

## WFWP Queensland, Australia: Unlock Your Potential - Work - Life Balance And Sports

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September 16, 2023



On September 16th, WFWP Queensland hosted their second official event at the Mantra on Queen hotel in Brisbane, Australia. WFWP was delighted to welcome 20 participants representing diverse ethnic and cultural backgrounds. The event centered around the theme "Unleashing Your Potential: Achieving Work-Life Balance and Sports Excellence."

The event featured five distinguished guest speakers, all hailing from professional athletic backgrounds. Their presentations focused on sharing valuable life experiences and hacks that have allowed them to seamlessly integrate sports into their lives, leading them to become successful businesswomen of great determination.



Dr. Catherine Norton, Director of Heal with Laser and Norton's Consulting Group, was proudly nominated as the next Global Women's Peace Ambassador by Dr. Yejeong Kim De Geer. Dr. Norton shared her inspiring journey, highlighting the "7 S's" that empowered her to become the successful businesswoman she is today. Her commitment to women's empowerment extended to her past work at SookMyung University in South Korea, where she championed women's rights and supported working mothers, addressing the issue of burnout.

Amelia Jackson, a former two-time national figure skating champion who represented Australia in the



2014 Winter Olympics, shared her extensive experiences as an athlete and her journey after retirement. She discussed the challenges of balancing a double degree in law and journalism, reflecting on her time in Russia during an ankle injury. Amelia emphasized the privileges Australians enjoy in terms of top-tier medical care and technology and expressed her aspiration to become a news anchor.

Courtney Sippel, a current Queensland cricket player from the Brisbane Heat, was unable to attend in person due to illness but graciously had her talk read by the WFWP secretary, Nadia Anand. Courtney's inspiring story highlighted her upbringing in the remote town of Moffatdale and her unwavering self-driven determination to achieve her goals. She recounted her journey from playing men's cricket in Murgon to joining the state cricket team, facing challenges in communication and commitment along the way. Her story illustrated her personal growth and resilience.



Angel Cenia Linding, a fitness and holistic health coach, personal trainer and holistic therapy and counseling student, bravely shared her struggle with a chronic condition that disrupted her life. Abandoned by her mother at the age of six, she developed an autoimmune disorder affecting her blood pressure regulation. Despite medical predictions, she became a personal trainer and shared her journey of controlling her sympathetic nervous system. Angel offered valuable advice on overcoming mental barriers, leaving a profound impact on the audience.

WFWP was honored to have as the final speaker, Yvonne Orley, an indigenous elder and businesswoman actively engaged in indigenous issues, disability advocacy, health, environment, and peace building, shared her life story and emphasized the importance of being peace builders in our multicultural world. She addressed global climate crises and violence worldwide, including in Ukraine. Additionally, she shared her compelling story about her tribe and underscored the significance of the "VOICE" initiative, advocating for Aboriginal and Torres Strait Islander representation in the Australian federal advisory body. This crucial issue was set to be voted upon on October 14th, 2023.

Dr. Yejeong Kim De Geer concluded the event by sharing the vision of Dr. Hak Ja Han Moon and the establishment of WFWP. The attendees were deeply moved, appreciating the cultural diversity and the spirit of peace that enveloped the gathering. The event revealed common struggles in our era and how sports can help clear minds and redefine life goals. WFWP was pleased to see many male members supporting their female partners.



Special recognition was given to Nadia Anand, the secretary of WFWP Queensland, for her dedicated efforts in organizing the event. At least three guests committed to becoming regular WFWP members in Queensland. All attendees eagerly anticipated the next forum, as it left them feeling heartened and empowered. It was particularly inspiring to see that 85% of the guests were in their early 20s and 30s, underscoring the importance of continuing such events. The committee pledged to organize another forum in the coming months, and we extend our gratitude to Foot and Ankle Experts Health Clinic for their generous support, and financial contribution towards the event's location and catering.

