

Leadership Wellbeing Experience Addresses Hidden Cost of High Performance

Event Perfekt Global launches The Woman Who Leads the Room, a premium experience created in response to the emotional and physical pressures many high-performing women quietly carry.

I AM HER

THE WOMAN WHO LEADS THE ROOM



IT'S TIME FOR HER TO
BE SEEN. BE POURED INTO. BE HER.

experience navigating the hidden pressures of high-performance leadership.

After years spent operating in demanding environments while consistently carrying responsibility for others, Johnson experienced the physical and emotional effects of prolonged stress, exhaustion, disrupted sleep, and stress-related wellbeing changes. The experience highlighted a growing issue many ambitious women face privately while continuing to perform professionally.

Rather than creating another networking event or business conference, Event Perfekt Global developed a leadership wellbeing experience intentionally designed around restoration, reflection, confidence, meaningful conversation, and personal reconnection.

The invitation-only evening will bring together 100 influential women from business, entrepreneurship, leadership, and professional communities for a curated editorial-style experience combining wellbeing dialogue, luxury hospitality, portrait experiences, and specialist insight.

More than an attendee count, the evening brings together women whose collective influence spans businesses, leadership teams, professional communities, entrepreneurship, and client networks internationally.

The experience will explore themes including:

- Leadership identity and emotional load
- Burnout and stress management
- Confidence and self-perception
- Ageing, skin health, and prevention
- The relationship between wellbeing and leadership presence
- Personal restoration in high-performance environments



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