

WomenCare 2025: Advancements in Women's Healthcare, Nursing, and Midwifery

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The Heart of Healing: Leading with Resilience, Compassion and Purpose in Women's Healthcare

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Abstract

In today's emotionally charged healthcare environment, women, whether doctors, nurses, or midwives, are not only caring for others but carrying the weight of systemic pressure, emotional fatigue, and invisible expectations. This keynote is an invitation to rise, not through burnout or self-sacrifice, but through inner clarity, resilience, and purpose. Grounded in the findings of the ARISE Resilience Research Study (2024), which focused on healthcare professionals, including doctors, nurses, and medical students (the majority of whom were women), this keynote unpacks the real-world impact of trauma-informed, emotionally intelligent leadership development in high-stakes environments.

The Data Reveals

- a 36% increase in emotional regulation capability
- a 29% lift in self-reported leadership confidence
- a 42% improvement in clarity under pressure

These aren't just personal gains, they're the foundations of safer, more connected, and more sustainable healthcare cultures.

Through Story, Neuroscience, and Practical Insight, We'll Explore

- The emotional toll of caregiving leadership
- Common self-sabotaging patterns that erode presence and purpose
- How to rebuild from the inside out, leading with authenticity, courage, and calm.

Why This Matters

As WomenCare 2025 champions the advancement of women's healthcare, nursing, and midwifery, we must also advance the inner well-being of the women who lead it.

By investing in emotional resilience, we don't just improve workforce sustainability; we enhance patient care, team culture, and the future of women's health leadership. This keynote calls us to honour the heart behind the care and to lead with it.