

WTP8 Workshop

"Leading with Wholeness and Purpose" with Pinuccia Contino, 17th May, 13:00-14:30 CEST



"Humility means realising that in essence we are neither above nor beneath anyone. This is the key that unlocks our freedom."

On 17th May 2023, WIL welcomed back for the third year in a row Secretary General Pinuccia Contino, Head of the Unit Product safety and Rapid Alert System in the EU Commission and Ambassador of Applied Compassion, for the first Women Talent Pool (WTP) leadership programme session of her module, "Leading with Wholeness and Purpose". In her workshop she showed the emerging talents on the programme how to begin to connect to their whole selves, starting with breathing and meditation exercises, in order to lead with greater compassion for a better world. During the engaging one-hour session, the Talents were introduced to important concepts like wholeness, common humanity, humility and kindness.



After a short bit of theory came the practice! The Talents had two moments to exchange on the feelings and sensations they had experienced during the meditation in small groups. The perfect opportunity to reflect further on who they are and connect more deeply with themselves.