK) | International Best Selling Author (Top 25 & 50 Global Impact Leader)

Background

In entrepreneurship, leadership/followership, and wellness, effective, impactful communication begins when we move beyond assumptions and stereotypes to learn and understand people within their own contexts. As a performance psychologist who possesses a Ph.D. in Industrial/Organizational Psychology, I have often been called upon to help organizations with psychological protocols and techniques to improve overall organizational performance, only to realize it was human communication gaps and deficiencies that were the foundation of underperformance and internal conflict. Also, possessing a master's degree in Human Speech and Rhetoric has given me a dynamic window into understanding how human communication and its inherent divergence can lead to organizational underperformance and frustration. As such, by recognizing how prototypes and stereotypes influence our perceptions, thoughts, and beliefs, as well as recognizing different communication and listening styles, we can build more inclusive leadership, develop stronger professional relationships, and create more proficient and healthy organizations.

Objective

Help audience members understand how important human communication and its diversity are to healthy functioning organizations. This will be done through illuminating inherent biases and skewed perceptions that influence our lens in the workplace. Several different evidence-based communication and listening styles and their inherent biases will also be illuminated.

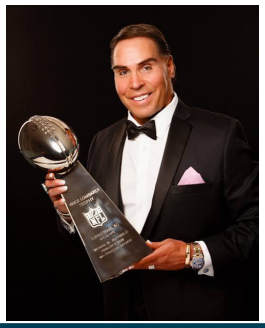
Materials and Methodology: I will deliver a 25-minute Keynote presentation using my competency and acumen in human organizational communication. I will also use evidence- and research-based content to support my postulations and suppositions. I will speak with strength and conviction while empowering my audience to visualize and practice my content.

Results and Discussion: When we empower leaders, followers, and communicators in organizations to understand divergent communication and listening styles, and then how to apply learned competency and acumen, organizations can perform at peak levels and enable individuals, departments, and teams to maximize their potential. Understanding divergent communication and listening styles, and their inherent stereotypes and prototypes, will help performers become better communicators and listeners in the ever-changing world of organizational performance.

®

Biography

Dr. Rick Perea, Ph.D., (Dr. P.) is one of the nation's most energetic and dynamic practitioners in Performance Psychology. He has been featured on ABC, FOX, NBC, CBS, CNN, CNBC, The CW, and Telemundo. His work as a Motivational Speaker and Executive, Life and Performance Coach is truly unique; equipped with endless energy, passion, and knowledge, he has spoken to many of the top-performing organizations in the world. Companies like Ultimate Software, Apple, Google, Noodles & CO., New York Life, HUB International, and other nationally prominent Law and Engineering firms have benefited from his competency and acumen regarding Organizational Performance. In addition, he also works with many of the top NFL, NBA, and MLB teams and many High-Profile Division 1 College programs. Dr. Perea is also Harvard-educated. Dr. Perea was the Performance Psychologist for the World Champion Denver Broncos in 2015/2016, Colorado Rockies, and Denver Nuggets; coaching former Nuggets head Coach Mike Malone



UJWEL/2026/DR-RICK-PEREA-PH-D-M-A-M-ED-M-S-C-P-C-C-E-P-S-I-P

From the Fire Hall to the Front Lines of History

Battalion Chief (ret) Kathleen McCaffery

Join retired Battalion Chief Kathleen McCaffery on a career journey as unlikely as it is unforgettable, one no career counselor could ever have mapped.

She joined the fire service when women were finally “allowed” in, but far from welcome. In the testosterone-saturated fire halls of a large metropolitan department, she learned to lead in rooms that never expected her to be there, nor wanted her there.

Then came September 11, 2001. Dispatched to a plane into the Pentagon, she watched her path shift in ways she could never have imagined. Soon after 9/11, the U.S. Intelligence Community recruited her, a firefighter, to help hunt the architects of the deadliest terrorist attack in history. Imagine the full-circle moment: ten years after standing on the Pentagon lawn watching it burn, she was part of the National Counterterrorism Center team when Osama bin Laden was neutralized. Imagine theemotions of that day….

And just when it seemed her career was over, one phone call and a cross-country road trip landed her a role as the first Global Fire Liaison for the hottest start-up of its day: Tesla.

Kathleen’s story is about more than extraordinary moments. It’s about what becomes possible when you refuse to let fear and insecurity make your decisions. When you are inspired to recognize and jump at fleeting opportunities, to act before you feel “ready,” and to trust that the skills you build in one arena can open doors in another.

Whether you’re building a business, leading a team, or stepping into a space that didn’t save you a seat, this is your invitation to say yes.

Biography

With a career spanning over 30 years, Chief McCaffery has experienced the pinnacle of professional firefighting, marked by unique and defining moments. From providing critical response at the Pentagon on 9/11, to being embedded with the FBI, CIA, and DHS in the Intelligence Community at the National Counterterrorism Center to track international terrorist in the wake of the 9/11 attacks, to developing Tesla's first fire program, Kathleen's career has been anything but ordinary.

In 2023, she founded McCaffery Consulting and Training, LLC to continue to bridge the gap between the green-energy sector knowledge and the fire service, working to increase safety through collaboration. She holds a Bachelors' and Masters' degree from George Mason University; a paramedic degree from George Washington University; and graduated from West Pont Leadership School. She resides in Virginia where she is surrounded by friends and family, including her adult son.



Building Strong Bodies, Healthy Communities, and Lasting Change

Dr. Tina Kelly
Founder & CEO, Divine Fitness Inc.

divinefitnessinc@gmail.com

410-491-1779

From SGM to CEO: Leadership, Purpose, and the Courage to Begin Again

In From SGM to CEO, Dr. Tina Kelly shares how her 37-year United States Army career prepared her to become an entrepreneur, leader, and community health advocate. Her journey began in 1987, when she boarded a train from Philadelphia to Army basic training in Anniston, Alabama. Awakening in complete darkness-unable to see even her hand-became a powerful metaphor for moving toward an unknown future with courage and faith.

Through pivotal stories, Dr. Kelly explores how leadership is developed through values, adversity, service, and personal transformation. During her career, she navigated discrimination, professional setbacks, personal loss, and environments in which women-particularly Black women-were not always expected or encouraged to lead. After confronting racism and harmful leadership, changes in her unit's personnel requirements unexpectedly ended her military position. What appeared to be a devastating setback was followed by her selection as Senior Enlisted Advisor for the Defense Contract Management Agency, the most rewarding assignment of her military career.

Dr. Kelly also describes losing a $90,000-a-year position and beginning discipleship training while earning $9 an hour at a women's fitness center. Although the transition initially appeared to be a demotion, it provided the spiritual formation, leadership development, and practical fitness experience that prepared her for entrepreneurship.

During the painful season surrounding her mother's death, Dr. Kelly's faith and a providential encounter helped her recognize how her military leadership, research experience, education, and fitness expertise could become one unified mission. That revelation contributed to the creation of Divine Fitness and Health Services.

This presentation invites audiences to recognize the value of their journeys, redefine adversity as preparation, and continue moving forward even when they cannot see the path ahead. Dr. Kelly's central message is clear: leadership prepared her, entrepreneurship positioned her, and community health gave her next mission its purpose.



From Performance to Restoration: A New Vision for Wellness Hospitality & Travel

Katherine Plua
Wellness Hospitality Strategist & Advisor, Ecuador

Background

For most of my life, I measured myself through performance - first as an endurance athlete, later then professionally. I saw spaces as a passive setting rather than influences on how we feel and function. A turning point in my health taught me otherwise: the environments where we live, work, and travel are never neutral. They can demand more from us or create conditions for rest, connection, and restoration. This perspective guides my work in Wellness Hospitality.

Objective

Have you ever entered a place and felt your body tense or soften, unsure why?

This keynote explores hospitality beyond what we see. As AI takes on more of the guest journey, human perception helps us to understand how light, scent, sound, nature, and human interaction shape our capacity for rest and restoration. Drawing on my journey from a performance driven life to becoming a Wellness Hospitality strategist, I invite audiences to rethink authentic wellness hospitality.

Materials and Methods / Approach

The keynote combines personal storytelling, evidence informed insights, an Ecuadorian hospitality example, and a sensory experience inspired by Ecuadorian amazon. Through reflective questions, participants will distinguish properties that use wellness language from those that integrate well-being throughout the guest journey.

Results / Discussion

Attendees will gain a practical lens for evaluating wellness hospitality beyond aesthetics, amenities, and marketing claims. They will consider how environments and guest journeys can reduce friction, support rest, and foster meaningful connection. They keynote shifts the question from how a place looks to how the experience makes people feel. While AI can make travel more efficient and personalized, human awareness and intention make hospitality meaningful, credible and restorative.

Biography

Katherine Plúa is an Ecuadorian Wellness Hospitality Strategist who connects well-being, hospitality, and purpose. With a background in marketing, ecotourism, international education, a destination promotion. She helps boutique hotels and Latin America destinations integrate wellness into authentic, meaningful guest experiences. Katherine is a certified Wellness Travel and Tourism (WITT) Ambassador and a member of the Wellness Tourism Association. She holds a master's degree in Ecotourism and a Kellogg Certification in AI Strategies for Business Transformation.



UJWEL/2026/KATHERINE-PLUA

Learning to Lead, Leading to Learn

Jeffrey Williams

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In this session, we will explore what Isao Yoshino's leadership journey at Toyota can teach us about building people, creating learning cultures, and leading through challenges and failure.

By the end of the session, you will take away five practical leadership insights:

1. Build People, Not Just Results

Discover why sustainable performance comes from developing the capability, confidence and thinking of your people-not simply achieving today's targets.

2. Turn Mistakes into Learning Opportunities

Explore how leaders can respond to mistakes and failures in ways that encourage accountability, learning and continuous improvement rather than blame.

3. Lead Through Direction and Coaching

Learn how to set direction, provide support and give people the space to think, solve problems and take ownership.

4. Create a Culture Where People Speak Up

Recognize how a leader's response to bad news shapes whether people feel safe to raise problems, challenge assumptions and share ideas.

5. Build Your Leadership Legacy

Reflect on a fundamental leadership question:

"Am I simply achieving results-or am I developing people who can achieve results without me?"

The Big Idea

Leadership is not simply about what we achieve.

It is about what we enable other people to achieve.

Learning to Lead. Leading to Learn.

Learning Objectives

By the end of the 30-minute presentation, participants will be able to:

Understand the leadership philosophy of Isao Yoshino and how his experiences at Toyota demonstrate the connection between learning, leadership, and continuous improvement.

Recognize the difference between a blame culture and a learning culture, particularly in how leaders respond to mistakes, failures, and bad news.

Apply three people-centered leadership practices:

Set Direction - provide meaningful challenges and clarity of purpose.

Provide Support - coach, listen, and create conditions for people to succeed.

Develop Yourself - continuously reflect, learn, and grow as a leader.

Shift from providing answers to developing people, by giving employees opportunities to think, solve problems, take ownership, and build capability.

Use failure as a source of learning and improvement, rather than simply assigning blame or focusing on individual accountability.

Reflect on their own leadership legacy and identify how they can develop people who are capable of achieving more independently.

Key Takeaway

Leadership is not simply about what we achieve. It is about what we enable other people to achieve.

Biography

Jeffrey Williams is a Trainer and an Education Success Coach. He has been a trainer, coach and mentor for more than 25 years

Currently doing People Management trainings and speaking engagements for Corporations and Institutes, Jeffrey's achievements and references includes Government Agencies, Multi-National Corporations (MNCs), Small Medium Enterprises (SMEs), Non-Profit Organizations and ESG Companies for Sustainability Development.

Other overseas training, coaching and speaking engagements includes assignments in Vietnam, Malaysia Indonesia, Bhutan and Turkey to organizations' CEOs and Managing Directors on Strategic Leadership Management for Organizational Excellence. He has also conducted Leadership and People Management trainings for Singapore Armed Forces, NHST Asia Media, Singapore General Hospital and Healthway Medical Group. The training and coaching stints were focused on mastering effective leadership and people skills and participants have gone through personal coaching and mentoring sessions with Jeffrey.

His motivation and motto is to: Make a difference in the lives of people I meet, train, coach and mentor.

