

**Global Summit of Women –
Wellness of the Professional YOU!
Panel Member: Salam Atoui**

Topic Focus per GSW guidance:

“Business and professional women often think of themselves last when it comes to wellness or self-care. That negligence is often a result of stress emerging from multiple layers of responsibilities that all women juggle.

What can women do to anticipate, handle or mitigate stress?? Unrelenting stress wreaks havoc with our bodies and diminishes our ability to face daily tasks, not to mention our relations with family, staff and fellow workers?

What are the Do’s and Don’ts (physical, mental, etc..)”

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Salam Atoui Bio**



Salam Atoui: Partner, MENA General Counsel and MENA Mindfulness Leader at EY Dubai, UAE- based serving at EY MENA C-suite covering +20 offices in 15 countries

Wellbeing Bio: Initiatives & Programs:

- **Creator of 'Twelve Seeds'©**: a simplified guidance and program for fostering personal wellbeing in the community and the workplace
- **Founder of 'Sangha Stories'©**: an initiative introducing mindfulness practice to children in local communities and schools, currently running in UAE.
- **Regional Wellbeing Corporate Program Lead**: leading “Twelve Seeds @ EY” — customized program for EY Middle East & North Africa, embeds mindfulness-based practices/tools
- **Authoring “The Book of Twelve Seeds”**: a simple book covering principles of self-understanding and deeper roots of individual and collective wellbeing (coming soon!)

Background:

- *Advanced Studies in Yoga and Yoga Nidra (Yoga Pura, USA)*
- *Mindfulness-Based Cognitive & Stress Reduction certificates (MHI affiliated Brown University, USA)*
- *Wellbeing Bronze Badge (EY)*
- *Licensed Litigator 24+ PQE, BBA member since 2001*
- *MBA with Distinction (London Business School)*
- *Leadership for Senior Executives (Harvard Business School)*

Don Quixote & the Windmills!

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“Don Quixote”
Spanish 17th century epic novel
by Miguel de Cervantes



the Windmills of Consuegra

Find Don Quixote's & Sancho's Within!

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Don Quixote: "Look yonder, friend Sancho...forty Giants to encounter!"

Naïve Squire Sancho: "What giants??!"



Photo courtesy of "The windmills of Consuegra" By Keith Jenkins

First: Let's STOP!



First: STOP & Categorize!

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- I. Let's first STOP!
- II. Self Scan (self check in!) Body, Mind, Spirit
- III. Figure Out & Categorize Source of Stress:
 - A. Life's Necessary Suffering (sickness, age, death)
 - B. Life's Not Necessarily Necessary Suffering (?)



Next: What to DO #A

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A. Life's Necessary Suffering

i.e. sickness, age, death:

1. Allow time to REST
2. Adjust Self Expectations & Schedule:
 - decrease work & family commitments
 - ask for help / get support
 - adjust nourishment source
 - assess self care habits
3. Treat self with Compassion (No Guilt)!



Then: What to DO #B?

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B. Life's Not Necessarily Necessary Suffering

i.e. unconscious / self-induced:

1. Diagnose Root Cause: let's do a quick Twelve Seeds diagnosis



Twelve Seeds Diagnosis (1/2)

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Seven Practices: inner alignment of body speech and mind as the art of wellbeing.

Starts with Awareness:-

6- Wellbeing Seed

- I am responsible for the wellbeing of my inner child.
- I am the parent responsible for my adult wellbeing.

7- Self-Love Seed

- I speak and listen lovingly to myself.
- I prioritize self-care habits.

8-Faith Seed (Confidence)

- I nourish my Faith daily.
- I believe small steps transform my life.

9-Awareness Seed

- I bring my mind home to my body.
- I align my word to my deep truth.

Twelve Seeds Diagnosis (2/2)

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Seven Practices: inner alignment of body speech and mind as the art of wellbeing.

Starts with Awareness:-

10-Courage Seed

- I courageously embrace the suffering within me.
- I courageously heal my inner relationships.

11-Creation Seed

- I create who I am.
- I unfold with life.

12-Insight Seed

- I seek insight within.
- Truth of life is revealed.

What to DO #B?

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B. Life's Not Necessarily Necessary Suffering

i.e. unconscious / self-induced?

1. Diagnose Root Cause (Twelve Seeds test)
2. **Prioritize top 1 or 2 items only!**
3. **Understand where is that coming from and why**
4. **Ask for help! Solicit support**
5. **Experiment with what works for YOU!**
6. **Celebrate new energy for an even more purposeful living!**

***Remember Interdependence:
Integrated Internal (body mind spirit) with
external (family, work, community, world)**



Tilting at Windmills?!

It's needed sometimes... 😊

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*"the Sanchification
of Don Quixote and
the Quixotization of
Sancho"*

*as "Sancho's spirit
ascends from reality
to illusion, Don
Quixote's declines
from illusion to
reality"*

What to always DO for sure:

Love!



THANK YOU!

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