



**Women's
Wellbeing
Summit**

SERENA WANG

EXPLORING CAREER GROWTH AND LEADERSHIP:

SELF-DEVELOPMENT, CONFIDENCE,
AND RESILIENCE MINDSET

Fearless.
Limitless.
Ageless.

The Journey of Becoming

Serena Wang

Founder | Podcast Host
Women In The Penthouse



Women *in the* Penthouse

Fearless, Limitless, Ageless

PODCAST
COMMUNITY
MOVEMENT





Fearless

Well-Being of HEART



[✓] High-rise apartment

[✓] Corporate role

[✓] Relationship

Fulfillment ?

Is This The Life You Really Want, or
The Life You Really Really Really Want



MOVING TO LONDON AT 44

Where Life Truly Begins?



Dr. David R. Hawkins

MAP OF CONSCIOUSNESS

Developed by David R. Hawkins

	Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process	
Spiritual Paradigm	Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness	Positive Emotions
	Peace	600	Bliss	Perfect	All-Being	Illumination	
	Joy	540	Serenity	Complete	One	Transfiguration	
	Love	500	Reverence	Benign	Loving	Revelation	
Reason & Integrity	Reason	400	Understanding	Meaningful	Wise	Abstraction	
	Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence	
	Willingness	310	Optimism	Hopeful	Inspiring	Intention	
	Neutrality	250	Trust	Satisfactory	Enabling	Release	
Survival Paradigm	Courage	200	Affirmation	Feasible	Permitting	Empowerment	
	Pride	175	Scorn	Demanding	Indifferent	Inflation	Negative Emotions
	Anger	150	Hate	Antagonistic	Vengeful	Aggression	
	Desire	125	Craving	Disappointing	Denying	Enslavement	
	Fear	100	Anxiety	Frightening	Punitive	Withdrawal	
	Grief	75	Regret	Tragic	Disdainful	Despondency	
	Apathy	50	Despair	Hopeless	Condemning	Abdication	
	Guilt	30	Blame	Evil	Vindictive	Destruction	
	Shame	20	Humiliation	Miserable	Despising	Elimination	

COURAGE - Take The First Fearless Step

<div> <div>Living in the ABUNDANCE</div> <div> <div>Spiritual Paradigm</div> <div>Reason & Integrity</div> </div> </div>	<div> <div>↑</div> <div>↓</div> </div>	Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process	<div> <div>Living in the NOW</div> <div>Living in the FUTURE</div> </div>
		Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness	
		Peace	600	Bliss	Perfect	All-Being	Illumination	
		Joy	540	Serenity	Complete	One	Transfiguration	
		Love	500	Reverence	Benign	Loving	Revelation	
		Reason	400	Understanding	Meaningful	Wise	Abstraction	
		Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence	
		Willingness	310	Optimism	Hopeful	Inspiring	Intention	
<div> <div>Living in the SCARCITY</div> <div> <div>Survival Paradigm</div> </div> </div>	<div> <div>↑</div> <div>↓</div> </div>	Courage	200	Affirmation	Feasible	Permitting	Empowerment	<div> <div>Living in the PAST</div> </div>
		Pride	175	Scorn	Demanding	Indifferent	Inflation	
		Anger	150	Hate	Antagonistic	Vengeful	Aggression	
		Desire	125	Craving	Disappointing	Denying	Enslavement	
		Fear	100	Anxiety	Frightening	Punitive	Withdrawal	
		Grief	75	Regret	Tragic	Disdainful	Despondency	
		Apathy	50	Despair	Hopeless	Condemning	Abdication	
		Guilt	30	Blame	Evil	Vindictive	Destruction	
		Shame	20	Humiliation	Miserable	Despising	Elimination	

What is **one bold move** you will make in 2025?

Fearless

It comes from the heart.

Embrace the uncertainty.

Take the first step.