Below are some of the testimonials from Jeffrey's esteemed clients:

"Jeffrey demonstrated a unique way of explaining the concepts in detail to the participants. Enjoyed the activities so much that I have made a decision today to sign up for the next available training"

Janice Tan, Bank Manager, DBS Bank

"Jeffrey was able to make it easy for the participants to understand and I learnt a lot from him" Superintendent Andy Lim, OC, New Zealand Auxilliary Police Force

"A practical training which suited my needs and Jeffrey brought up a number of models which I could apply"

Kellyn Koh, Admin Manager, Ministry of Education HQ

"Brought up so many concepts and activities and it was easy to follow. An amazing trainer"

Saadiah Yati, Operations Executive, Healthway Medical Corporation

"Easy to follow training guidelines and everything was good. Thoroughly enjoyed the training conducted by Jeffrey" Linda Chua, HR Manager, Sing Health Services, Singapore General Hospital

Leadership and People Management (John C. Maxwell's 5 levels of Leadership)

Team Building and Effective Delegation (Corporate Training)



UJWEL/2026/JEFFREY-WILLIAMS

Lighthouse Leadership: Why Being Seen Changes Everything

Amie Rich

What if some of the very behaviors that helped us become successful are also the ones quietly exhausting us?

High-performing leaders are celebrated for being dependable, driven, resilient, and willing to do whatever it takes. But beneath that success can live patterns we rarely question: perfectionism disguised as high standards, people-pleasing disguised as collaboration, hyper-independence disguised as strength, and over-functioning disguised as leadership.

For years, these patterns worked for me. I built a successful career leading in high-pressure environments, becoming the person who could handle anything and keep everything moving-until I recognized the cost of always being the one who could "handle it."

In Success Without Self-Abandonment, I explore what happens when achievement is driven by a nervous system that has learned to equate safety with performing, pleasing, controlling, or constantly doing. When survival patterns become leadership patterns, they influence our teams, relationships, families, and the environments we create.

As AI continues to transform how we work, our distinctly human qualities-self-awareness, emotional regulation, empathy, presence, and connection-become even more important to how we lead.

Attendees will learn to recognize self-abandonment hiding inside high performance, understand how nervous-system regulation influences leadership, and begin shifting from reactive to intentional, self-led leadership. I'll introduce a practical tool I call a HUG-a real-time reset to interrupt automatic patterns, reconnect with yourself, and respond from a more regulated place.

And ultimately, we'll reframe self-love not as the outcome of doing this work, but as a leadership skill that changes how we show up for ourselves and everyone we lead.

Because sustainable success isn't about becoming less driven. It's about achieving without losing ourselves along the way.

When we learn to lead ourselves first, we change the way we lead everyone around us.

Biography

Amie Rich is a corporate executive, speaker, author, and leadership coach who helps high achievers lead with greater clarity, resilience, and self-awareness in a rapidly changing world.

With nearly 30 years of leadership experience at a major motion picture studio, Amie has led high-performing teams through demanding environments where results, deadlines, and constant change are the norm. Her work today bridges the gap between performance and well-being, helping leaders break free from the patterns of overwhelm, burnout, and self-sabotage that often accompany success.

Drawing from her Lighthouse Leadership philosophy, Amie teaches leaders how to move from constantly rescuing and reacting to becoming a steady, trusted presence for their teams. Her approach combines leadership development, nervous system regulation, emotional intelligence, and practical tools that create lasting change.

Amie is the author of Beyond Numbing: How Self-Love Heals the Wounds We Hide and is known for delivering relatable, actionable insights with warmth, authenticity, and humor.

Her mission is simple: to help people become more human, more connected, and more effective leaders in a world increasingly shaped by technology.



UJWEL/2026/AMIE-RICH

Where Understanding Lines the Recovery Process, the Opportunity for Recovery Emerges

JL Keez

4 x Author | Counsellor | Award-winning Writer | Speaker

Biography

As a child of sexual abuse cocooned within a strict religious code, and where perfectionism underlined the family culture, its is not surprising that at the age of 15 I slipped down the slippery slope of anorexia nervosa.

Anorexia nervosa would see associated mental illnesses join my journey - chronic fatigue, fear and anxiety, migraines, depersonalisation, OCD, and suicidal depression. Far too many modalities were sought with the hope of recovery. Fear stood in the way. At 37 years understanding finally emerged through meeting a psychologist practicing Reality Therapy underpinned by Choice Theory - my world made sense!

Encouraged to write my story, I wrote 4 books over 3 years where the process that saved me is embedded within the text.

So what do I do? I bridge the gap between confusion and understanding. The framework used to support those experiencing mental health issues allows clients to acknowledge contributing life events, and the learning connected, to free themselves from the misaligned thinking driving their illnesses. Reality Therapy explores the realness of ones life to discover the clues as to why we hurt. From here individualised solutions are designed.

Reality Therapy asks us to use the innate human systems built within our beings - that of our: Thinking, Behaviours, Emotions, and Physical Symptoms. Exploration of wants, needs, beliefs, and values provide additional clues. Relationship connections add to the story where connecting and disconnecting habits highlight this important contribution. Total behaviour for the client is recognised; their quality world described. In combination the information collated provides the basis for healing.

Today I deliver this knowledge via counselling, online programs, writing, through podcasts and speaking opportunities. Where understanding lines the recovery process, the opportunity for recovery emerges.



UJWEL/2026/JL-KEEZ

Scale Smarter With Invisible Sales

Gwen Ferreira

Leaders, entrepreneurs, CEOs, founders: every person in this room has built a career or a business on a very specific expertise, earned through years of experience. And when we package that genius, experience and knowledge into a body of work and a business, we start wearing all the hats. We become the content creator, the marketer, the CEO, the leader and the salesperson.

Yet the one element that caps thousands of female founders is sales. Not because they cannot sell, but because they are the reason every deal, contract and client signs. They are the sales system. And a business whose revenue depends entirely on its founder showing up cannot easily scale.

In this talk, Gwen Ferreira, the sales strategist known as the Funnel Queen, walks through the exact invisible sales system she and her clients use to have premium buyers enrolling into their offers day in, day out, without micromanaging every sale. Drawing on a decade in business and more than 1,000 female leaders, founders, coaches, course creators and online service providers served, she shows what it actually takes to scale your company without scaling your workload.

You will leave understanding the three layers of a business that sells every day without you. You will also see what this makes possible, because Gwen runs multiple multi-six-figure businesses on a four-day work week from a tiny island in Indonesia, while raising her son and living a life entirely by design.

This is not a talk about working harder on your visibility. It is about building the machine behind it, so that being seen finally pays what it should.

Biography

Gwen Ferreira is a French business strategist and backend sales expert known as the Funnel Queen. In business since 2016, she has built three multi-six-figure companies and helped more than 1,000 female leaders, founders, coaches, course creators and online business owners turn companies that only made sales when they showed up into automated systems that sell without them.

She works with six and seven figure female founders who are already successful but still acting as the sales system in their companies, relying on social media content, sales calls, networking or launches to bring money in, with clients buying one offer and leaving. Gwen helps them turn their backend into a revenue driver that matches their front end by building offer ecosystems, installing sales systems that sell without them, and creating a client experience that keeps people in their world for years, not weeks.

She hosts the podcast Take My Money and leads the Elite Mastermind, her top-tier twelve-month experience blending private consulting with evergreen scaling. Gwen lives on Nusa Lembongan, a small island beside Bali, with her British husband and seven-year-old son, where she also runs a brick-and-mortar business, freedives, and is living proof that you can scale without burning out, on a four-day work week.



UJWEL/2026/GWEN-FERREIRA

The Unbound and Unapologetic Woman in Complete Freedom

Dr. Gloria Trueh - Founder & CEO

United Women Leaders Global Network, Inc., Severn, Maryland, U.S.A. | Gloria.trueh@gmail.com

This presentation aims to examine the critical shift that occurs for generations when women are handed a social script defining how to speak, lead, and exist within traditional boundaries. This presentation explores the transformative shifts that occur when women reject these external expectations to claim true personal and professional autonomy. By identifying the systematic visible and invisible barriers women face today, such as deep-seated social conditioning, internal guilt, and economic dependence. This session provides a roadmap for breaking free.

Attendees will gain actionable strategies to eliminate self-limiting behavior, silence the inner critics, establish unshakeable boundaries, and confidently command executive space. We will identify the systemic and internal barriers restricting women from making a significant impact in leadership and outline a roadmap to help navigate their careers or business with full autonomy.

Women will also understand the Power of "No", The Corporate Exit, The Paradigm Shift, and Owning Your Value, all of which lead to the Unbound and Unapologetic Woman Complete Freedom.

Keywords

Unapologetic, Leadership, Autonomy, Women, Transformation, Boundaries, Successful, Corporate, Traditional, Validation, Professional.

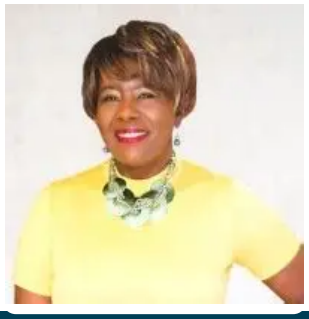
Biography

Dr. Trueh is a dynamic force in the business world, known for her resilience, innovation, and trailblazing spirit in breaking barriers and building bridges for women globally. She helps women transition from the corporate world to entrepreneurship.

Dr Trueh is a Business Coach and Consultant, 2x Best-Selling Author, International Speaker, Mentor, Entrepreneur, Senior Pastor, and Founder of "Strength of a Woman Ministries," which she started in 2020 during the COVID-19 Pandemic. Dr. Trueh is authentic, resilient, and passionate about helping women live and experience the American dream. She empowers, equips, and mentors women on how to monetize their God-given skills and talents.

Armed with a background in business management and 20-plus years of experience in leadership training, facilitating business workshops, seminars, conferences, and creating in-person platforms for women to tell their story, Dr. Trueh is on a mission to change lives, empower, and educate women on how to break free from the constraints of their 9-to-5 job.

Dr Trueh holds a B.S. in Business Administration, a master's in leadership and business management, and an Honorary Doctorate in Divinity. She has received many awards, including the Woman of Excellence Award, Women in Leadership Award,



The Human Advantage in the AI Era: Democratizing Real Estate Investment Through Technology, Education & Human Connection

Ornella Jiménez

www.powerbuildersacademy.com

Artificial intelligence is redefining how capital moves, how businesses scale, and how decisions are made. But as technology accelerates, a critical question emerges: what remains uniquely human?

This keynote explores the intersection of AI, real estate, capital and human potential-and how technology can become a force for greater economic inclusion rather than greater inequality.

Drawing on her experience as an internationalist, real estate developer, investor, entrepreneur and mentor operating across the United States, Mexico, the Dominican Republic and Dubai, Dra. Ornella Jiménez C examines how education, technology and strategic human connections can democratize access to investment and create pathways to generational wealth.

The future of real estate will not be defined solely by those who own the most capital or use the most advanced technology. It will be shaped by those who can connect capital with vision, technology with purpose, and opportunity with people.

Because AI can accelerate what we build-but human vision, trust and leadership determine why we build it and who gets to participate.

Biography

Dr. Ornella Jiménez C.

International Affairs Professional | Master's in Project Management | Real Estate Developer | Investor | Entrepreneur | Mentor | Speaker

Dr. Ornella Jiménez C. is a Colombian international affairs professional, real estate developer, investor, entrepreneur, mentor, and international speaker based in the United States. Her professional trajectory brings together international affairs, real estate development, private investment, project management, entrepreneurship, education, and social impact.

She holds a degree in International Relations from Universidad del Norte and a Master's Degree in Project Management from Summa University (2022). Her academic and professional trajectory has also been recognized with two Honorary Doctorates (Doctor Honoris Causa) in recognition of her leadership, professional accomplishments, and contribution to initiatives with international impact.

With more than 15 years of experience working with social initiatives and community development in Colombia, Dr. Jiménez later transitioned into entrepreneurship and real estate, bringing her social-impact perspective into the business world.

After establishing herself in the United States, she built a career in real estate that evolved from investment and property renovations into new construction, real estate development, investment structuring, and larger-scale projects.

She is the founder of Bona Construction, a company focused on the execution and construction of real estate projects, and Elevate Realty, a platform dedicated to real estate investment and development opportunities. Her experience encompasses land acquisition, new construction, residential and commercial development, project management, capital structuring, private investment, and value-creation strategies.

Dr. Jiménez is also the founder of Power Builders Academy, an educational platform designed to empower investors and aspiring real estate developers, particularly within the Hispanic and Latino community in the United States. Her approach focuses on teaching the complete real estate development process, including acquisition, financing, private capital, permits, construction, project management, financial analysis, and exit strategies.

Her international vision has expanded through strategic alliances and business relationships across the United States, Mexico, the Dominican Republic, and Dubai, connecting entrepreneurs, investors, developers, and investment opportunities across markets.

