

# WOMEN'S LEADERSHIP FORUM

DATE: 17<sup>TH</sup> NOVEMBER 2015

VENUE: ZARA'S BOUTIQUE HOTEL, KOTA KINABALU, SABAH



A talk was held at Zara's Boutique Hotel, Kota Kinabalu, Sabah, aiming at empowering women's leadership. The talk was delivered by Sister Denise Lawrence, an international speaker for Brahma Kumaris. Our group CEO, Dato' Dr. Jessie Tang was the co-host of the evening, together with Ms. Eliza Goh, the owner of Zara's Boutique Hotel.



Sister Denise Lawrence's arrival at the hotel's reception



Group photo of participants with the event speaker, Sister Denise Lawrence



Sister Denise giving her speech



Q&A session



Sister Denise giving her speech



Sister Denise presenting mementos to participants

# 'Equality for women fairly achieved in Sabah'

Mary Chyn

KOTA KINABALU: Equality for women has been fairly achieved in Sabah.

Making this observation, wife of the Mayor, Datin Florence Malangkig said this is reflected in the number of women holding various leadership roles.

"Holding a position is important but becoming an inspirational icon who can lead, educate and empower others in society is the real achievement in becoming a champion of change for women," she said when officiating at the recent Women Leadership Forum with the theme "Inner Leadership - An Inside-Out Approach".

Florence expressed her appreciation to Sister Denise Lawrence, an international speaker from Brahma Kumaris, who is currently assigned to coordinate television productions for the Brahma Kumaris Peace of Mind TV Channel and also for foreign broadcasting.

She has also provided the meditation component in over 100 TV series entitled "The Addiction Network", a series to help people overcome various forms of addic-

tion and addictive behaviours.

The event was organised by Brahma Kumaris Malaysia, Kota Kinabalu Branch headed by Ir. Dr Muralindran, and co-hosted by Dato' Dr Jessie Tang, a medical doctor by training, and hotelier Eliza Goh at the Zara's Boutique Hotel. In her opening speech, Dr Tang asserted that we must believe that inner power is light to the world.

"Rising up to your leadership call as a woman, empowers others. Having faith in our talents and abilities enables us to dream the impossible and more forward no matter what life throws at us.

"When women rise up as women, only then can the men rise up and become men who will compliment women's leadership," she said.

According to Dr Tang, there is no 'red ocean' in authentic leadership because just like light begets light, authentic leadership gives rise to authentic leaders.

She, meanwhile, said it could not have been more appropriate to host the forum at Zara's, being the first all-



Florence (seated at centre) with the organisers and participants of the forum. Flanking her are Sister Denise and Eliza. Seated 4<sup>th</sup> from right is Dr Tang.

women run hotel in Malaysia which features femininity in hospitality.

"It is a unique entity with a mission to economically empower women, especially those from the rural areas, but without compromising on the quality of service in the hospitality industry."

Brahma Kumaris, an international organisation which practises and teaches a form of meditation that relaxes the mind, was established in 1937 and

presently has more than 8700 network of centres in over 142 countries.

According to Dr Tang, Brahma Kumaris Malaysia is affiliated to the Brahma Kumaris World Spiritual Univer-

sity (BKWSU) which is a non-governmental organisation (NGO) of the United Nations accredited with General Consultative Status with the Economic and Social Council.

## Asia Times 19<sup>th</sup> November 2015

### 成功女商人與職業婦女參與 女性領袖論壇成功舉行

【亞庇十八日訊】來自各階層婦女踴躍出席在暢升酒店舉行婦女領袖論壇，敦請亞庇市長夫人拿汀弗羅蘭絲為是項論壇主禮嘉賓，並為論壇主持開幕。

這項由 Brahma Kumaris 冥思中心以主題「由內而外」所主辦的女性領袖論壇，假暢升酒店 (Zara's Boutique Hotel) 成功舉行，出席包括暢升酒店東主吳尉頌、成功女商人及職業女性等。

是項論壇在暢升酒店東主吳尉頌以及 East West Horizon 種植公司總裁

行長拿督唐月詩積極推動以及贊助下成功舉辦，並獲得吳尉頌致謝款待。

亞庇市長夫人拿汀弗羅蘭絲致詞表示，希望透過這項婦女領袖論壇之「由內而外」之價值觀實踐在我們的生活中。

她說，就只是當天所出席女性領袖，各個也是身兼部門或公司要職，就其所知道或認識的，也在各領域有不俗的表現。

她強調，現今社會女性領袖，也無不在各領域起至關重要角色，已經足以引領或指導其他的社會女性，起到帶頭作用，進而作為社會更重要的一環。

這項論壇由冥思中心的心靈講師丹妮斯洛倫主講現今的社會充滿各種壓力的問題，也指出壓力導致人們產生許多負面思想，引起不良的生活態度。對此，丹妮斯洛倫表示，每個人都必須懂得建立健康的

思維，這樣才能確保自己過個健康的生活，尤其是面對生活或工作壓力的女性領袖，應重整人生觀和建立健康的生活思維和態度。

她指出，冥思學習的經驗，且在每日生活中都運用冥思來調節個人的生活情緒和心情，讓生活過得更美好。也有助領袖在面臨生活或工作壓力時，適當地減輕緊張的神經。

此外，籌委會主席拿督唐月詩致詞時指出，心扉深處的恐懼並不會讓自身不足，相反地它是一個指標或是測量，以供自己克服或者對抗，也從而讓自己有更大的力量與信心，去面對或接受挑戰。

尤其身為一名女性領袖，要完成的挑戰以及目標，往往需要付出雙倍甚至更多的時間以及努力，才得以成就輝煌成績。所以女性們更應該互相扶持，一同手牽著手征服更高峰。

East West Horizon 種植公司總裁執行長唐博詩是在出席主題「由內而外」的女性領袖談話時，做出以上演詞。

她表示，身為女性的自己，終是不斷的問自己如何成就輝煌，為何而奮鬥，如何發揮樸實的才華？這都是一個又一個的挑戰，除了堅持不放棄，更重要把握手中的機會。

她認為發掘內在的自己，才能找到心中所想的信念讓自己堅強，從而裝備自己，這才是從內而外的領袖思維。如此，才能在困境之前屹立不倒，獨樹一幟的繼續向未來前進。(C)



丹妮斯洛倫講師代表贈送紀念品予吳尉頌時影。左為拿督唐月詩。



亞庇市長夫人拿汀弗羅蘭絲與拿督唐月詩及吳尉頌與參與論壇婦女合影。(C)