



## WOMEN'S WELL-BEING AND LEADERSHIP DEVELOPMENT TALK AND WORKSHOPS

**Research conducted by Gallup and Workhuman reveals that integrating recognition into company culture can lead to significant cost savings for organizations. Specifically, a 10,000-person company with an already engaged workforce could potentially save up to \$16.1 million annually by reducing employee turnover.**

In today's workplace, prioritizing employee well-being has become increasingly important. This is particularly relevant for women, who often balance multiple responsibilities, from professional careers to caregiving duties. It's essential to prioritize their well-being as a primary focus.

When discussing women's well-being in the workplace, it encompasses more than just physical health; it extends to emotional, mental, and social aspects as well. **Companies that address these areas typically experience higher retention rates, increased productivity, and a more engaged staff.**

### The Well Resourced Professional Program

- Empowered Expression
- Authentic Leadership
- Working Happier & Better



[www.drswetchawla.com](http://www.drswetchawla.com)



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**Former Professor and Clinical Pharmacist turned Speaker, Leadership Coach and Facilitator guiding hard-working professionals to reinvent how they work and lead for more authenticity, balance and impact.**

Sweta Chawla transforms organizations and guides highly driven professionals, creatives, and entrepreneurs in reinventing how they work and lead. With her Natural Leadership Framework, she empowers clients to build personal structures that leverage their innate brilliance, resulting in heightened passion, impact, and meaning—all without compromising authenticity and well-being.

Author of "I Still Haven't Found What I'm Looking For...Now What?" and contributor to the award-winning anthology "She's Got This: Essays on Standing Strong and Moving On," Dr. Sweta has published articles and essays in various journals and magazines. Her expertise has graced many stages and panels, including the White House.

## Talks

### THE FEMININE ADVANTAGE IN LEADERSHIP

In the fast-paced world of work and leadership, it's easy to feel unseen and spread thin as one navigates the pressures of professional life. In this talk, Dr. Sweta will illuminate the hidden dynamics that often keep professionals operating in the shadows and stretched thin. Delve into the power of the Feminine Advantage in leadership, uncovering its transformative potential for individuals and organizations. Take aways:

- Shine a light on what keeps you unseen and spread thin in work and leadership
- Discover the Feminine Advantage for leadership
- Learn 3 actionable principles to activate more ease, authenticity, and impact in you work

### EMPOWERING WOMEN IN HEALTHCARE

Women practitioners have higher rates of burnout and lower rates of professional fulfillment. Health care organizations need a fresh look at what it takes to make a woman feel respected, empowered and supported within the healthcare system. In this talk Dr Sweta we will:

- Break down obstacles contributing to healthcare inequities
- Identify and learn how to shift 3 feminine qualities to make for better leadership
- Discover why the feminine advantage benefits everyone

### Talks and Corporate Off-Sites Can Be Adapted For::



- Executive Teams
- Departmental or Emerging Leader Training
- Team-building Experiences
- Presentation Skills or Pitch Preparation
- Employee Resource Groups (ERGs)
- Women's Leadership Intensives
- Employee Engagement & Wellbeing Initiatives



## Half-Day Workshops

### STEP INTO YOUR MOXIE: SPEAK UP AND INFLUENCE

#### *Vocal Empowerment System*

- Reframe diminishing self-talk so that it supports rather than undermines communication confidence
- Play nicely with feelings that come up when presenting ideas and navigating uncomfortable situations
- Minimize vocalized thinking and amplify speaking presence to increase credibility, likeability, and trust

### SPEAKING UP: THE PATHWAY TO WELL-BEING

- Assess well-being in key areas related to wellness
- Explore how to engage in self-talk that heightens resilience
- Create boundaries to reduce stress and increase capacity for productivity and high performance
- Speak from a place of power (versus entitlement) when asking for support

**Workshops are 3 hours or two 90 minute sessions. Full-day training available as well. Options to add on Group and 1-1 Coaching**

## Testimonials

"Dr. Chawla came to Kaiser San Francisco to give a two-part Grand Rounds on Impostor Syndrome. **She made it super fun, engaging, interactive, and self-reflective!** She didn't try to cover too much as some speakers do. And the best part was that **she gave concrete strategies on how to counter chronic self-doubt**, and then asked people to commit to try something new. I am so grateful that she cared so much about tailoring it to what I needed, and she truly listened and delivered superbly."

DR. INGRID LIM, DIRECTOR, KP SAN FRANCISCO  
ACADEMY OF MEDICAL EDUCATORS



"THANK YOU FOR YOUR TIME AND VERY GRATEFUL TO YOU FOR ALL THE AMAZING WORK THAT YOU DO TO ALLOW US TIME TO SELF-REFLECT AND SHINE ON, SUCH GREAT EXERCISES **TO BRING BACK THE JOY OF WHAT WE DO AND ASPIRE TO BE.**"

-Dr. Kavitha Jay

I struggle to communicate in certain areas of my life and work, but we no longer focus on the struggle, we focus on the practice—getting the thoughts (whatever they are) out of our heads and speaking them out loud to ourselves and to those who need to hear them. Dr. Sweta never fails to casually (though intentionally) drop powerful thoughts that speak right to the heart

CHRISTINE H.

**Further Question Contact:**

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