



## **WIL HIGHLIGHTS for March 22, 2019**

### **Seminar #190**

**“Stand Out as a Leader: Less Stress, Higher Energy, More Confidence” featuring Adele Wang, Transformational Mentor.**

**SUMMARY:** With her own passion and obvious commitment, Adele shared her extensive experience and expertise in the field of energy healing as well as personal and professional presence. She said, “Most women yearn to tap into more of their natural feminine leadership energy so they don’t have to deplete themselves so much.” It was clear from the interaction with both the women and men in attendance that Adele’s message resonated with them and that they were engaged in the learning process.

As she reflected on her own background - from the age of 13 to her years in corporate America - she was very open about her own inner struggles with stress, anxiety, and an overwhelming need to be liked. “I lived the “S.H.U. syndrome,” she explained, “I was smart, helpful and understanding of others while not really being myself or getting the attention I desired or deserved.” What she discovered was that she was not “at home in her body” and did not know how to get there. But this was the beginning of her professional transition and her journey to where she is today. Adele helps others be their happiest – through exploring their feminine and/or masculine essence and also by helping them develop better relationships, better teams, and become better leaders.

During this 2 hour WIL seminar, including the presentation, several exercises as well as open discussion, Adele pointed out this was “only inspiration, transition happens later.” For individuals to reach the state of “unconscious mastery” of the Art of Feminine (or Masculine) Presence takes much more time and practice. Clearly, Adele raised our awareness and motivated attendees to learn more.

#### **Background – Personal and Professional:**

- Grew up in Wisconsin; received a B.A. in Economics and an M.S. in Industrial Relations from the University of Wisconsin.
- Successful corporate career including a top analyst position with AT&T; provided first-hand understanding of the pressures people in the workplace face.
- Trained with top pioneers in the field of energy healing and is a licensed Art of Feminine Presence Instructor. Also has a certification in energy medicine from Whitewinds Institution having studied various modalities. Also worked with physicians as part of an integrative healthcare team.
- Speaker and writer on topics related to energy healing and spiritual development; Founding editor for the Energy Medicine section of [allthingshealing.com](http://allthingshealing.com)
- Married; participated in the ATL dance and music scene

### **Key Lesson and Take aways from Attendees :**

- “In business – attention is the #1 currency.”
- “Opening comments re Smart, Helpful & Understanding resonated for me & what I see in other people.”
- “Has to be one person in the room who can calm people down.”
- “Presence is powerful.”
- “When I am myself I command attention & I am memorable. I can be seen for my ideas & still be myself.”
- “The strongest energy in the room wins.”
- “How to become better all-around person. How to present myself better.”
- “Remember to pause & center myself before I speak or respond. Centering builds me & presence.”
- “Find your energy & ground yourself in it.”
- “Bring focus back to the task & command attention in a positive way.”
- “Manage my presence in new ways. Focus on self-presence & authenticity.”
- “Imagine the roots – feel the center.”
- “Stay centered – pull energy back in, be authentic.”
- “Being within yourself actually allows you to be more authentic with others.”
- “Being yourself – getting more of what you want / being happier.”
- “Get out of our heads & into your inner feminine presence.”
- “It’s okay to show emotion.”
- “Feminine essence & what it is – and I’m going to start using it.”
- “Be in my body – share truth & don’t be afraid.”

### **Additional Quotes from Adele:**

- “Help your child/children by modeling what you’ve learned.”
- “Get real about stress & anxiety.”