

# BUILDING MENTAL WELLNESS FOR SUCCESSFUL LEADERSHIP



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2026 GLOBAL SUMMIT WOMEN  
Saturday, June 6, 2026  
8:00 a.m. – 9:00 a.m.  
Grand Ballroom 3+4

# The Root Causes of Stress Seeds in High-Achieving Women!

## Does Success Feel Exhausting at Times?!

why?!

Twelve Seeds



Turkey: between East  
and West, the perfect  
grounding spot!

Let's dig out  
hidden patterns!



which pattern do you have?

## The of Story: Three Animals



Cheetah  
Fast  
Focused  
Impressive



Swan  
Admired  
Perfect  
Serene



Deer  
Alert  
Graceful  
Responsible





Constant striving / the “running energy”

Pressure to perform, prove, and advance  
nervous system in continuous stress mode  
little space for rest or contentment

Practical Tool  
“The Water Lake Pause”

**“I am safe. I can pause now.”**





## Tying Self-Worth to Achievement

"If I do well, I matter. If I fail, I am less."

"If I am not productive, I am falling behind."

"If others are disappointed, I am not enough."

## Practical Tool

**"What I Do ≠ Who I Am"**

**Ex: "What I did today was lead a difficult meeting."**

**"Who I am is thoughtful, capable, and worthy —**

**regardless of how perfectly meeting went."**





## Disconnection from Oneself

Constantly managing, supporting, and staying strong...  
Seem composed, productive, and reliable — while  
internally feeling depleted, numb, or overwhelmed?

## Practical Tool “The 10-Second Check-In”

**WHAT** am I feeling right now?  
**Where** do I feel it in my body?  
**What** do I need right now?





# Bridging Worlds

## Finding Inner Balance Through Mindfulness

From Constant Doing → Allow Simply Being  
From External Success → Create Inner Peace  
From Expectations → Attend to Inner Needs





Another Bridging  
of Worlds ...

AI in Support of  
Mental Health!



Back to our  
story...

at that quiet  
lake:

For the first time, the cheetah  
stopped running.

The swan stopped trying to  
perform to perfection.

The deer stopped scanning the  
world around her...



Not to become less ambitious.  
Not to care less.  
Not to stop achieving.

But to ask:

**Can I succeed without  
abandoning myself in the  
process?**



Of course I can..

“On the path of great leadership..  
I hold my beautiful beautiful hand”



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SUCCESSFUL LEADERSHIP



**Salam Atoui**

Thank You!  
& Stay Well

from  
**Twelve Seeds**