Her work has taken her into international spaces focused on leadership, investment, entrepreneurship, women's leadership, and global development, including participation in initiatives and networks connected to Harvard, the World Economic Forum, Women Economic Leadership, and international investor communities.

Today, Dr. Jiménez's vision goes beyond developing real estate. She is building an ecosystem that integrates investment, education, entrepreneurship, and community development, with the goal of helping more people-particularly women and members of the Hispanic and Latino community-move from participating in the real estate market to becoming informed investors and capable developers.

Her leadership philosophy is grounded in a simple but powerful principle:

Build wealth. Develop communities. Empower others to build as well.

In parallel with her business career, Dr. Jiménez continues to contribute to international initiatives focused on leadership, social impact, peace, and project development, bringing together her background in international affairs with her experience as a developer, investor, entrepreneur, and mentor.

International Markets & Strategic Alliances

United States · Mexico · Dominican Republic · Dubai

Areas of Expertise

Real Estate Development · Real Estate Investment · Private Capital · Project Management · Construction · Capital Structuring · Entrepreneurship · Investor Education · Women's Leadership ·



UJWEL/2026/ORNELLA-JIMENEZ

The Last Competitive Advantage
Why the Future of Leadership Will Belong to the Most Human Leaders

Mg. Maria Amada Moreno A.

LLM en Litigacion Oral | Waters&Partners Lawyers | Senior Partner & CEO

Biography

Mía Moreno is an attorney, international consultant, and keynote speaker specializing in women's leadership, gender equality, and institutional transformation. She holds an LL.M. in Trial Advocacy from California Western School of Law and is currently pursuing a Master's Degree in Gender-Based Violence at the International University of Valencia.

She has worked with public institutions, judicial bodies, and private organizations across Ecuador, Mexico, Peru, Colombia, Spain, and the United States, designing and delivering programs focused on violence prevention, institutional strengthening, leadership development, and gender-responsive public policy.

As an international speaker and author of legal publications, María is dedicated to helping organizations redesign systems, cultures, and leadership models to build more just, resilient, and human-centered societies.

A survivor of severe violence herself, she transformed her personal experience into a professional mission: empowering leaders and institutions to create meaningful change through evidence-based strategies, education, and action. Her work bridges law, leadership, and social transformation, advocating for a future where empathy, ethical judgment, and human connection become the defining competitive advantages.



UJWEL/2026/MG-MARIA-AMADA-MORENO-A

You Are Magic

Alyan Kian

Author | Speaker | Attorney | Founder, Alyan Mentoring Group

You Are Magic is an interactive keynote on self-belief, self-trust, and the courage to act before doubt disappears. Using a live card trick as its central metaphor, Alyan Kian takes audiences through the invisible process that holds many people back: the moment they decide they are not ready, not capable, or not enough.

Drawing from his own experience confronting self-doubt during law school, Alyan explores why confidence is not something people either possess or lack-it is a practice built through repeated choices. The speech invites audiences to recognize the stories that limit them, release the shame beneath hesitation, and take meaningful action even when certainty is unavailable.

By the end, attendees are left with a simple challenge: stop waiting to believe in yourself perfectly. Start acting like the person capable of creating the life you want.

Biography

Alyan Kian is an attorney, author, speaker, and founder of Alyan Mentoring Group, a personal-development company focused on identity transformation, self-command, and intentional living.

Drawing from his work in family law, his background in corporate transactions and international tax, and his own experience rebuilding after a serious neurological health challenge, Alyan helps people move from confusion and reactivity to clarity, discipline, and self-authorship.

His work brings together neuroscience, philosophy, behavioral change, and lived performance into practical frameworks for changing how people see themselves, make decisions, and build a life they genuinely want.

Alyan has spoken internationally in Mexico and Porto, Portugal. He currently practices family law in Salt Lake City, Utah.



UJWEL/2026/ALYAN-KIAN

From Book to Booked: Build Your Speaker Stack with AI

Mariquita Koy

RN, MPH, CCM | Owner, Small Steps Rehab Case Management | Founder, The Ladybug Speaks

Smallstepsrehab.com Fax: (240) 290-4010

Abstract

Your expertise can do more than fill a room. It can fill a book, build your authority, and give event organizers a reason to book you. In this session, Mariquita "Q" Joy teaches you how to turn what you know into a book that anchors your speaking career. You'll learn how to use AI to organize your ideas, develop your manuscript without losing your voice, and navigate the path to self-publishing. Whether you're pursuing your first stage or expanding an established speaking business, you'll see how to connect your book to a message people remember.

Then, Q shows you how to build your Speaker Stack: the tools and assets that help people discover, evaluate, and book you. You'll learn how to turn your book into talk topics, create promotional content, strengthen your speaker materials, and use an AI employee to help find speaking and podcast opportunities. The goal is to leave with a practical way to put your expertise in front of the people who can open your next door.

Biography

Mariquita "Q" Joy, RN, MPH, CCM, is a bilingual nurse, entrepreneur, author, AI consultant, and international speaker who helps women turn their expertise into authority, visibility, and business opportunities. Known as Q the AI Cat Lady, she brings three decades of nursing experience, a decade of executive leadership, and a direct approach to technology, entrepreneurship, and reinvention.

Q is the founder of Small Steps Rehab, a workers' compensation case management company serving injured workers through English and Spanish services. Her work connects clinical knowledge, advocacy, and practical problem solving, especially when language barriers complicate care. She also founded The Ladybug Speaks and Elite AI Academy for Nurses, helping professionals understand and apply artificial intelligence in their businesses and daily work.

Her approach to AI begins with a real problem and a real person. She created Cayenne, a multilingual platform with two connected areas: Care4Caregivers and Care4Me. Supporting both caregivers and the people they care for, Cayenne reflects her conviction that neither side of the caregiving relationship should be overlooked. Her perspective is informed by raising her daughter Anna, now an adult living with hydrocephalus who has undergone approximately twenty brain surgeries.

Q also created Make It Home, a construction safety initiative that uses voice technology and bilingual access to bring safety information into the moments when workers need it. Across her projects, she focuses on making useful technology accessible to people who are too often excluded by language, complexity, or limited resources.

As an author, Q writes about professional growth, communication, and the realities of building a life and business around demanding responsibilities. Her books include Promotions Over Pink Slips and How to Talk to Idiots on the Phone Without Going Insane, and The Devil's Lying to You About Ai. Her Speaker Stack approach connects book publishing, speaking, content creation, and AI tools so entrepreneurs can build a visible body of work around what they already know.

At the Women Entrepreneur Leadership conference in Venice, Q shares how a book can become the foundation for a speaking career and how AI can help women develop, publish, promote, and extend their message. Her sessions combine practical demonstrations, candid business lessons, and dry humor.

A woman of faith, a mother, and an unapologetic entrepreneur, Q believes expertise deserves an audience. She challenges women to stop waiting for someone else to declare them ready and start building the assets, systems,



UJWEL/2026/MARIQUITA-KOY

What if life wasn't a battle, but a game governed by spiritual laws we were never taught how to play?

Tania Ranguelova

Founder blending AI technology, coaching, and Hawai'i leadership retreats.

Abstract

We've been conditioned to believe success comes from the masculine way: achieve more, take massive action, push harder, and control the outcome. But what happens when pushing no longer works?

The feminine way offers another path - intuition, surrender, trust, and following the breadcrumbs as the next step reveals itself. What if life isn't random? What if there is an underlying intelligence behind our experiences? And what if each of us has a unique purpose and role to play as part of a greater whole?

Florence Scovel Shinn explored this idea more than a century ago in The Game of Life and How to Play It. She described life as operating according to spiritual principles: what we give out returns to us; our words and beliefs help shape our experience; intuition can guide our actions; letting go of fear and resistance creates space for what is meant for us; and faith requires trusting before we can see the outcome.

If we believe life is a battle, leadership becomes about winning, controlling, and avoiding loss. But if we believe there is meaning and intelligence behind life, leadership changes. We begin paying attention to synchronicities, intuition, purpose, and the opportunities appearing in front of us.

Maybe leading the feminine way isn't about abandoning action. It's about balancing action with trust - and learning to recognize when life itself is showing us what's next.

Biography

Tania Ranguelova is a Founder blending AI technology, coaching, and Hawai'i leadership retreats. With 15+ years of experience in finance, FinTech, and business transformation, she sits at the intersection of technology, consciousness, and leadership.

Her mission is to inspire leaders to find their inner purpose compass and lead the feminine way - with intuition, trust, and purpose. Tania hosts leadership retreats in Hawai'i and advises entrepreneurs and leaders at inflection points as they navigate their next stage of growth and answer one of life's biggest questions: What's next?



UJWEL/2026/TANIA-RANGUELOVA

The Career Confidence Shift: Position Yourself for Greater Opportunities

Pamela Odukoya
Career development professional

Pamela Odukoya is a career development professional with over three decades of experience helping people make confident, sustainable career decisions. She holds an MSc in Education, Training and Development and is a Chartered Manager.

Her experience brings together leadership in public service and Toastmasters International, charity-sector involvement, teaching, and training across public, voluntary, and private sectors. This breadth has shaped Pamela's inclusive, practical approach to personal and professional development. She has also contributed to developments within the careers guidance sector by delivering a workshop to careers leaders at a Career Development Institute Conference (CDI). In addition, she has written leadership articles for professional publications.

Pamela offers inclusive career development through Calabash Careers Coaching. Her ARISE newsletter shares diverse career stories, and her Career Recharge ebook provides practical guidance for professionals considering a career shift that aligns with their values and goals.

Through this work, she supports individuals and groups who want to navigate change, recognise their strengths, and make career choices that reflect both ambition and personal values.

Community engagement remains an important part of Pamela's work. She has previously designed and delivered career workshops for diverse communities, including members of the Sickle Cell Cause CIC in Tottenham, London, and students in the Global Majority Mentoring and Coaching Leadership Programme at Salford University, England.

Pamela believes life is a puzzle, and so is your career. Each experience, decision, and step adds another piece, gradually revealing a more fulfilling and meaningful career path.



UJWEL/2026/PAMELA-ODUKOYA

Investments of the Future: High-Yield Assets, Alternative Investments and Water Innovation with Purpose and Global Impact on Our Health and Planet

Ing. Hana Valentova, MBA
Jednatelka, HVLD Management S. R. O

Drawing from 17 years of experience in finance, investments, strategic leadership, management, and insights gathered across more than 60 countries she has personally visited, Hana presents a visionary roadmap for wealth creation, security, and purposeful water innovation. Tailored for visionary leaders, this talk bridges high-yield alternative investments with transformative solutions for our planet, health, and global water issues. Having traveled to more than 60 countries worldwide, Hana seamlessly connects global macroeconomic insights with sharp investment and strategic acumen. Her passion for investments and innovation brought her to Dubai, which she has visited regularly since 2012. Recognizing the immense investment potential and security, she purchased her own luxury property there and opened exclusive asset acquisition pathways in the United Arab Emirates for investors worldwide. Using a direct case study comparing real estate in various countries, she illustrates how a 0% tax structure, superior asset return (ROA of 8-10%+), and capital growth in off-plan projects redefine real estate returns.

However, investments of the future extend far beyond capital accumulation toward solving systemic global challenges and worldwide water issues. Frequent international travels led Hana to form a vision of how to solve the global problem of a shortage of biologically usable, structured drinking water. While standard tap water meets chemical hygiene standards, municipal pipe pressure strips water of its natural crystalline hexagonal structure, thereby impairing cellular hydration, health, vitality, and cellular longevity.

Hana founded a company to develop a breakthrough water revitalization device that restores water's natural molecular vitality to heal people and our planet, exerting a global impact on biohacking, longevity, and sustainability.

Hana demonstrates how visionary female leadership can deliver exceptional returns while contributing to the healing of our planet.

Biography

Ing. Hana Valentová, MBA is a successful entrepreneur, owner of 3 companies, manager, visionary, investor, mother, and Mensa member with over 17 years of experience in financial strategies and international business. She built a company with over 12,000 clients without a single advertisement or marketing spend, relying entirely on top-tier service, trust, and client referrals. She has built a team that regularly wins international awards. Having traveled to more than 60 countries worldwide, Hana connects global macroeconomic insights with sharp investment and strategic acumen. Her passion for innovation brought her to Dubai, where she opened exclusive asset acquisition pathways in the United Arab Emirates for investors worldwide.

Her enthusiasm and sense of sustainable innovation and health optimization led Hana to the research and development of



UJWEL/2026/ING-HANA-VALENTOVA-MBA

Phase 2: Your Get 2 Life

Katherine M. McLeod, Done Proving. Now Choosing.

