

# THE APPROACH

**MINDFULNESS PRACTICE** - A grounding practice series through awareness of physical-mental-emotional wellness. Breath exercise, meditation and personal affirmations.

## ARCHETYPE ASPIRATION AND

**INSPIRATION** - Tapping into the power of the feminine archetypes: their nature, their values, their growth possibilities, their creativity and responsibilities, etc. Inviting and embodying those qualities into our daily life. Understanding and managing the shadow archetypes that usually block and sabotage us.

**PERSONAL LAB** - Working on managing specific challenges at work and personal life. This part is specifically designed for you and your tasks in life. It will include face-to-face discussions that are dynamic and creative. This would include continuous practice on your part and daily journalling. Thelma will provide you with mentorship stimulation in optimizing and embodying your values to become an adaptive feminine leader. The entire process is purposeful in manifesting the consciousness of the feminine archetypes that aspire you.

# THE ENTITLEMENT

Participants of this private mentoring program will receive:

- A series of audio recording talks on the subject of feminine archetypes, values, adaptive leadership and their relevant issues.
- A series of audio recording-led home practices.
- A series of one-on-one consultation and discussion sessions as part of the Personal Lab.

Further detailed information and packages are available per request by email.

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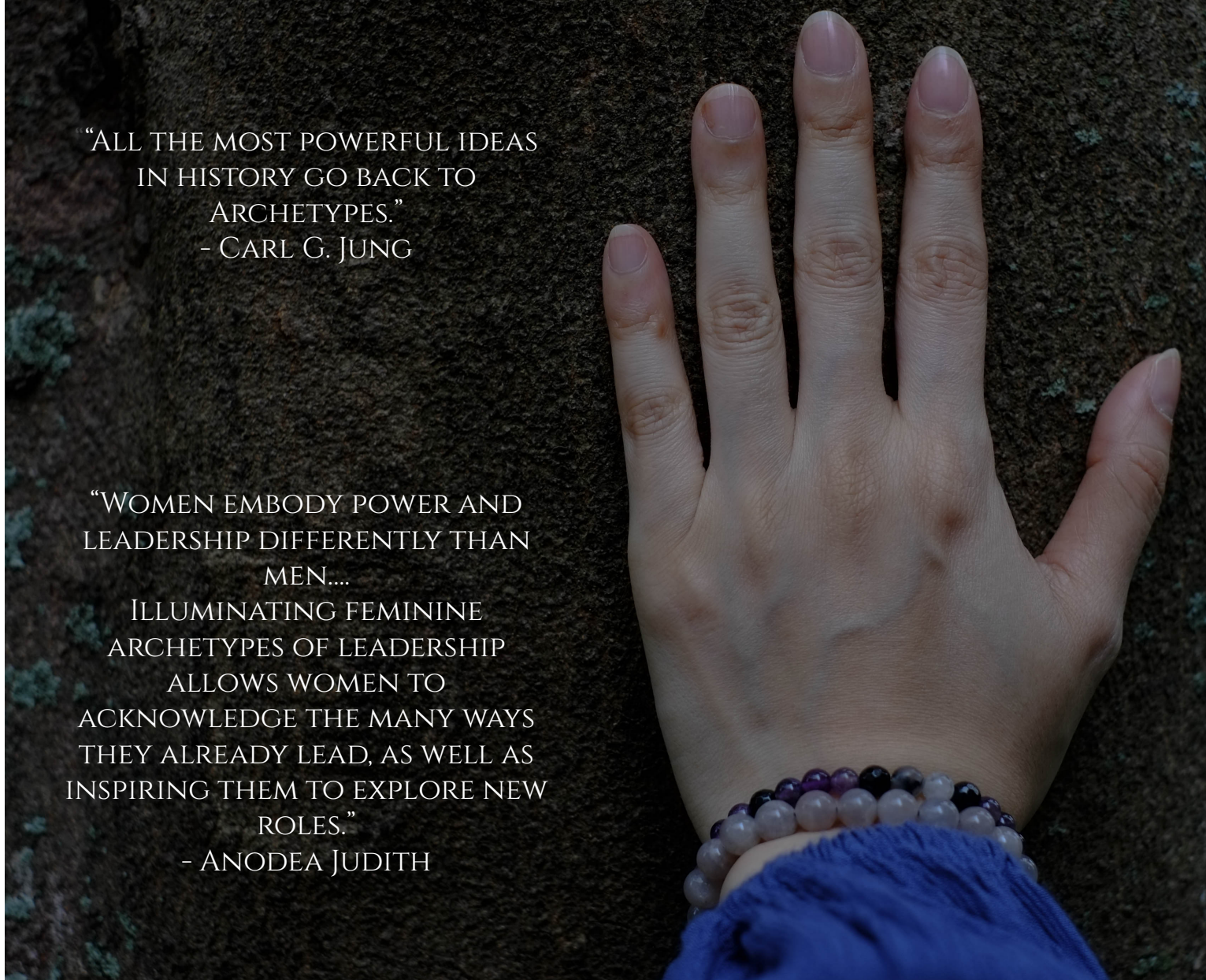
## LEADING AS WOMEN

A PRIVATE MENTORING  
PROGRAM



## LEADING AS WOMEN

Feminine leadership is a unique quality that is not limited to a gender-specific characteristic. This quality covers traits and values around collaboration, empathy, compassion, intuition, listening, adaptability, and many more. The dynamic and adaptive nature of feminine qualities contribute to a holistic, interactive and relational leadership. A natural trait of nurturing in a woman does not always translate to motherhood role; instead it can also be demonstrated in feminine archetypes such as the Gardener, the Weaver, or the Alchemist. So many complex combinations in feminine distinctive traits could result to resilient, adaptive, compassionate, and strongly-bonded teams. Then, women can enjoy enriching, managing and interacting in the world of many professions without feeling inadequate and misunderstood. This will lead to contentment and satisfaction in the professional and personal lives of women.



“ALL THE MOST POWERFUL IDEAS  
IN HISTORY GO BACK TO  
ARCHETYPES.”  
- CARL G. JUNG

“WOMEN EMBODY POWER AND  
LEADERSHIP DIFFERENTLY THAN  
MEN...  
ILLUMINATING FEMININE  
ARCHETYPES OF LEADERSHIP  
ALLOWS WOMEN TO  
ACKNOWLEDGE THE MANY WAYS  
THEY ALREADY LEAD, AS WELL AS  
INSPIRING THEM TO EXPLORE NEW  
ROLES.”  
- ANODEA JUDITH