

WHAT TO EXPECT FROM

BRAVE for Women in Medicine

An empowerment session for the women who hold up our healthcare system.

A 90-minute empowerment experience facilitated by Christina E. Foxwell, designed for women in healthcare: doctors, nurses, allied health professionals, administrators, and pharmaceutical and academic leaders.

SOUTH AFRICA'S WOMEN'S MONTH 2026 THEME

"Empowered Women Empower the Nation"

Women make up 70% of Africa's health workforce, yet hold fewer than 30% of its senior leadership. This is the courage to rise, for the women who hold the nation's health in their hands.

How this empowers your women and your organisation

Resilience where it matters most. Practical tools from the CPD-accredited ARISE Resilience Programme, shown to lift resilience by 11.29 points and cut burnout by 33%, in a sector where burnout costs lives.

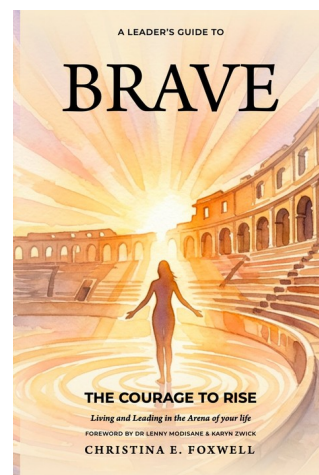
CPD points and B-BBEE value. Each session earns CPD points (#784753) and qualifies for B-BBEE Skills Development.

Wellbeing as a clinical imperative. Your women leave ready to care for themselves as fiercely as they care for their patients.

A team that rises together. A shared language and commitment that travels back to the ward, the boardroom and the lecture hall.

Your session, moment by moment

- Welcome and acknowledgement.** A space created for the women who carry the health of the nation.
- The Healer's Breath.** A grounding ritual to move from clinical mode into receiving mode.
- The Courage to Heal Yourself.** Christina's keynote: the healer trained to care for everyone except herself.
- The BRAVE self-assessment.** Five honest questions, medicine edition, answered privately, just for you.
- The ARISE resilience framework.** Evidence-based, practical tools for rising through burnout, between ward rounds.
- Your BRAVE prescription.** The most powerful thing a doctor can write, this time for yourself.
- The pledge and book signing.** We rise together with the BRAVE pledge, then connect over your signed copy.



WHERE

Hosted at your hospital, faculty or company. Cape Town, Durban and Johannesburg. Dates to be confirmed.

FOR

Women in healthcare: doctors, nurses, allied health, administrators, and pharma and academic leaders.

FORMATS AND ACCREDITATION

90-minute, half-day, medical school immersion, hospital breakfast, or virtual. CPD-accredited (#784753), B-BBEE Skills Development.



Facilitated by Christina E. Foxwell

Founder and Global CEO of Ignite Purpose, author of BRAVE: The Courage to RISE, and creator of the CPD-accredited ARISE Resilience Programme.

Contact Karin to reserve your seat or to learn more.

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THE FACILITATOR

Who is Christina Foxwell?



Christina E. Foxwell is the Global CEO and Founder of Ignite Purpose, a consulting practice in resilience, leadership and culture transformation across Australia and South Africa. An Indigenous African woman of mixed heritage, born in South Africa, she turned a story of childhood abuse, domestic violence and rejection into a global practice that helps people lead from strength rather than fear.

Her evidence-based ARISE Resilience Programme (CPD-accredited, #784753) has produced an 11.29-point gain on the CD-RISC 25 resilience scale and a 33% reduction in burnout. She is the author of five books, including *The Glass Angel* and *BRAVE: The Courage to RISE*. This August, in Women's Month, she brings that work home to South Africa.

25+ years · +11.29 CD-RISC 25 · 33% lower burnout · 130M+ media reach · 5 books · CPD #784753

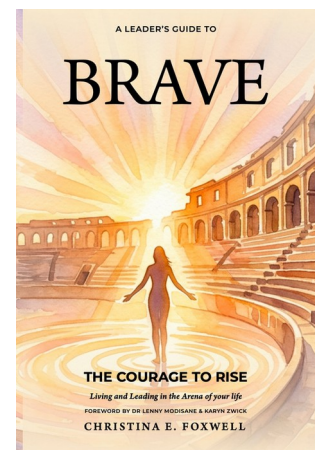
THE BOOK

What is BRAVE?

BRAVE: The Courage to RISE is a leader's guide to living and leading in the arena of your life, with a foreword by Dr Lenny Modisane. It carries the RISE framework, a ten-lesson curriculum, and research-backed insight on vulnerability, shame, grace and courage.

It reimagines resilience itself: not how much more you can carry, but what you are willing to put down.

RISE: Recognise · Integrate · Stand · Elevate



"You will not be asked to perform bravery. You will be invited to practise it."

WHY NOW

Why this matters, for a time like now

Women make up 70% of Africa's health workforce, yet hold fewer than 30% of its senior leadership, and burnout among female healthcare professionals is at crisis levels. Empowerment is talked about loudly and practised quietly. *BRAVE* names a different path.

Empowerment is a daily practice, not a workshop. It is built in how a woman speaks to herself on her hardest day, and whether the rooms she leads in let her be human.

Feminine strength is a leadership strategy, not a soft skill. Connection, empathy and the courage to be human are exactly what high-pressure workplaces need.

Resilience is not how much a woman can carry. It is what she is willing to put down, so she can rise lighter.

That is the invitation of BRAVE, and of this Women's Month: to stop performing, and start leading as your full self.

People are the purpose. Growth is the goal. Connection is the way.

Contact Karin Rautenbach · +27 83 453 5104 · karin@ignitepurposeafrica.com