

BRING THIS TO YOUR HOSPITAL OR TEAM

BRAVE for Women in Medicine

An empowerment and resilience session for the women who hold up healthcare.

Women carry much of healthcare's clinical and emotional load, yet they are under-represented in its leadership and over-represented in its burnout. This session gives the women in your hospital or team the tools, the recognition and the time to rise, facilitated by Christina E. Foxwell.

SOUTH AFRICA'S WOMEN'S MONTH 2026 THEME

"Empowered Women Empower the Nation"

Women are 70% of Africa's health workforce yet hold fewer than 30% of its senior leadership, and burnout among female clinicians exceeds global averages. This is the courage to rise, for the women who heal the nation.

THE CASE FOR YOUR HOSPITAL

What this session delivers

- **CPD points.** Each session is CPD-accredited (#784753), counting toward your clinicians' professional development.
- **Lower burnout, better retention.** Practical resilience tools shown to cut burnout by 33%, the driver behind attrition and absenteeism.
- **Wellbeing as a clinical imperative.** Women leave ready to care for themselves as fiercely as they care for patients, which protects patient safety too.
- **B-BBEE Skills Development.** The session qualifies for B-BBEE Skills Development, serving your people and your scorecard at once.
- **Resilience that lasts.** Evidence-based skills from the ARISE programme, with an 11.29-point gain on the CD-RISC 25 scale.
- **A team that rises together.** A shared language and commitment that travels back to the ward, the boardroom and the lecture hall.

ARISE · CPD #784753 · +11.29 CD-RISC 25 · 33% lower burnout · 42% psychological flexibility · 100% satisfaction

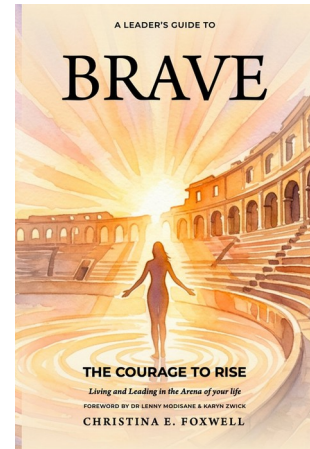
Peer-reviewed outcomes from research with healthcare professionals.

THE SESSION

What it covers

A 90-minute experience that flexes to your setting. It opens with a grounding ritual to move from clinical mode into receiving mode, then Christina's keynote on the healer who is trained to care for everyone except herself.

From there: a private BRAVE self-assessment, the evidence-based ARISE resilience framework for rising through burnout, a personal BRAVE prescription, and a closing pledge and book signing. A full run of show is available on request.



THE FACILITATOR

Who delivers it



Christina E. Foxwell is the Global CEO and Founder of Ignite Purpose, with twenty-five years building resilience and leadership practice across four continents. A survivor turned global practitioner and author of five books, she pairs lived story with peer-reviewed evidence, and through Ignite Purpose Africa she is bringing this work home.

Formats and accreditation

Choose a 90-minute session, a half-day, a medical school immersion, a hospital breakfast, or a virtual webinar. Hosted at your hospital, faculty or company in Cape Town, Durban or Johannesburg, dates to be confirmed. Every session is CPD-accredited (#784753) and qualifies for B-BBEE Skills Development. Delivery is in person or virtual.

THE NEXT STEP

How to bring it to your hospital or team

- 1 Tell us your audience, your setting and the date you have in mind.
- 2 We tailor the session and format, and confirm CPD and B-BBEE details for your reporting.
- 3 We confirm logistics, in person or virtual, and your women are set to rise.

Bring this to your hospital or team. [Women in Medicine enquiry link]

Karin Rautenbach · Ignite Purpose Africa · +27 83 453 5104 · karin@ignitepurposeafrica.com