Biography

Katherine M. McLeod is the founder and creator of The Infinite Woman™ and the creator of the Phase 2: Your Get 2 Life movement. Based in South Australia, she helps high-achieving women in midlife recognise the patterns between the life they have built and the life they now desire.

Drawing on 21 years as an educator, her work with women and her own experience of motherhood, career change and moving from city life to a country home, Katherine brings warmth and practical insight to her work as a door opener and dream activator. Her message, "Done Proving. Now Choosing.", invites women to create a next chapter with greater joy, freedom, creativity and contribution - opening possibilities for themselves, their families and future generations.

Abstract

You have built a life. What do you want to do with the rest of it?
After decades of achieving, caring and carrying responsibility, many women feel a desire to create something new, change direction or finally take a step they have imagined for years. Yet wanting it and choosing it can be two very different things.

In this 15-minute closing talk, Katherine M. McLeod introduces Phase 2: Your Get 2 Life - a movement inviting women to desire more while honouring what they already love. Through a personal story and guided reflection, she explores how familiar patterns of proving can influence even the most capable woman's decisions.

Connecting with the conference's Human Advantage theme, Katherine brings self-awareness, creativity, connection and purpose into a personal question: what will you choose to do with the possibilities available to you? Participants will recognise one pattern, reconnect with one meaningful desire and choose one concrete next step through her approach of Focus, Energy and Action. The closing invitation reaches beyond individual change: create a life you love living, and let the ripple of that choice enrich your family, community and future generations.
Done Proving. Now Choosing. Your Get 2 Life begins with your next choice.



2026 INTERNATIONAL WEL CONFERENCE WHERE WOMEN ENTREPRENEURS & LEADERS COME TO SCALE SMARTER

LEARN. CONNECT. SPEAK.

SPEAKER ABSTRACTS | DAY 2

You Can't Grow What You're Afraid to Measure: Leadership Through OKRs & People Data

Andjela Petrovic

Leadership today is no longer about intuition, charisma, or good intentions alone. In fast-growing organizations, what leaders choose to measure - and what they avoid -

directly defines growth, culture, and performance. In this session, Andjela Petrovic, Global HR Director and Certified OKR Coach, shares real world experience from building people systems in a high-growth, global technology company. The talk explores how OKRs and People data, when used correctly, become powerful leadership tools - not HR bureaucracy.

Attendees will learn:

● Why many leadership teams fail not because of lack of talent, but because of lack of measurable focus

● How OKRs can align leadership behavior, business goals, and employee performance

● Which People metrics actually drive growth - and which ones create fear or resistance

● How to move from "people intuition" to data-informed leadership decisions without losing humanity

● Common mistakes leaders make when measuring performance - and how to avoid them This session challenges leaders to confront uncomfortable truths, replace assumptions with clarity, and build organizations that scale through alignment, transparency, and trust.

Biography

Andjela Petrovic is a Global HR Executive and People Strategist with 11+ years of experience scaling international teams across SaaS and cybersecurity.

As Global HR Director at SOCRadar, she leads global People strategy across the US, EMEA, LATAM, and APAC, connecting people, culture, performance, and business growth. Her experience spans talent acquisition, organizational development, leadership development, compensation, performance management, global HR operations, and AI governance.

A Certified OKR Coach and international speaker, Andjela is passionate about transforming HR from a traditional support function into a strategic, data-driven business partner. Her work focuses on using people data, OKRs, and organizational insights to identify patterns, predict risks, improve performance, and help leaders make better decisions.

Her approach combines data-driven decision-making with a deeply human perspective, based on the belief that the strongest organizations are built when business performance and employee experience work together rather than compete with each other.



UJWEL/2026/ANDJELA

Scale Smarter, Lead Boldly: Building Resilient Schools That Last

Dr. Anne Katona Linn
BCBA, LBS | Katona Linn Consulting, LLC

Biography

Dr. Anne Katona Linn is an educational consultant, coach, author, and Board Certified Behavior Analyst. She helps school leaders and teachers build safe, supportive classrooms where students and staff can thrive. Through her Building Resilient Classrooms program, she turns research into practical steps educators can use each day. She is the author of Shedding Lies: Living Beyond Childhood Trauma.



UJWEL/2026/DR-ANNE-KATONA-LINN

How to De-stress in an Instant, Work 10 Hours Less a Week, and Get Back Your Motivation

Anne Maree Lyons
Founder, Challenge Your Thinking

What if the way you're trying to stay productive is actually the thing making you stressed, exhausted and less effective?

We've become very good at being busy-longer hours, overflowing diaries, constant interruptions and taking work home, while convincing ourselves that working harder will eventually get us on top of it.

There is another way.

Drawing on her leadership journey and coaching experience, Anne Lyons challenges the beliefs and habits that keep high-performing people trapped in stress and overwork. Through her Live, Lead, Succeed Blueprint, she'll explore practical ways to change how you think, work, communicate and lead-without sacrificing productivity.

You'll discover how to recognise what's really driving your stress, create more time to think and lead, and rebuild your energy and motivation. Expect some uncomfortable truths, a few laughs and practical strategies you can use immediately.

You may never look at your overflowing diary the same way again.

Biography

Anne Lyons is a mindset mentor, leadership coach, strategic adviser and former senior executive who has spent her career helping people and organisations think differently, lead confidently and navigate complexity. Founder of Challenge Your Thinking and a Senior Fellow with the Australian Strategic Policy Institute, Anne combines extensive executive leadership experience with her passion for coaching and developing others. Engaging, practical and thought-provoking, she challenges assumptions, opens new perspectives and helps people move from insight to action-empowering leaders to achieve meaningful change and perform at their best.



UJWEL/2026/ANNE-MAREE-LYONS

Leading from Wholeness, Not Hurry: What Venice Knew

Dr. Darcell L. Streeter 1, 2, 3
1B.HER™ Global, Florida, USA
2The Women's Circle, Inc., Boynton Beach, Florida, USA
3Positive Images Consulting, Florida, USA
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Aim: To introduce recovery rate as a leadership measure and to show that, now that generative AI has made speed cheap, sustainable leadership depends on the capacity to remain whole under pressure rather than on the speed of output. Introduction: Venice stands on timber pilings driven into the lagoon floor by builders who learned that water cannot be hurried. The Republic called itself La Serenissima and painted itself as a woman, Venetia: a leader who could not command the forces pressing on her and was still called serene. Today's leaders face a parallel condition. Production has accelerated; human capacity has not.

Materials and Methods: This keynote synthesizes global workforce data (Gallup, 2026), recovery research (Sonnentag, Cheng, & Parker, 2022), and neuroscience on stress and the prefrontal cortex (Woo et al., 2021) with historical economic scholarship on the Venetian colleganza (Puga & Trefler, 2014). These sources are integrated with the author's twenty years of practice alongside women in the community and her design of learning for multilingual, multigenerational adults.

Results: Only 20 percent of employees worldwide were engaged in 2025, and manager engagement has fallen nine points since 2022. Uncontrollable stress rapidly weakens prefrontal connectivity, narrowing working memory and flexibility, while recovery research shows that recovery can be deliberately strengthened. AI has multiplied "the second job nobody counts": the unpaid work of judging whether output is accurate and fits its audience. The colleganza, which divided the risk of the sea between investor and voyager, points to three forms of capital absent from any balance sheet: discernment, recovery capacity, and relational risk.

Conclusion: Speed has become cheap; judgment has not. Recovery rate, the author's original construct, measures how quickly a leader returns to full decision quality after sustained demand. Participants leave with economic independence redefined as the ability to decline, four reflective questions for deciding what to carry, share, decline, and change, and an understanding of the pause as leadership infrastructure rather than reward.

Keywords: women's leadership; recovery rate; discernment; burnout; economic independence; relational risk; colleganza; rest as infrastructure

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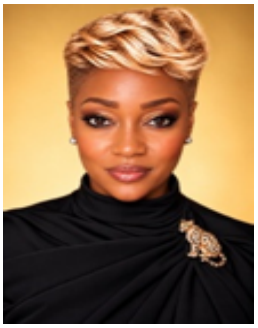
Biography:

Dr. Darcell L. Streeter is a learning scientist, global keynote speaker, and nonprofit CEO whose work redefines how leaders sustain influence without sacrificing wholeness. She is the founder of B.HER™ Global, CEO of The Women's Circle, Inc., a 25-year-old nonprofit in Boynton Beach, Florida, and founder of Positive Images Consulting. She is the author of the Softness as a Superpower™ book series and Reflections of Becoming HER, creator of five proprietary leadership frameworks, and host of Power of the Pause on Women Thrive Media. She is completing her doctorate in Applied Learning Sciences, holds a Master of Science in Human Services and an Honorary Doctor of Philosophy in Christian Leadership and Business, and is a Certified Nonprofit Executive.

B.HER® GLOBAL
Healed • Effective • Reigning



UJWEL/2026/DARCELL-L-STREETER

The Bow Wave - Leading with Presence, Trust, and Intuition in the Age of AI

Francesca Toso, Transformational Life Coach & Life Mastery Consultant

Abstract

Peak performance is not engineered. It is orchestrated - by leaders whose presence, trust, and intuition move people in ways no algorithm can reach.

This keynote draws on the Law of Elegant Movement, one of the foundational principles of transformational leadership: orchestrated leadership unleashes peak performance. Just as a bow wave does not trail behind a vessel but opens the water ahead of it, a conscious leader does not leave impact in her wake - she generates it in motion, through the force of her forward presence.

When everyone has access to the same AI, the advantage shifts entirely to the human being using it. The decisive leadership edge will not be found in what we know or what we can process. It will be found in how we show up, how we build trust, and how we cultivate the conditions in which other human beings access their deepest intelligence.

Drawing on decades of international leadership experience across four continents, this talk presents three irreducibly human pillars of orchestrated leadership: Presence - your energy moves the room before you speak. The capacity to arrive fully, and to make others feel genuinely seen, is a force no machine can replicate. Integrity - people listen not to what you say, but to who you are while you say it. Aligning values, words, and actions is the architecture of trust - and trust is the foundation of every extraordinary result. Intuition - when psychological safety is real, people stop performing and start creating. They access the instinctive, integrative human intelligence that is the birthplace of every true breakthrough.

This is leadership that is sustainable, powerful, and irreplaceable. In the age of AI, it is not merely an advantage. It is the only edge that compounds.

Biography

Francesca Toso is a transformational coach, life mastery consultant, and keynote speaker who helps people build lives and leadership aligned with their highest purpose. Her approach draws on three decades navigating governments, institutions, and cultures across 40+ countries within the UN system, where she mastered presence, trust, and the pull of a shared vision as tools for real impact. Today she brings that same orchestration to individuals and leaders around the world, helping them turn clarity into lasting, purposeful action.



Pivot to Passion: Navigating Life, Career, and Identity Transitions

Dawn Gates

Transformational coach, speaker | Founder, The Pivot to Passion brand

Biography

Dawn Gates is a transformational coach, speaker, and founder of the Pivot to Passion brand, where she helps women navigate life, career, and identity transitions with clarity and confidence. With a focus on aligning purpose with profitability, Dawn empowers women to turn pivotal moments into powerful new beginnings. Her work blends mindset, strategy, and lived experience to guide clients from uncertainty to intentional action. Known for her grounded yet inspiring approach, Dawn supports women in building lives and businesses that reflect who they are becoming-not who they've been.



UJWEL/2026/DAWN-GATES

Sheila L. Hall, FMHC

Sheila L. Hall
The Root to Response ModelTM

This presentation explores how chronic stress, cognitive overload, nervous-system dysregulation, and poor restoration impact mental clarity, emotional resilience, workplace performance, and overall well-being. Using a science-informed framework that compares the nervous system to an interconnected communication tree, audiences gain a deeper understanding of how symptoms often begin at the "roots" before appearing in the body's responses. This conversation encourages a more sustainable, restorative approach to leadership, wellness, and performance.

Biography

Sheila L. Hall is a Functional Medicine Health Coach, Nervous System Wellness Educator, speaker, and author specializing in stress physiology, cognitive wellness, nervous-system restoration, and women's mental wellness awareness.

She is the creator of The Fog FactorTM, Pause Isn't WeaknessTM, and The Root to Response ModelTM - educational frameworks designed to help individuals and organizations better understand the relationship between stress, cognitive overload, nervous-system communication, and sustainable performance.

With a background in microbiology, functional wellness education, and restorative wellness practices, Sheila is passionate about translating complex biological concepts into relatable, empowering conversations that support resilience, clarity, restoration, and long-term well-being.

