

WTP8 Workshop

"Leading with Wholeness and Purpose" Part 2
with Pinuccia Contino, 30th November



On 30th November 2023, WIL welcomed back Secretary General Pinuccia Contino, Deputy to the Director for Consumers & Head of Unit 'Product Safety and Rapid Alert System' at the European Commission for the second session of her module "Leading with Wholeness and Purpose" for our Women Talent Pool Programme. In her enlightening workshop she encouraged Talents to connect with their mind and bodies through meditation exercises to practice self-compassion. Pinuccia highlighted that self-compassion was the key to understanding others, leading with kindness, and uncovering our own purpose. Talents were invited to consider their purpose through visualisation techniques and small group discussions, provoking deeper reflection. She noted that acting in alignment with their purpose was intrinsically beneficial to those around them, making them authentic leaders who recognise the common humanity of others as well as their own unique traits.



Talents then had the chance to deepen their understanding of compassionate leadership by asking Pinuccia their questions. Exchanges focused on the changing nature of purpose, different practical techniques that can be used to discover it, and how to remain compassionate towards the self on this journey.

relieved
empowered
inspired
relaxation
focus
compassionate
grateful
optimistic
refocused
calm

To end the session, Talents shared their impressions from the workshop, which will continue to have a lasting impact on them as they navigate their leadership journeys with a renewed sense of purpose and fulfilment.