

SPEAKER'S BIO

WOMEN'S MENTORING FOUNDATION LTD



Speaking, Education, Recovery & Prevention

The Women's Mentoring Foundation [WMF] aims to empower women experiencing pain and grief caused by various abuses, anger, insecurity, suicidal thoughts, domestic, sexual. Family violence, gender inequality, depression, stress, compromised mental and emotional wellbeing, and lack of safety and stability in their lives, including COVID-19 related concerns.

Drawing on my own traumatic experiences, I founded the WMF to share the tools and resources I used to help you and other women on their road to recovery but may not have the skills and insights to do so or even access to the right support services.

The objective is for women from all ages, diverse cultures, and professions to build up their ability to be confident, focused, heal from compromised Mental, Emotional and Physical health, to being proactive in their Self Leadership and creating a better life, personally, professionally, in all areas of their day-to-day living.

PUSHPA VAGHELA
CHAIRPERSON – MANAGER

The aim of the Foundation is:

- To assist women in finding their inner strength when they're at their most vulnerable and struggling through the crisis.
- To assist women in regaining or building their confidence, trust, and success through our mentoring, coaching, speaking events, and online programs.

In our Hurting to Healing Program, a 4-week recovery program, we:

- Encourage recovery compassionately and respectfully. Offer intervention support and bereavement counseling.
- Provide support through mediation and referrals to those experiencing a suicidal crisis, emotional pain, and distress.
- Provide information and referral for women experiencing financial distress or poverty, neglected by the system, and exploited by other professionals, such as lawyers, accountants, etc.

Speaking Topics include and can be bespoke to your requirements?

- Depression/Anxiety/Stress
- COVID – 19 Impact/Effect
- Trauma-Related Difficulties/Personal Issues
- Workplace/Inequality Issues
- Anger Management
- Relationship Difficulties
- Mental Health
- Domestic Violence
- Grief/Separation/Divorce
- Emotional/Physical/Mindset
- Self-leadership – from Trauma
- Leverage in Life for opportunities
- Pattern Interrupt for unwanted behavioural patterns
- Identity change
- Psychology of Personalities
- Beautiful State v Suffering State in your Model of the World