She is also the author of NotNVagus: Decoding the Nervous System Signals of Menopause and creator of the short educational film NotNVagus BureauTM (NNVB), which uses cinematic storytelling to explore nervous-system communication and mental wellness awareness.

Through keynote speaking, workshops, wellness education, and creative storytelling, Sheila helps audiences move from survival mode to restored, resilient living.



UJWEL/2026/SHEILA-L-HALL

From Wonder to Wisdom: Cultivating Discernment in the Age of Infinite Information

Beckie Callahan, Founder of Callahan Global Ventures, USA, Dallas, TX

AI can give us more answers, more options, and more possibilities than ever before. But when possibilities become nearly infinite, a different human skill becomes essential: knowing what deserves our attention and being willing to choose.

Drawing on a nonlinear career across international experiences, financial services, Fortune 100 strategy and operations, nonprofit leadership, and entrepreneurship, I explore a progression I have lived repeatedly: Wonder, Experience, Perspective, Wisdom, Discernment, and Decision.

Wonder opens the door. Experience challenges our assumptions. Perspective gives us context. Wisdom helps us recognize patterns. Discernment asks, "What truly matters?" And then comes the hardest part: Decision. Choosing one path means letting go of others, trusting yourself without certainty, and accepting responsibility for what happens next.

At 50, I am discovering that this may be a lifelong practice, not a skill we eventually master. For entrepreneurs and leaders, especially, there is no manager to make the final call.

AI can be a powerful thought partner, expanding our options and helping us see what we may have missed. But it cannot decide what matters to us.

This session invites you to consider: What are you curious about? What have your experiences taught you? What are you willing to let go of, and what will you choose?

Biography

Beckie Callahan is the founder of Callahan Global Ventures, where she helps entrepreneurs and organizations use AI to create more time and capacity for meaningful human work. She spent nearly fifteen years at Cisco leading global strategy and operations in sales and marketing, including enterprise transformation initiatives. She later served as President of the Japan-America Society of Dallas/Fort Worth before launching her own AI consulting practice. A graduate of Northwestern University with a double major in Psychology and International Studies, she earned a Master of International Affairs from UC San Diego. Across career pivots spanning teaching in Japan, investment banking, nonprofit leadership, and now entrepreneurship, Beckie has chosen curiosity over comfort at every crossroads. She believes discernment is the real human advantage in the age of AI, and that asking better questions is often the beginning of meaningful change.



Beyond Survival: Reimagining Life After Difficult Transitions

Dr. Heather Theisen-Gandara, EdD

CDC Certified Divorce Coach | Founder, Reignite Collective, LLC | reignitecollective.com

Beyond Survival: Reimagining Life After Difficult Transitions

Major life transitions are often prompted by endings we did not choose and moments when the life they built no longer fits the person they are becoming. Divorce, career shifts, personal loss, betrayal, burnout, and other major disruptions can leave even the strongest individuals questioning themselves, their direction, and what comes next.

In this keynote, Dr. Heather Theisen-Gándara explores what it truly means to reinvent life after a difficult transition. This is not a talk about forced positivity or pretending reinvention is easy. It is a grounded, encouraging conversation about how to move forward with honesty, courage, and self-trust. Dr. Theisen-Gándara speaks to the very real ways fear can begin to shape decision-making during uncertain seasons, often keeping people stuck, disconnected from themselves, and hesitant to step into what is next.

She also explores how reconnecting with intuition can become a powerful part of the reinvention process. When people learn to slow down, listen inward, and release fear-based patterns, they begin to make decisions from a more aligned and grounded place. Reinvention becomes less about proving something and more about returning to who they truly are.

This keynote invites audiences to see difficult transitions not only as endings, but as opportunities to reimagine identity, purpose, and possibility. Through a message that is both practical and deeply empowering, Dr. Theisen-Gándara helps audiences understand that starting again is not a sign of failure. It can be one of the bravest and most transformative choices a person makes.

Audiences leave with a renewed sense of possibility, a deeper connection to self-trust, and a more empowered vision for the next chapter.

Biography

Heather Theisen-Gándara, EdD

Founder, Reignite Collective, LLC

CDC Certified Divorce Coach

Dr. Theisen-Gándara founded Reignite Collective to empower women over 40 to rise stronger, bolder, and more radiant after divorce. Her journey began far from the global stages she would one day step onto. Dr. Theisen-Gándara grew up in rural Wisconsin and was the first in her family to hold a passport. That passport opened the door to a lifetime of discovery, leading her to study, travel, and work extensively throughout Latin America, where she became fluent in Spanish and developed a deep appreciation for cross-cultural connections.

With a Doctorate in Educational Leadership and a Master's in Counseling, Dr. Theisen-Gándara has spent over two decades leading in international diplomacy and large-scale team management, partnering with global organizations such as the U.S. Department of State, ExxonMobil, and Baker Hughes. She brings a rare blend of strategic vision, cultural insight, and compassionate mentorship to help women reinvent their futures and achieve measurable results.

Reignite Collective was born from both her professional expertise and a deeply personal journey. After a 24-year marriage, raising two incredible children, and navigating the life-altering reality of divorce, Dr. Theisen rebuilt from the ground up, reclaiming financial independence, shedding nearly 100 pounds, and designing a life infused with self-care, purpose, and unapologetic power.

Today, she guides women through holistic recovery, helping them heal emotionally, elevate their wellness, master their finances, and express their confidence through personal style. Reignite's mission is bold yet simple: to show women that life after divorce isn't the end of their story: it's the beginning of their most empowered chapter yet.



The Human Edge in the AI Era: Using Systems Thinking to Lead Meaningful Change

Lina Druskiene, CITP

As artificial intelligence continues to transform organizations at unprecedented speed, a new paradox is emerging: the more advanced technology becomes, the more important human capabilities become. AI can analyse data, generate recommendations, automate processes, and produce answers within seconds. But it cannot fully understand context, purpose, values, organizational dynamics, or the long-term consequences of its recommendations. As AI becomes increasingly embedded in decision-making, the challenge is no longer simply how to use AI, but how to think alongside it.

This presentation explores why systems thinking and critical thinking are becoming essential leadership capabilities in the age of artificial intelligence. While AI excels at identifying patterns and producing outputs, leaders must still understand the broader systems in which decisions are made. Organizations are not collections of isolated processes and technologies. They are complex human systems shaped by relationships, culture, incentives, assumptions, and feedback loops.

Drawing on perspectives from business analysis, organizational change, and systems thinking, this session demonstrates how leaders can move beyond siloed thinking and develop a deeper awareness of the interconnected factors that influence outcomes. The presentation explores how systems thinking helps reveal hidden dependencies, anticipate unintended consequences, and make more informed decisions in increasingly complex environments.

The presentation highlights the uniquely human capabilities that AI cannot replace: curiosity, critical thinking, ethical judgment, empathy, dialogue, and the ability to create shared meaning. Rather than viewing AI as a substitute for human expertise, the session positions AI as a powerful partner that requires thoughtful guidance, questioning, and oversight.

Attendees will leave with practical insights and a simple framework for applying systems thinking in everyday leadership and decision-making. They will discover how to transform complexity into clarity, leverage AI more responsibly, and strengthen the human capabilities that remain essential for meaningful and sustainable change.

The main thought:

The more powerful our technology becomes, the more valuable our humanity becomes.

About Lina:

Lina Druskiene, CITP, is a Systems Thinker, Business Analyst, lecturer, mentor and passionate about helping leaders navigate complexity and create meaningful change in the age of AI.



UJWEL/2026/LINA-DRUSKIENE-CITP

EQ 101: Master Yourself. Lead Others. Transform Your World.

Dr. Rena Lyons

Biography

Dr. Rena E. Lyons, Ph.D. is an award-winning author, business psychologist, organizational leadership scholar, educator, executive coach, speaker, and entrepreneur dedicated to helping leaders transform themselves, their organizations, and the people they influence. As the CEO and Owner of REBx3 Consulting, LLC (Reflect Enhance Blossom), Dr. Lyons combines business psychology, emotional intelligence, organizational leadership, and more than two decades of human resources and employee relations experience to help leaders develop the skills necessary to lead with greater self-awareness, resilience, emotional intelligence, and purpose.

Dr. Lyons holds a Ph.D. in Organizational Leadership from The Chicago School and a Master's degree in Child and Adolescent Psychology. Since 2019, she has served as an adjunct professor in the Business Psychology and Industrial/Organizational Psychology disciplines at The Chicago School, where she teaches and mentors graduate students in areas including organizational behavior, performance appraisal, leadership, emotional intelligence, organizational diagnosis, planned change, and workplace psychology. Her academic work also includes supporting doctoral students as they navigate research and dissertation development, with particular interest in leadership experiences, resilience, communication, emotional intelligence, and the lived experiences of Women of Color in nonprofit leadership.

As a scholar-practitioner, Dr. Lyons brings extensive professional experience in human resources and employee relations to her work. Her career includes more than 20 years of experience addressing complex workplace matters, employee relations, labor relations, investigations, organizational challenges, and leadership issues. Her professional background includes serving as a Senior Employee Relations Consultant and working as a People Partner supporting organizational and workforce initiatives. This combination of academic scholarship and real-world organizational experience allows her to translate psychological and leadership concepts into practical strategies leaders can immediately apply.

Through REBx3 Consulting, Dr. Lyons provides executive coaching, emotional intelligence coaching, leadership development, workshops, speaking engagements, and organizational development services. Her signature philosophy, Reflect. Enhance. Blossom., encourages leaders to reflect on who they are, enhance the skills and behaviors that influence their effectiveness, and blossom into the leaders they are capable of becoming. Her work centers on the belief that emotional intelligence is not simply a personal skill but a critical leadership competency that influences communication, relationships, decision-making, workplace culture, and organizational success.

Dr. Lyons is also an accomplished and prolific author whose literary work explores emotional intelligence, leadership, relationships, healing, resilience, personal transformation, and the complexities of the human experience.

Her newest book Angel Eyes: A Love Story With an Unknown Ending represents another dimension of Dr. Lyons' storytelling, exploring love, vulnerability, connection, healing, and the uncertainty that can accompany relationships. Her work demonstrates her ability to move across genres while maintaining a consistent focus on human connection, emotional awareness, and transformation.

Dr. Lyons' accomplishments have earned recognition both nationally and internationally. Her honors include a Leadership Award at the CXO Conference in Las Vegas, the Women in Business Award from the Dallas Business Journal, and a Visionary Award in Dubai. She has also received recognition for her literary work, including being named a finalist for the International Impact Book Awards in Hollywood, California. Her professional and literary accomplishments have provided opportunities for her to speak at conferences and events around the world, sharing her expertise on emotional intelligence, leadership, organizational psychology, personal transformation, and the power of storytelling.

As a global speaker, Dr. Lyons has presented at seven conferences internationally and continues to expand her influence through speaking engagements, academic teaching, coaching, publishing, and leadership development. She is also preparing to share her expertise on emotional intelligence internationally through upcoming conference presentations, further establishing her voice as a thought leader at the intersection of psychology, leadership, and organizational success.

At the heart of Dr. Lyons' work is a commitment to helping people understand that transformation begins with self-awareness. Whether she is teaching graduate students, coaching executives, writing a book, speaking to an international audience, or consulting with an organization, her work challenges individuals to examine how they think, communicate, respond, lead, and connect with others.

Through her academic scholarship, professional HR experience, entrepreneurial leadership, award-winning work, and growing body of published literature, Dr. Rena E. Lyons continues to build a legacy centered on emotional intelligence, leadership, resilience, healing, and human transformation. Her mission is reflected in the philosophy behind REBx3 Consulting: Reflect. Enhance.



UJWEL/2026/DR-RENA-LYONS

Balancing Your Crown Through the Chaos

Jamie Gabriel, MBA
CEO, Women Of Virtue Eliminating Negativity, LLC

Jamie Gabriel, MBA, a seasoned entrepreneur, Fractional COO, and CEO of Women Of Virtue Eliminating Negativity (WOVEN)With over 20 years of operational leadership across multiple industries, Jamie combines business expertise with a passion for personal growth, resilience, and empowerment.

As a proud mother of three, Jamie's journey through teen motherhood, depression, and challenges with self-identity has shaped her commitment to purpose-driven living and helping others recognize their inherent worth. Through WOVEN and Fix Your Crown Initiatives, she empowers individuals to restore life balance across the five gems: mental, emotional, spiritual, physical, and financial well-being.

Jamie creates spaces that foster healing, leadership, self-discovery, and transformation, equipping individuals to overcome adversity, embrace their potential, and lead with intention. Her work bridges personal development and professional leadership, encouraging individuals to build resilience, cultivate inner harmony, and align their lives with their values.

