Powered-Up Women

2025 International Women's Day Keynote



In today's digitally-demanding world, a pronounced gender wellbeing gap exists. More women than men are experiencing stress and burnout. This silent stress epidemic is not just a collection of statistics but a pressing issue that hinders women's ability to thrive and "March Forward," as per the 2025 International Women's Day theme.

Women are juggling multiple roles, bearing invisible domestic and digital loads and often simultaneously facing biological and hormonal challenges that compound stress levels. Women are not okay.

Research suggests that 77% of women reported experiencing burnout in the past year, and that 42% of women are feeling burnt out, compared to 30% of men. This stress and burnout leaves many women feeling powered-down and hampers their ability to march forward.

In my ***Powered-Up Women*** keynote, delegates will:

- Explore how invisible domestic and digital loads, significant hormonal changes and workplace demands collide to contribute to our stress epidemic.
- Understand how some of our subtle digital habits are incompatible with our Human Operating System (hOS), which is how we're biologically designed to flourish as females.
- Be armed with science-backed solutions to better manage stress and burnout. I'll share neuroproductivity protocols that I use to thrive in a digitally intense world.
- Discover how they can transform stress, as a catalyst, rather than a constraint, to march forward..
- Leave with a customised *Power-Up Plan*, pinpointing 1-3 micro-habits they can realistically integrate into daily life, empowering women to transition from floundering to flourishing.

Session overview

Delegates will have access to Dr Kristy's *Powered-Up Performance Tool* and *Powered-Up Women eBook* after the session. Women will leave with their own personalised *Power-Up Plan* to implement micro-habits that will enhance their performance and wellbeing. This session is available in-person or online from Dr Kristy's professional studio.

Join me on International Women's Day 2025 as we empower women to turn down the stress dial and turn up their power, so they can March Forward in 2025 and beyond.

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