



# Women Rising



Imagine a community where women speak up in support of each other. Where we hold space for each other's progress. Where we can talk and share and be ~ without fear of not belonging. We can relax into being ourselves.

For which one of us is living something that no one else has experienced? We must understand that we are not alone. That each one has a gift of value to bring.



**Tessie Lim**







*Together*

**The Women Rising Movement**

*We are Stronger*

# Women Rising

## concepts

**Ethos Abundance Practice**

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**Learn & Share. Build & Rise**

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**Integrity & Self-Trust**

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**Social Enterprise**

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**Community & Networking**

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**Actualising Excellence**

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**Personal Power**

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**Certification Training**

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**Leadership Communication**

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**Entrepreneurial Hubs**

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**Contact Us**

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**TESSIE**  
**LIM**

The logo for Tessie Lim is displayed within a white circle on a black background. The name 'TESSIE' is in white, and 'LIM' is in grey. To the right of the circle is a stylized red flame graphic.





# Building Meaning & Purpose Finding Strength in Togetherness



Healing  
Empowering  
Enriching  
Supporting  
Centering  
Connecting  
Creating  
Collaborating  
Being



## The Women Rising Movement by Tessie

**Lim** is about highlighting and building a  
sense of community, connectedness, and  
social enterprise





## Vision

**Rising to take a stand for love, life, and a legacy for the higher good of all.**

## Our Values

**Authenticity**

**Integrity**

**Community**

**Self-Trust**

**Actualising Excellence**

## Mission

**To promote an abundance mindset.**

**We will inspire courage confidence & freedom so we live our best life.**



# Working the Dream

Be A Friend.

Play in a Team.

Mentor Peers



## 01.

### Connect

Members come together with the objective of supporting one another, sharing resources, and to co-create goals, desires, and dreams.

## 02.

### Counsel

Members come together to hold the space for each other's growth and development. We form circles or hubs where we support and share, listen and learn

## 03.

### Learn & Lead

Our programs will train, certify, and accredit members with skills to lead, present, communicate, negotiate and promote ~ ideas, plans, projects, and trades.





## From Me to We

Always Stronger Together  
Leverage off the Expertise of Others

## From alone to community

Participate in our Get-To-Know You events.  
Subscribe as a Member and play a role.

## From Group to Team

Get certified as a leader, a mentor, and trainer of the Women Rising programs.  
Play a role in developing your hub and habitat.

## From unsure to self- trusting

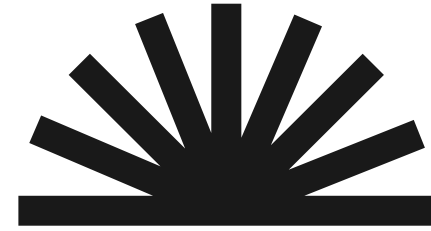
Go through the programs and emerge stronger, more confident, sure-footed and intentional in what you want to co-create.

## From lack to Abundance

Develop projects and joint-initiatives. Record and share your wins with the community. Be a cheerleader. Be a game-changer.



# Training



Members are trained with skills to become mentors and catalysts for positive change, personal and professional expansion.

Members learn to become team leaders and to start their own connection hubs. Each hub becomes a social enterprise that is set up to enable and support their members with entrepreneurial skills and share other complementary resources.

Aim: To build courage, confidence and freedom so we live our best life!





**Who are you?  
What do you Want?**

**Create your Personal Mission Statement**

I, \_\_\_\_\_(name) will\_\_\_\_\_,  
using my skills of \_\_\_\_\_to accomplish\_\_\_\_\_  
and also to achieve \_\_\_\_\_ because I am passionate  
about \_\_\_\_\_ and wish my legacy to be  
\_\_\_\_\_.







"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has."

Margaret Mead  
Anthropologist





# Council of Experts

The Women Rising Movement is guided by a Council of Experts in people development who will from time to time be called to review our programs and to certify and provide accreditation to our trainings.