Jamie's mission is to help others find, fix, own, and maintain their crowns of life, empowering them to rise, shine, and live with joy, peace, and purpose.

Biography

Jamie Gabriel, MBA, the CEO of Women Of Virtue Eliminating Negativity (WOVEN), Fractional COO, 2025 Ms. Indiana Corporate America, and recipient of the Pageantry Spirit Award. A proud mother of three and seasoned entrepreneur, Jamie brings over 20 years of operational leadership across multiple industries.

Her journey has not been without challenges-overcoming teen motherhood, depression, and struggles with self-identity. These experiences shaped her resilience and fueled her passion to live with purpose and help others do the same. Jamie believes true healing begins within and radiates outward, allowing us to show up fully for ourselves and those around us.

Through WOVEN and her platform as The Crown Adjuster, Jamie is dedicated to creating spaces for healing, growth, and empowerment. She teaches others how to "balance their crowns" across the five core areas of life: mental, emotional, spiritual, physical, and financial.

With humility and purpose, Jamie walks alongside others as they rewrite their narratives, embrace their worth, and step confidently into their greatness. Her mission is clear: to help others rise, shine, and live in alignment with joy, peace, and purpose.



UJWEL/2026/JAMIE-GABRIEL-MBA

The Voice Revolution: Breaking Cycles of Silence for Women's Authentic Expression and Leadership

Sara Varotto

Women leaders operate within a biological reality fundamentally different from their male counterparts, yet corporate frameworks rarely acknowledge this. Speaking your truth means being yourself without playing a role, while deep down thinking "this is not me". You can lead, be a mother, build a business, live however you choose, without faking it or forcing yourself into shapes that don't fit with who you truly are. Real success in life and health comes from being true to your design every day, in every choice.

Female design already cares about the collective and long-term, unconsciously. Women are creators. When women operate from their truth, everyone benefits.

Our bodies work differently. Our hormones cycle. Our gut, brain and uterus constantly interact and work together. But when we suppress our voice to adopt masculine or male to female adapted models, or meet societal expectations, the consequences show up everywhere: in our leadership, our bodies, our relationships. Gut issues, autoimmune conditions, chronic dysregulation, these emerge from silencing our original design.

For women, private and work life don't separate. We are whole at any moment, everywhere.

These patterns of silencing our true voice don't start with us. Science (Babenko, 2015) and human experience show that maladaptive stress patterns and meanings about self, unworthiness, guilt, shame, are transferred through the uterus for at least three generations.When we carry unresolved emotional patterns inherited through generations, patterns that taught us to stay quiet, perform roles, keep peace at the cost of truth, our nervous systems broadcast stress signals that ripple outward to teams, families, organizations. Our cortisol stays elevated longer than men's, influenced by oxytocin and estrogen (Taylor, 2006). Where men respond to stress with fight-or-flight, women respond with tend-and-befriend, we seek connection and care, and others play a major role in all our decision making and role playing (Taylor et al., 2000). Inherited shame around female expression lives in our bodies, blocking our voice and shaping decisions (Dickerson et al., 2004). Ancient survival programming that once kept our ancestors safe through silence now pulls us away from the truth that serves our long-term vision.

My presentation examines how inherited patterns of silence create blocks to authentic expression and health, and what transforms when we break these cycles. Through real-life examples, we explore how speaking or not speaking truth transmits through human systems.

The path is simple: break the cycles, speak your truth, live from your design.

When we stop performing roles and start living from our original design, we stop transmitting intergenerational patterns and create spaces where everyone flourishes.

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Presence, Humanity, and Leadership in the Age of AI

Dino Carella

Abstract

Building on the insight that work and productivity are not who we are, this talk invites a deeper shift in leadership: from identifying with doing to resting in being. In an AI-driven world, where tasks and even decisions may increasingly be delegated to systems, the real opportunity is not to acquire new human skills, but to recognize what has always been present - awareness, empathy, clarity, trust, and the capacity to remain centered under pressure. These are not competencies to be developed; they are expressions of our true nature, momentarily obscured by identification with roles, outcomes, and identities.

The talk bridges philosophical insight with practical relevance for women entrepreneurs. It shows why presence is not a luxury but the very ground of effective leadership - and why the future belongs to those who can operate with technological fluency while abiding as the awareness in which all experience arises.

Participants will leave with a clearer understanding of how to relate to AI as a tool, how to preserve humanity in decision-making by operating from presence rather than persona, and how to lead with more clarity, courage, and authenticity in the age of AI - not by becoming something more, but by recognizing what they already are.

Ultimately, this is an invitation to let go of the subtle pressure to "master" being human. Instead, it points to the freedom that arises when we stop trying to be someone and allow who we are to naturally express itself through our work, our relationships, and our leadership.

Biography

Dino Carella is a former corporate leader, board member, and consultant with over 30 years of international experience. He now supports executives and leaders in redefining success with greater clarity, presence, and authenticity. Grounded in the realization of our non-dual nature - the breakthrough that reveals peace, wholeness, and freedom beyond the mind - his coaching practice helps individuals move beyond burnout and realign with what truly matters. After a career shaped by both achievement and burnout, and a transformative period of reflection following his layoff in 2018, he authored "The Way of the Wind," a testament to his lived experience of awakening from burnout to breakthrough.



UJWEL/2026/DINO-CARELLA

The Civility Advantage: The Missing Leadership Competency of the 21st Century

Prof. Ona Miller

Founder & CEO, Global Female Civility Leadership Institute | Policy Advisor in Gender-Responsive Governance & Women's Institutional Leadership

As organizations, governments, and communities navigate unprecedented levels of disruption, technological advancement, and social complexity, leaders are increasingly challenged to create environments that are both innovative and human-centered. While leadership conversations often emphasize strategy, performance, and transformation, one critical competency remains underutilized: civility.

Through my research on women in leadership and the development of the Female Civility Leadership Framework, I have found that sustainable leadership is not built solely on authority, expertise, or position. Rather, it is strengthened through intentional practices that cultivate trust, accountability, inclusion, ethical decision-making, and mutual respect. Civility is not weakness, nor is it merely politeness. It is a strategic leadership advantage that influences organizational culture, stakeholder engagement, governance effectiveness, and long-term impact.

Drawing from my work in The 12 Keys to Leadership TransformationTM and the foundational principles explored through the Global Female Civility Leadership Institute, this presentation examines how civility functions as a catalyst for leadership transformation at both the individual and organizational levels. Participants will explore the relationship between civility and leadership effectiveness, the role of self-leadership in fostering high-trust environments, and the importance of maintaining ethical influence in times of rapid change.

This session challenges leaders to move beyond transactional leadership models and embrace a framework that prioritizes human dignity while still achieving measurable outcomes. Attendees will gain practical insights into building cultures of respect, strengthening collaboration across diverse perspectives, and leading with integrity in increasingly complex global environments.

In a world where innovation continues to accelerate, the leaders who will have the greatest impact are not simply those who adapt to change, but those who cultivate cultures where people can thrive. Civility may be the most overlooked leadership competency of our time-and the most necessary for our future.

Biography

Prof. Dr. Ona C. Miller is an internationally recognized educator, researcher, author, policy advisor, and global advocate for women's leadership and institutional advancement. With more than two decades of experience in organizational leadership, governance, education, and public service, she has dedicated her career to advancing leadership excellence, ethical governance, and sustainable opportunities for women and women-led organizations worldwide.

Dr. Miller is the Founder and Chief Executive Officer of the Global Female Civility Leadership Institute, a global organization committed to strengthening leadership capacity, advancing gender-responsive governance, and promoting civility as a strategic leadership competency. She is also the Founder and CEO of Conori Consults, Inc., a nonprofit organization that provides leadership development, educational initiatives, and global engagement opportunities designed to empower women and organizations to create lasting societal impact.

A respected scholar and practitioner, Dr. Miller holds a Doctor of Education (EdD) and a Doctor of Philosophy (PhD) in Professorship. Her academic and professional work focuses on women's leadership, organizational effectiveness, governance adaptability, self-leadership, and the impact of education and policy on women's advancement. She is the creator of the Female Civility Leadership Framework and the author of multiple publications, including The 12 Keys to Leadership TransformationTM and The Eight Elements of Implementing Your PurposeTM, which explore leadership transformation, purpose-driven impact, and sustainable organizational growth.

Dr. Miller serves as a representative within the United Nations ecosystem through Special Consultative Status with the United Nations Economic and Social Council (ECOSOC), where she advocates for initiatives that strengthen leadership development, gender equity, and global collaboration. She has participated in international leadership forums, policy discussions, and global conferences, contributing her expertise on women's leadership, governance, education, and institutional transformation.

Her work has earned numerous national and international recognitions, including the World Greatness Award and induction into the World Book of Greatness. She has also been recognized for her contributions to leadership development, education, and community impact through various global honors and speaking engagements.

As a keynote speaker, panelist, and leadership strategist, Dr. Miller challenges leaders to move beyond representation and toward the creation of systems, structures, and cultures that foster trust, accountability, inclusion, and long-term impact. Her message emphasizes that leadership is not merely about position or influence, but about creating environments where people, organizations, and communities can thrive.

Through her research, writing, and global leadership initiatives, Dr. Miller continues to champion a vision of leadership that is ethical, inclusive,



UJWEL/2026/PROF-ONA-MILLER

The Discomfort Advantage: Expanding your Mental Fitness

Rosie Bartlett

With so many aspects of modern life outside of our control, and with more demands being placed on us than ever before, our windows of tolerance are becoming smaller. We are avoiding additional stress in creative and unconscious ways, despite it genuinely not helping. This workshop will explore why many of us are experiencing a global sense of distress and exhaustion and the reason why many of our coping strategies are ineffective. We will examine the opportunities and challenges AI presents, including the tendency to outsource uncomfortable elements of social connectedness, communication and human interaction. We'll explore how leaning into discomfort, rather than continually avoiding it, can expand our mental fitness and improve our wellbeing. Attendees will gain practical skills to implement these strategies in daily life personally and professionally, and explore how these skills can be applied to strengthen leadership to better support ourselves and others.

Biography

Rosie Bartlett founded Mindseye Training and Consulting in 2015 with a passion for psychological health and safety, and a mission to create mentally healthy workplaces where people can thrive. She is a Principal Master Mental Health First Aid Instructor, ranked as one of the Top 5 Instructors in Australia based on participant feedback and outcomes. Rosie has over 19 years' experience training in Mental Health First Aid, leadership training, suicide prevention, mental fitness, and other workplace mental health and drug and alcohol programs. Rosie is a workplace training specialist and has a dynamic, warm and engaging training style, which brings a touch of humour to create psychologically safe courses that leave an impact on participants



UJWEL/2026/ROSIE-BARTLETT

From Wounds to Weapons: Reframing Pain into Purpose and Power

Dr. Kerry Ann Thompson

Dr. Kerry Ann Thompson is a licensed counselling psychologist, community social worker, author, researcher, and social entrepreneur dedicated to advancing mental health, gender equity, and community transformation. She is the Founder and Executive Director of the Kerry Ann Thompson Foundation, a nonprofit organization that provides trauma-informed counselling, sexual violence prevention education, women's empowerment programmes, and community development initiatives across Jamaica.

With experience in psychological practice, leadership development, and community-based intervention, Dr. Thompson has led programmes that strengthen families, build resilience, empower women through vocational and leadership training, and equip communities to prevent gender-based violence. Her work integrates evidence-based psychological practice with sustainable social innovation, creating pathways for healing, economic empowerment, and long-term community renewal.

She is the author of Life After Rape: Journey to Survival, a book that reflects her enduring commitment to supporting survivors and transforming pain into purpose. An international speaker and advocate, Dr. Thompson regularly contributes to conversations on trauma recovery, women's leadership, peacebuilding, and social impact. Through her work, she continues to champion the belief that empowered women build stronger families, healthier communities, and more resilient societies.



UJWEL/2026/DR-KERRY-ANN-THOMPSON

The Human Responsibility in Innovation: Building Ethical Ecosystems for the Next Generation

Marianna Vianello
Kid Pass srl Societa Benefit

Biography

Marianna Vianello, CEO, Kid Pass, Societa Benefit: "The Human Responsibility in Innovation: Building Ethical Ecosystems for the Next Generation" This talk will explore how women-led enterprises can govern technological innovation responsibly through collaborative ecosystems, moving beyond speed toward long-term impact. Drawing on Kid Pass's work in democratizing cultural access across Italy - and our experience building strategic partnerships with cultural institutions, educational networks and companies - I'll share concrete models for how we are choosing ethical, generational-centered approaches to innovation.