Have the faith that
no matter what,
when you take that bold step,
**something good
is waiting for you.**





Limitless

Well-Being of **MIND**

The Limited Belief Systems



SYSTEM BASED ON **FIXED MINDSET**

Limited beliefs create boundaries for what we believe is possible in our lives

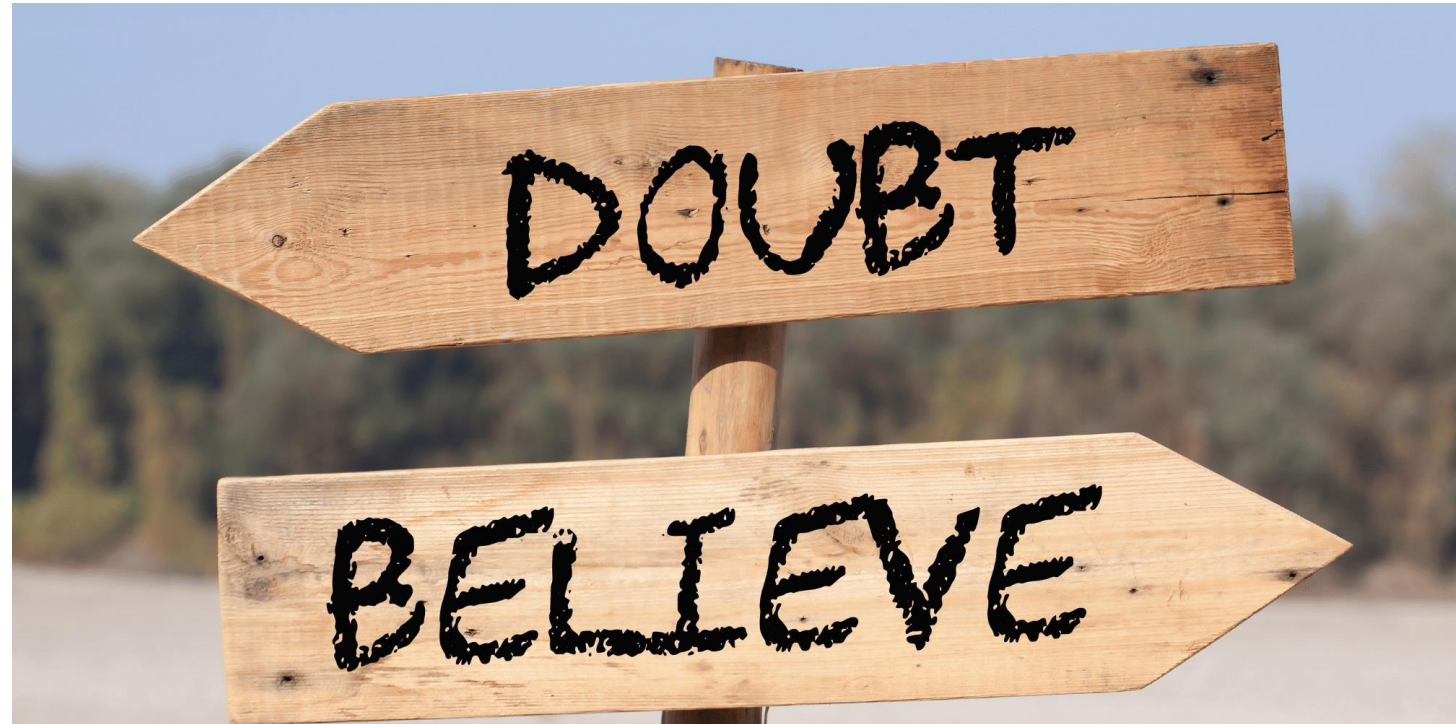
The Limited Belief Systems

Your worth \neq your job title, bank account, or body size.

Too
LOUD!

TOO LATE

you're not
good enough





“Anything we acquire,
we can let it go.”

- Marisa Peer



UN-LEARN & RE-LEARN

Fixed Mindset to
Growth Mindset

Women In The Penthouse with Tina Gray

We all want the same things:

To be seen.

To be heard.

To be free.

Connection.

Love.

What is **one limiting belief** you've unlearned—or
are ready to unlearn?

Limitless

A limitless mindset removes our doubts and the boundaries we've inherited—from our family, peers, and society.

It opens us up to the possibility of becoming the best version of ourselves.

