



21st CENTURY WOMEN'S ENTREPRENEURSHIP & LEADERSHIP

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Introduction Self-awareness of who you are is the greatest awareness that we all need to have. Understanding that we carry within us the potential to do greatness and there is also a level of genius in all of us. Unleashing the Eagle within you simply means, unlocking your inner strength, courage, passion, and Purpose.

Materials and Methods Eagles are known to be fearless, amid the storm, there is the opportunity to rise above to soar higher. Human beings have a lot more potential than the eagle, we can learn to rise above the storm just like the Eagle, to see that current challenges that we may face can be used as stepping stones to rise higher. Depression, anxiety, and stress have significantly increased in the last couple of years, especially with the global pandemic. A lot of people are losing hope, faith and Love in themselves and even their ability to rise about the current situation. An understanding of this is the reason to help people see that within them lies the resilience to rise above what seems like a hopeless situation at the moment. I will be sharing the key attributes of the Eagle that lies within us and that could be used to navigate the current situation. Understanding how to use different techniques from NLP, EFT, and Sub-Conscious reprogramming. Learning to use the storms of life for our benefit and seeing opportunity even where it seems like chaos. "Don't wait for the world to change. Change your mind about the world." – Alan Cohen I will share personal stories of how I overcame depression, anxiety and Suicide when I implored these strategies of affirmation, visualization and energy psychology like EFT Tapping and the Peace and love process. These strategies are essential and effective as I currently use them during coaching with clients who seem to be struggling with achieving their goals or feel stuck, depressed and hopeless. I will discuss how transformational change starts from within and having a mindset to change and a clear decision to change one's life. I will share the transformational tools I used to achieve these changes. I will also discuss Childhood 2 programming and environment and how they

UNLEASH THE EAGLE WITHIN YOU

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impact ourselves and the need to challenge beliefs that we hold about ourselves.

Conclusions Transformation is key and can happen at all levels, especially in the 12 key areas of life and as women leaders, it is important to know that we already possess the magic that we need to transform ourselves into a greater version of ourselves. passion, and Purpose.

Keywords 1. Transformation, 2. Mindset, 3. Consciousness

Biography

Ugo Chijiutomi Ugo Chijiutomi is known as The Eagle and the Chief Encouraging Officer. She is a certified Integrative Life Coach, A Neuro-Linguistic Programming (NLP) practitioner, an Emotional Freedom Technique (EFT) Practitioner, and a clinical psychodynamic Psychotherapist-in-training. Before transiting as a Life Coach and Therapist, Ugo Chijiutomi studied BA (Hons) in Business Management and MSc in International Business Economics at the University of Westminster. Ugo is very passionate about transforming the lives of her clients as she transforms their minds, so they soar like the EAGLES that they are. As she believes that we were all made to fly. Having learned to use the power in herself and connect to her highest self, Ugo Chijiutomi has been equipped to help set other people like herself free to Fly. Ugo helps her clients build the right confidence to conquer the world, eliminate Fear and other limiting beliefs and develop a sense of worthiness that becomes unique to everyone she works with. She uses spiritual intuition and psychology to help resolve her client's issues.