UJWEL/2026/MARIANNA-VIANELLO

2026 INTERNATIONAL WEL CONFERENCE WHERE WOMEN ENTREPRENEURS & LEADERS COME TO SCALE SMARTER

LEARN. CONNECT. SPEAK.

SPEAKER ABSTRACTS | VIRTUAL

Jonelle Elgaway, Executive Director

Jonelle Elgaway
Executive Director | National Pain Council LLC

Biography

For 32 years Jonelle M. Elgaway has dealt with major health issues and several incurable/painful diseases. At age 16 she was in an auto accident breaking her c3-c4 vertebrae and a second auto accident at 25 years old breaking c4-c5 vertebrae, which left her paralyzed in her left arm/hand. After surgery and 2 1/2 years of intense physical therapy Ms. Elgaway got use of her arm/hand back. She would go on to have a total of 5 neck surgeries in the next ten years, which developed into several incurable/painful diseases (including CRPS) and becoming permanently disabled in 2005.

Prior to becoming disabled, Ms. Elgaway played on the B squad 1996 Olympic team for field hockey and won an athletic scholarship to The Ohio State University. She graduated with a B.A. in English (Racism, Feminism, Gender) and a minor in International Politics.

Twelve years ago Ms. Elgaway fell in love with advocating for medical professionals and patients. 2018 she spoke at a congressional briefing in Washington, DC concerning how the opioid crisis has affected patients with intractable pain and the doctor/patient relationship. She has met with over 60+ senators, state reps and congressman to discuss the treatment of patients and medical professionals since the 2016 CDC Guidelines on Opioids and helped create state legislation for Arizona and Illinois to better protect patients in pain. She also spoke at the 2025 REMS conference sharing her personal story.

Currently, Ms. Elgaway serves on the Speakers Bureau for National Campaign To Protect People In Pain. NCP3's goals are for every person to have access to proper treatments and medications in order to live their best quality of life and protect medical professionals.



Organic Evolution of Human Consciousness in 5D

Viviane Chauvet

Founder, CEO, Infinite Healing From The Stars®, | The Arcturian University

Biography

Viviane Chauvet is an international speaker renowned for her influential cosmic teachings and experiential quantum techniques. She is the founder and CEO of Infinite Healing From The Stars®, the Arcturian University® - an online sanctuary for ancient living knowledge and community experiences, and the Arcturian Network - the Ultimate Hub for intentional collaboration, organic interactions, and conscious partnerships. She has been featured in award-winning documentaries, magazines, podcasts, and at retreats worldwide. Her upcoming interview on Gaia TV's Beyond Belief will air sometime in July 2026.

As an Arcturian being in a human-hybrid form, Viviane Chauvet carries the genetic memories and frequencies of one of the most ancient and enlightened intergalactic civilizations. She is a frequency that ignites positive changes and transformation for light-body ascension and quantum evolution. Viviane is a leading voice in the global spiritual and extraterrestrial community-a dominant figure for bridging galactic wisdom with grounded human transformation. She is an active member of the Galactic Light Forces and operates as an Arcturian Ambassador for Universal Consciousness.

Re-Ascesnoin is the realization and remembrance that the human self is secondary and that Consciousness is primary, as multi-dimensional beings. Viviane brings the new harmonics of teaching - Viviane transmits frequency, shifting fields with every engagement. Her presence is activation.

Discover Viviane's offerings and the Arcturian University®: https://www.arcturianuniversity.com/

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UJWEL/2026/VIVIANE-CHAUVET

Cellular Memory and its use in Science Today: Repetitive Behavior Cellular Regression (RBCR) & The CR Process

Terry Earthwind Nichols
Father of Repetitive Behavior Cellular Regression

When he's not training his RBCR Practitioners online all over the world, Terry can be found delivering intriguing keynote speeches or doing insightful interviews online and in-person-in a suit he designed for himself.

The CR ProcessTM is a behavioral health training model which helps a person understand and control their own stressors and helps them neutralize those stressors in seconds.

Cellular Memory and its use in Science Today: Repetitive Behavior Cellular Regression® (RBCR) & The CR Process™

Retired U.S. Navy Classifier and Regional Marketing Director, private club COO with full P&L of up to $20M budgets, and Chair of Evolutionary Healer, Terry Earthwind Nichols is a Visionary Strategist for people who are looking for an achievement based vs. goals based strategy for their businesses.

Through his anxiety release techniques, Profiling for Profit book, and Throw Out Your Goals strategy, Terry will shake up your approach to marketing your business—while making it all feel like a cruise on the glassy waters of the Mediterranean Sea.

Terry is an Award Winning Profiler from Naval Recruiting and the Father of Repetitive Behavior Cellular Regression® (RBCR).

When he’s not training his RBCR Practitioners online all over the world, Terry can be found delivering intriguing keynote speeches or doing insightful interviews online and in-person—in a suit he designed for himself.

The CR Process™ is a behavioral health training model which helps a person understand and control their own stressors and helps them neutralize those stressors in seconds.



UJWEL/2026/TERRY-EARTHWIND-NICHOLS

Dr. Petya Belcheva-Gemuenden

Dr. Petya Belcheva-Gemuenden

International Relationship Mentor, Psychologist, Author & Founder of Next Level Love

Biography

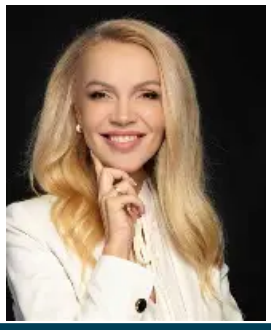
Dr. Petya Belcheva-Gemuenden, widely known as Dr. Next Level Love®, is an award-winning international psychologist, bestselling author, NLP hypnotherapist, and one of the world's leading conscious relationship mentors. She is the founder of Next Level Love®, a transformational mentorship platform that helps high-achieving women and men invite deep, meaningful, and lasting love into their lives.

Holding a PhD in Clinical Psychology, Dr. Petya is certified in NLP (trained by Dr. Richard Bandler), Positive Psychotherapy, Gestalt Therapy, Family Constellations, and Coaching (Robbins-Madanes & Noble Manhattan London). Her methods combine science, soul, and strategy - and have helped thousands worldwide.

She has spoken on stages such as the Global Leadership Conclave (UK Parliament), Women's Rise Conference (USA), and FLUXX Awards Gala (Qatar). Her work has been featured in Forbes, ELLE, Monaco Muse, and Passion Vista and all top international magazines and she has been recognized as "Top 10 Entrepreneurs to Follow in 2025" by MSN Media and "Women Entrepreneur of the Year" by GBLF.

Her signature program "Invite Love Into Your Life" help many people around the world.

Dr. Petya divides her time between Seychelles, Dubai, and Europe, and is dedicated to helping people around the world heal from past pain and step into empowered, conscious love.



UJWEL/2026/DR-PETYA-BELCHEVA-GEMUENDEN

UNIVERSAL JOURNAL OF 21ST CENTURY
Women's Entrepreneurship, Leadership, Technology & Publishing

2026 INTERNATIONAL WEL CONFERENCE

"Universal Journal of 21st Century Women's Entrepreneurship, Leadership, Technology & Publishing (UJWEL)"

"Drug Use and Substance Abuse Disorder versus Chronic Pain"

Richard A Lawhern, PhD

On behalf of Jonelle Elgaway and 25 million US pain patients | +1 703.216.0724 | National Campaign to Protect People in Pain (USA)

This paper addresses an important dimension of prevailing US public health agency policies versus - and in opposition to -- science. This conflict affects millions of citizens worldwide.

A quarter of the US adult population suffers from chronic pain - up to 25 million of them at levels of severity termed "high impact" by US public health agencies. Likewise, 48.5 million Americans (about 18% of the population over age 12) have an unrelated but diagnosed substance use disorder, which includes addiction to drugs or alcohol.

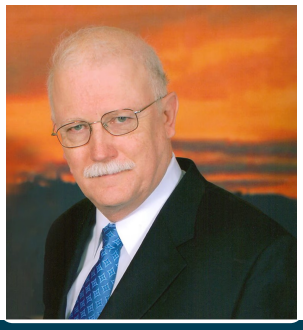
There is substantial overlap between these groups -- but not because either group has created the other. Both are now substantially under-served by clinicians and community-based programs of clinical treatment or management. Both are profoundly stigmatized and individuals in these groups are often isolated. The author reviews evidence from multiple sources to demonstrate that misdirected public health policy and indeed outright misinformation long known to US public health agencies have been major contributors to the ongoing criminalization of doctors who treat pain and to deaths by suicide of tens of thousands.

This presentation builds upon a previous session at the SYNC-2026 harms reduction conference of March 2026: "An Indictment of US Public Health Policy for Treatment of Pain". The work is expanded to characterize the so-called "War on Drugs" as an abject and entirely predictable failure that has deeply damaged the credibility of public health agencies at both US Federal and State levels. A central premise of the presentation is that addiction is not supply-driven. It is instead driven by demand for relief from lives of quiet and disquiet desperation and hopelessness. If we are to significantly reduce the impact of addiction on world societies, then we must address the socio-economic determinants of health and improve the health of society itself. This will require a major redirection of economic resources.

The work is supported by 30 references.

Biography

Richard A Lawhern, Ph.D., is a technically trained healthcare educator, public health policy analyst and patient advocate, specializing in pain and addiction management. His doctorate (UCLA 1976) is in engineering systems and his first two careers were as a USAF officer and senior systems engineer. He also has three decades of research experience as a healthcare writer, with over 350 published papers, articles, and interviews as author or coauthor. His papers have been cited over 350 times on Google Scholar. He is a co-founder and principal speaker emeritus for the US National Campaign to Protect People in Pain. [4] He was recognized as a significant healthcare influence in 2025 by Marquise Who's Who. Two of his online continuing medical education courses [7] are accredited by the Postgraduate Institute for Medicine.



The Superpower You've Been Trained to Not Use: Reclaiming Intuition in a Data-Driven World

Kara Goodwin
Soul Elevation podcast | karagoodwin.com

Abstract

What if one of the most powerful technologies available to humanity isn't new or artificial at all, but something we've had within us all along?

We live in a world that celebrates logic, data, analytics, and evidence-based decision-making. Particularly in the workplace, we're conditioned to trust what can be measured, quantified, and justified through past performance. While these tools have undeniable value, our reliance on them has come at a cost: we've largely disconnected from an extraordinary form of organic intelligence that is innately available to us: intuition.

This disconnect is particularly significant for women. Feminine intelligence has long been associated with intuition, receptivity, and an ability to sense beyond what can be logically explained. Yet in traditionally male-dominated professional environments, many women have learned to suppress these natural qualities in order to succeed. We've conditioned ourselves to prioritize analytical thinking, linear reasoning, and external validation, sometimes at the expense of the very gifts that make us uniquely powerful.

Unlike the rational mind, which draws conclusions based on known information and previous experiences, intuition can guide us toward possibilities that defy conventional logic. It can lead us to unexpected opportunities, innovative solutions, and profoundly aligned decisions that no spreadsheet, forecast, or algorithm could have predicted.

But what if the qualities we've been taught to minimize are actually among our greatest competitive advantages?

In this thought-provoking talk, we'll explore the untapped potential of intuition as an innate human technology, why modern society has conditioned us to suppress it, and how reclaiming this intelligence can transform our careers, relationships, and lives.

Rather than rejecting logic or data, we'll explore what becomes possible when we integrate them with our intuitive knowing, allowing us to lead, create, and make decisions from a place of greater wholeness.

Perhaps more critical to the future of human potential than the technologies we develop outside ourselves, will be our willingness to reclaim the extraordinary intelligence that already exists within us.

Biography:
Kara Goodwin is the host of the Soul Elevation podcast and the author of Your Authentic Awakening: A Guide to Everyday Spiritual Living. Her work explores ascension, spiritual awakening, and consciousness. As a skilled spiritual and meditation guide, Kara empowers others to deepen their connection with their authentic selves through transformative practices. Her book, Your Authentic Awakening, provides a road map to embracing a spiritually awakened and authentic life. Through her work, Kara inspires others to elevate their souls and align with their highest potential.



UJWEL/2026/KARA-GOODWIN

Ethical Marketing Is Not an Oxymoron

Katherine Tuominen
Founder, Catalyst Brand Strategy

"Ethical marketing" has always carried a whiff of wishful thinking. Marketing moves people, and moving people flirts with manipulation. But in an economy where trust now compounds faster than attention, that debate is settled. Governance has become a growth lever, not a constraint. This talk shows founders and leaders why the brands that win are the ones that build trust in by design: honest claims, transparent practices, and marketing that persuades without overpromising. Drawing on real cases where hidden costs came back as reputational damage, and on the evidence that people pay more for brands they trust, it reframes ethics as commercial infrastructure. You will leave able to spot where your marketing loses trust, apply a simple standard for honest claims, and turn credibility into growth that lasts. Practical, example-led, and built for founders who want authority that outlives the trend cycle.