**Jay  
Hedley**

The Coaching  
Room Sydney



**Cheryl Lucas  
S Africa**

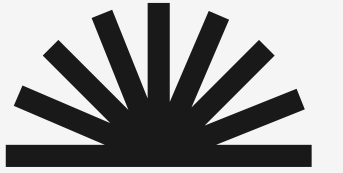
Founder  
PSA Coaching



**Femke  
Stuut USA**

QuantumLeap  
CoachMentor





# Social Enterprise

Members come together to collaborate on sustainable projects. With shared resources and complementary skills, we are able to co-create and showcase our many dreams come true. The motto is together, we are stronger.

"If we want to go fast, go alone. If we want to go far, we go together." African proverb

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**YEAR**

**2022**

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**ROLE**

**Game Changer**

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# Sense of Community

Members sign a memorandum of good practice, where we agree to abide by the ethos of the Movement; we practice an abundance mindset. Each plays our role in supporting and holding space for one another as family. Each being fair about what we bring to the table as our value add and personal contribution.



YEAR	2022
ROLE	Leader & Mentor



# Programs & Projects

Join in. Rise Up  
Meet & Mingle  
Personal Brand  
Accreditation & Certification  
Walk of Fame

coaching. healing. training.  
connecting. supporting. creating.  
collaborating. being.

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**YEAR**

**2022**

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**ROLE**

**Influencer**

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# **Ethos.** Memorandum of Good Practice



# Powerful. Purposeful. Intentional. Authentic.

How many of us go through life feeling alone, feeling lost, like we are meandering meaninglessly, when we know we have the smarts to achieve so much more? "We didnt come this far, only to get this far!" No. No wayyyyyyyy.

With carefully-curated learning programs designed to put the controls back in your hands, you will see your choices expand, and your vitality return.

## 01.

### Develop a Strong Sense of Self

Know who you are.  
Know what you really want.  
Set clear boundaries. Take ownership and responsibility for what belongs to you.  
Align your Self with what you will create.

## 03.

### Build Resilience

When life throws you curveballs, learn to bob and weave and bounce back with gusto!

## 02.

### Create Safety in being Authentic

Gain perspective and clarity over your thinking-feeling patterns. Accept and appreciate your humanness and fallibility and then train towards excellence.

## 04.

### Define Life Purpose

What is your personal mission on this Earth? What special skills make you the only one who can make that magic happen? Discover the magic that is you!

# Be the Force For Change!

The work done by the Movement of Women Rising is driven by the passion to excel. This work is all about love. Love for Self. Love for Community. Love for Legacy. Let's Pay it Forward you and I



## 05 Step into Your Genius

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Address what holds you back ~ self-sabotaging patterns, distorted ways of perceiving, triggers and dragons. Take your power back

