



The Way we Work

WOMEN IN BUSINESS



Cultivating Women's Leadership: Magnifying Potential and Innovating Work Strategies!

A woman's leadership prowess is deeply intertwined with her environment, schedule, and lifestyle. By embracing a cyclical approach to life, she can harness her energy, optimize her workflow, and gain profound self-understanding. This not only enhances her effectiveness in the workplace and business ventures but also fosters greater harmony in her overall life journey.

Why are Women Burning Out?

Many women experience burnout because they lack an understanding of their cyclical nature. While all women navigate four distinct energy phases each month, workplaces and businesses often cater to only one aspect of this multifaceted reality. As a result, women frequently find themselves stressed, chronically unwell, and dissatisfied, struggling to adapt to a relentless 24/7 energetic cycle that disregards their natural rhythms.





Harmonizing the Way You Work...

In this enlightening session your participants will learn:

1. **Decolonizing the Way We Work:** Unpacking the biases embedded in traditional work models and understanding how they contribute to the struggles faced by women in corporate and business settings.
2. **Identifying Your Energy and Amplifying Your Workflow:** Providing tools and techniques to help participants identify their unique energy patterns and optimize their productivity accordingly.
3. **Practical Steps to Understand Your Energy:** Offering actionable steps for participants to gain deeper insights into their energy cycles and leverage this knowledge to enhance their professional lives.
4. **Living Cyclically and Thriving:** Introducing the concept of living in alignment with natural cycles, such as the menstrual cycle, inner seasons and moon phases, and exploring how this approach can lead to greater fulfillment and success.
5. **Bringing Mind, Body, Spirit, and Energy Together:** Emphasizing the importance of holistic well-being in achieving professional success and providing strategies for integrating these elements into daily routines.

*Book Your Group
and Revolutionize
their approach to
living and working*

For more details contact:
joanna@joannalean.ca to
discuss your groups needs
today

Meet Joanna Lean

Joanna Lean is an Award Winning Event Professional, Spiritual Guide and Wellness Speaker and Teacher.

Her expertise lies in fostering Women's Emotional Well-being, harnessing Positive Psychology, and seamlessly blending Spiritual Growth with Professional Success in business, the workplace and life.

Joanna's journey began amidst burnout, unhappiness, and chronic illness while navigating one of the world's most stressful professions. Determined to forge a different path, she resolved to break free from this cycle.

By immersing herself in cyclical practices for the mind, body, and soul, Joanna now operates in harmony with her energy, rather than against it.

Her mission? To empower others with the vital wisdom needed to live and work in alignment, brimming with vitality and well-being.