WHAT ATTENDEES WILL TAKE AWAY

(1) How to identify where their marketing loses trust; (2) how to apply a simple standard for honest, persuasive claims; (3) how to turn credibility into durable growth.

Biography

Katherine Tuominen is the founder of Catalyst Brand Strategy, a boutique brand and PR consultancy specialising in credibility-sensitive health and wellness. She has advised more than 100 brands and founders, has been featured in Forbes, and writes and speaks on ethical marketing, positioning, and building brands people trust. Her work sits at the intersection of strategy, storytelling, and communications, helping purpose-driven founders grow visibility and authority without trading on hype



UJWEL/2026/KATHERINE-TUOMINEN

What Money Cannot Manufacture

Annabelle B Molyneux

CEO, Founder of Annabelle Molyneux LLC | Bembie's Collectibles LLC

Biography

A multi-licensed business owner, published author, and strategist with a trajectory of accelerated growth and executive leadership. As CEO and Founder of Annabelle Molyneux LLC and Bembie's Collectibles LLC, my career combines journalism and communications with 15 years of specialized entrepreneurial success in the beauty, cosmetics, and curated commerce sectors.

Core Professional Competencies:

- Business Operations: Active founder and executive of two corporate ventures, directing brand architecture, regulatory compliance, and multi-state operations.

- Cosmetology & Artistry: 15 years of expertise, maintaining current professional licensure across California, Texas, and Utah.

- Communications & Media: Trained in investigative storytelling, editing, and public speaking (Toastmasters). Published author of two books.

Professional Timeline & Foundations:

My developmental trajectory began exceptionally early; recognized as a childhood prodigy in spatial logic, performance, and music, I executed early entrepreneurial ventures and composed original classical piano pieces by age four. This path of rapid acceleration continued into my academic career, where I skipped junior high entirely and was accelerated directly from sophomore year straight to senior high.

Driven by advanced academic aptitude, I directed student media as Editor-in-Chief and was named Writer of the Year in 2001, while concurrently diving into theater and political campaign advocacy. Demonstrating early mastery in education, I taught K-12 and mentored graduate-level faculty members when I only held a high school diploma. Expanding my expertise into international communication, I also served as an accent trainer in a Chinese school. I later institutionalized these communication skills by majoring in Journalism, graduating with a pristine 4.0 GPA.

In 2009, I moved to the US and transitioned my drive for precision into the beauty industry, training at the Vogue College of Cosmetology in San Antonio, Texas. Since earning my credentials in 2011, I have blended technical artistry with high-level business operations, scaling my passion into two-company ownership.

As a dedicated lifelong learner, my professional endeavors are complemented by an immersion in linguistics, philosophy, and sciences. I balance my analytical pursuits with unique cultural curation, maintaining an extensive private research library alongside a major, globally minded collection of Barbie dolls-reflecting a life lived at the intersection of academic inquiry and



UJWEL/2026/ANNABELLE-B-MOLYNEUX

The Stress Paradox
How the Right Kind of Stress Builds Resilience and the Wrong Kind Steals Your Health

Cheryl Patterson

I will define the different kinds of Stress and where or how they most often occur in our lives. My discussion will describe the positive and the negative effects of these different kinds of Stress. Audience members will learn about the surprising difference between Stress that helps you thrive and Stress that can silently steal your health. Strategies will be listed for using Stress to maximize coping and resilience, or to minimize harmful consequences of negative Stress sources. My focus is on health and wellness, so this topic will be particularly useful to anyone with a chronic illness (especially autoimmune diseases), or anyone who has a loved one with a chronic illness. This presentation will leave people feeling hopeful and empowered, not fearful and worried.

Biography

Cheryl Patterson, RN, BSN, MSN, MBA, PhD has 50 years' experience in healthcare-- as a clinical caregiver with expertise in Orthopaedics, Pain Management, & Physical Rehab. She also has experience in many healthcare management roles at all levels, from Orthopaedic Unit Manager to Chief Operating Officer in different healthcare systems. She was a recipient of the prestigious Commonwealth Fund Executive Nurse Fellowship Award. She has conducted and published research studies, authored peer-reviewed journal articles and academic book chapters, and has taught at the university level. Cheryl has been a consultant to medical practices and hospitals. She is now a Health & Life Coach for people with autoimmune diseases as she has lived for decades with 2 different autoimmune diseases herself. Thus, her coaching builds on her professional and personal experience, knowledge and wisdom. It is her passion and purpose in life.



UJWEL/2026/CHERYL-PATTERSON

Jennifer A. Parker

Jennifer A. Parker
Former healthcare leader, Business owner, Entrepreneur, Patient Advocate, USA

Abstract

"She Didn't Break - She Built: Turning Setbacks into Leadership Strength"

KEY TAKEAWAYS

Takeaway 1 - Radical Honesty Is the First Act of Strategy

The most dangerous thing a leader can do in a setback is pretend it is not happening. Honest assessment of present reality - not optimism, not performance - is the first and most critical step in turning any challenge into growth.

Takeaway 2 - Build Forward in Uncertainty

Great leaders do not wait for certainty before they move. The capacity to create routines, systems, and momentum in the middle of a crisis - before the path forward is clear - is the most transferable leadership skill adversity teaches.

Takeaway 3 - Make Your Setback Visible

The women who lead most powerfully are not the ones who emerge from hard seasons looking unaffected. They are the ones who lead openly through them - giving permission to every woman watching to believe that her own hard season is survivable.

Biography

Jennifer A. Parker is a heart transplant survivor, and former healthcare leader. Her life's work now centers on empowering others to speak up for themselves and their loved ones. A more than 20 year stage IV breast cancer survivor, Jennifer's journey has included chemotherapy induced congestive heart failure and a lifesaving heart transplant in 2023. These experiences have shaped her mission to champion compassionate, patient centered care.

Before becoming a Patient Advocate, Jennifer spent over two decades in healthcare with West Tennessee Healthcare, serving in various clinical and leadership positions. Before she retired, she served as Laboratory Operations Manager managing multiple departments, teams, and system wide initiatives. She also brings years of experience as an elementary school teacher and as the owner and lead floral designer of Southern Sparkle Florals, with work featured in Martha Stewart Weddings, Southern Bride, Green Wedding Shoes, and June Bug Weddings.

Her story is one of resilience and active living. Within months of her transplant, Jennifer completed multiple 5Ks, won gold and silver medals at the Tennessee Senior Olympics, and competed in the Transplant Games of America. Today, she serves as an ambassador for Legacy of Hope in Birmingham, Alabama, honoring her donor by advocating for organ and tissue donation and encouraging others to take an active role in their healthcare. Jennifer's message is simple and powerful: advocacy saves lives,



UJWEL/2026/JENNIFER-A-PARKER

Fact or Fantasy? Modern Expectations for Female Sexuality

Jane Thomas
Founder & author, Nosper.com

Research has raised awareness that women are capable of orgasm and that they may be amenable to intercourse given the right circumstances. Many women say that they need an emotional connection with a lover before they feel amenable to physical intimacy. Some women say that they respond to a partner who makes them feel sexually desirable. Other women say that they have sex to promote emotional bonding.

However, fictional media promote the impression that women have an equal interest in sex as men while ignoring differences in motivation. Confusion arises because although men focus on eroticism and physical performance, women tend to focus on emotional bonding and relationships. This difference between the sexes can lead to unrealistic expectations and couples feeling inadequate and dissatisfied with their sex lives.

Unrealistic expectations for female orgasm have led to substantial numbers of women being diagnosed as sexually dysfunctional. In the light of this phenomenon, even sexologists have started to question their definition of female sexual response. Female sexual dysfunction may simply be women's failure to meet unrealistic expectations.

Sharing sexual experiences takes courage in the face of popular beliefs that have universal appeal. Any woman brave enough to question is labelled 'dysfunctional' and this humiliation alone is enough to silence most people. People, who research sexual response are also rare. Their work is often under-valued due to the conflict with the universally popular portrayals of female sexual response in fictional media.

This session explores the different female attitudes, behaviours and responses that are documented in research findings and aims to help women understand other women's sexual experiences. It will introduce participants to the articles and other resources that Jane has made available through her books, websites and research papers. (294 words).

Biography

Jane's work examines women's orgasm techniques and their sexual behaviours, in the context of sexual response. She highlights the many assumptions and contradictions in modern portrayals of women's sexual responses. She also provides explanations to help couples set realistic expectations for female sexuality.

Jane's experience comes from over 20 years of extensive analysis of published findings, discussions with professionals and anecdotal evidence. She has published her findings widely as books, in research papers, on social media and on her own dedicated websites. (82 words)



UJWEL/2026/JANE-THOMAS

The Emotional Edge: Leading with the One Skill AI Cannot Automate What doctoral research on high-performing teams teaches leaders who want to scale smarter and lead boldly

Maysa Abousena

IoT Enterprise Agile Coach, SAFe 6.0 Practice Consultant (SPC), doctoral researcher

Abstract

AI can draft your strategy, write your code and answer your customers at 3 a.m. What it cannot do is notice that your best person has gone quiet, calm a room after a failed launch, or make a team feel safe enough to tell you the truth early. That is emotional intelligence, and it is fast becoming the leader's most valuable asset. The World Economic Forum expects 39% of core job skills to change by 2030, and resilience, leadership and self-awareness already rank among employers' top five.

Drawing on her doctoral research into how emotional intelligence and agility drive sustainable team performance, Maysa Abousena shows why teams with every tool can still fail, and why the fix is human. Through one story, the evidence and three live interactions, you will learn See, Steer, Share: a simple method to read emotion, regulate pressure and build the trust that lets teams grow without burning out.

You will leave with your personal growth edge and one action to take within 48 hours.

Short Abstract

AI scales output; only emotional intelligence scales people. Grounded in doctoral research on high-performing teams, this talk gives leaders a three-step method, See, Steer, Share, to build teams that are fast, trusted and sustainable.

Biography

Maysa Abousena is an IoT Enterprise Agile Coach, SAFe 6.0 Practice Consultant (SPC) and doctoral researcher whose work sits where leadership, emotion and performance meet. For more than eleven years she has led transformation at Vodafone Intelligent Solutions, guiding Agile Release Trains and IoT and Blockchain programmes across the UK, Europe, India and Egypt, and coaching leaders from team level to the C-suite.

Her doctoral research in Quality Management at the Arab Academy for Science, Technology and Maritime Transport (AASTMT) examines how emotional intelligence and enterprise agility drive effective, efficient and sustainable team delivery. She holds an MSc in Innovation and Change Management, an MBA in Global Management from ESLSCA Paris, and a Master's in Quality Management.

Maysa has trained more than 600 professionals across corporate, government and university settings, and has served as a National Assessor for Egypt Vision 2030. Her mission: help leaders build teams that are fast, and human.



UJWEL/2026/MAYSA-ABOUSENA

Unlocking Human Potential in the AI Era: Leading with EQ, Trust and Purpose

Dr. Yuko Kondo
CEO, Ishiris Infinity Co., Ltd.

As AI transforms the way we work, developing human potential, emotional intelligence (EQ), and trust becomes increasingly important. Yuko Kondo introduces the Isiris 33 Method® and her approach to transforming subconscious beliefs to build confidence, develop individual abilities, and support business success. She explores four steps-awareness, action, change, and permission-and the Japanese philosophy of Sanpo-yoshi: good for the seller, the buyer, and society. Participants will learn ways to recognize their own and others' strengths, foster mutual respect, and create workplaces where people feel valued. They will leave with a framework for reflecting on limiting beliefs, taking action toward their dreams, and leading with empathy and purpose. This session connects personal growth and business success with a wider mission: helping people live authentically, contribute to society, and work together toward a more peaceful world.

Biography

Dr. Yuko Kondo is a Japanese pharmacist, CEO of four companies, and developer of the Isiris 33 Method®. She received an honorary doctorate in Bangkok, Thailand. A visiting professor at pharmacy colleges in India, she teaches subconscious transformation to unlock potential and cultivate character and emotional intelligence. Through education and business training, she helps individuals develop their abilities and achieve business success, fostering leaders who fulfill their dreams, contribute to society, and work toward world peace.



UJWEL/2026/DR-YUKO-KONDO

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