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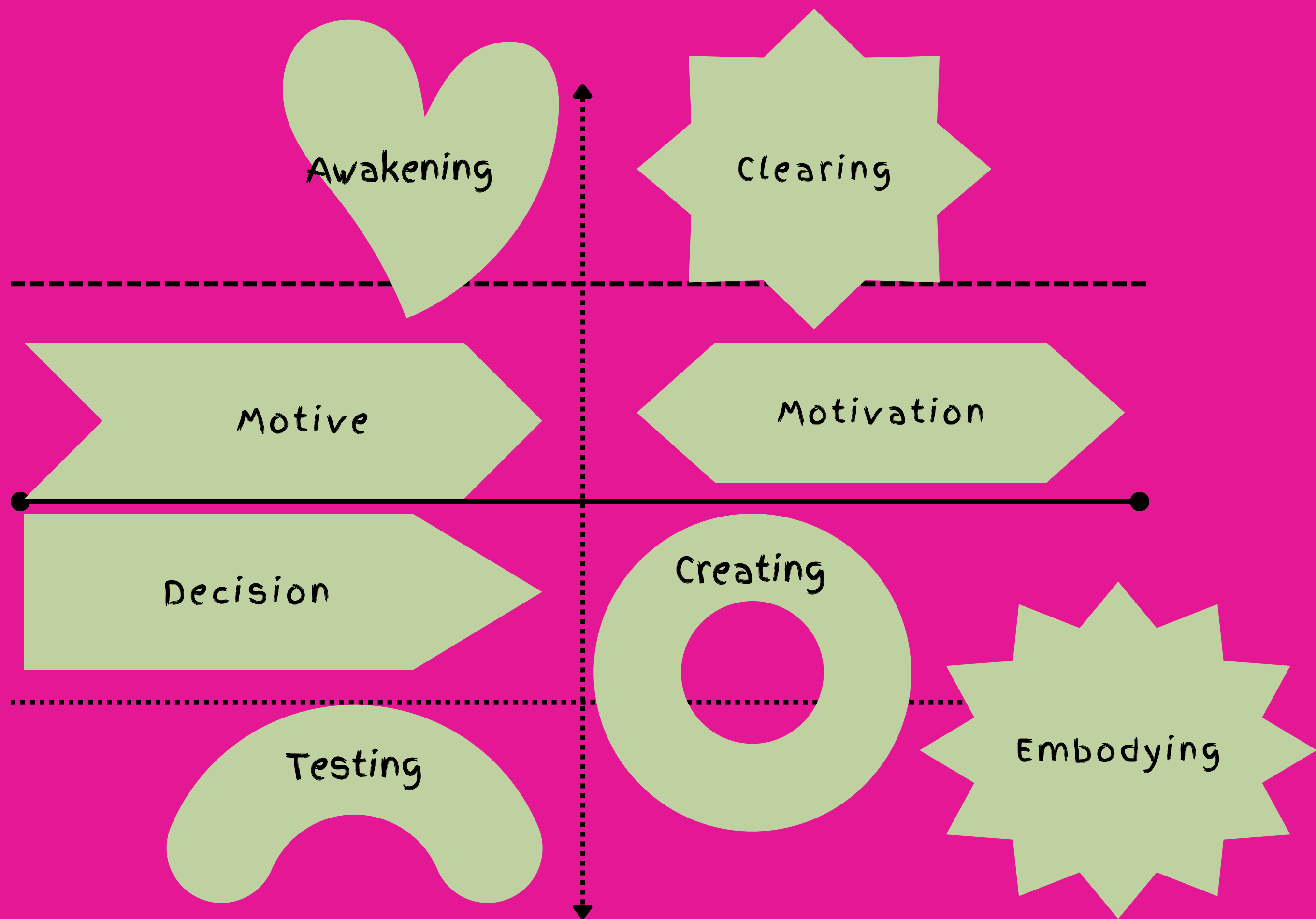
## 06 Use Your Voice for Good


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Speak Up. Speak Up Smart. Speak Up Strong. Rise Up High.

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Your entire life can change in a year. You just have to  
love yourself enough to know you deserve more, be  
brave enough to demand more, and disciplined enough  
to actually work for more.

**Tessie Lim**







# Talk to Tess



 [tessielim@tessielim.com](mailto:tessielim@tessielim.com)

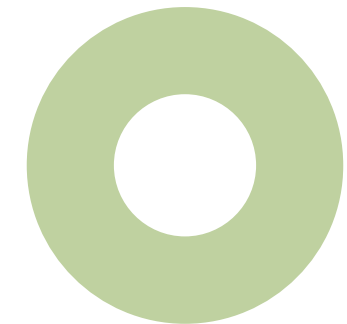
 [tessie.lim on IG](#)

 [tessielim.com](http://tessielim.com)

 [TessieLim on LinkedIn](#)

 [TessieLim on](#)

FB





# Wave of Women Rising

It serves a variety of purposes, making presentations powerful tools for convincing and teaching.

## Members

Presentations are communication tools that can be used as demonstrations, lectures, speeches, reports, and more.

## Leaders

Presentations are communication tools that can be used as demonstrations, lectures, speeches, reports, and more.

## Stakeholders

Presentations are communication tools that can be used as demonstrations, lectures, speeches, reports, and more.

## Clients

Presentations are communication tools that can be used as demonstrations, lectures, speeches, reports, and more.



# Meet the team

Presentations are communication tools that can be used as demonstrations, lectures, speeches, reports, and more.



**Claudia  
Alves**

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**Founder**

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**Lusiana  
Ratna**

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**Manager**

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**Amanda  
Greta**

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**Team Leader**

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