No matter race, culture, ethnicity, or skin color,

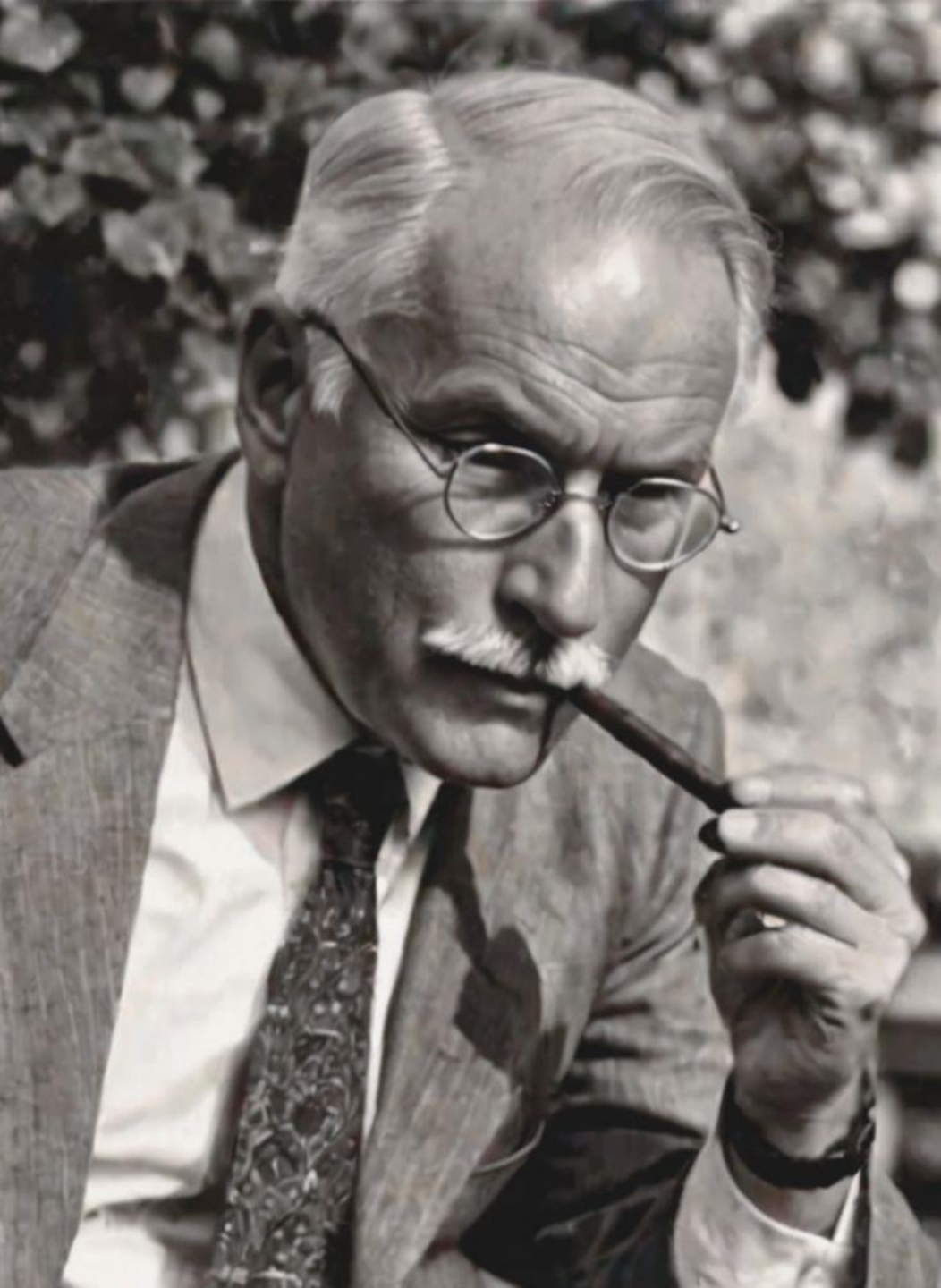
we are all fundamentally the same.





Ageless

Well-Being of **SPIRIT**



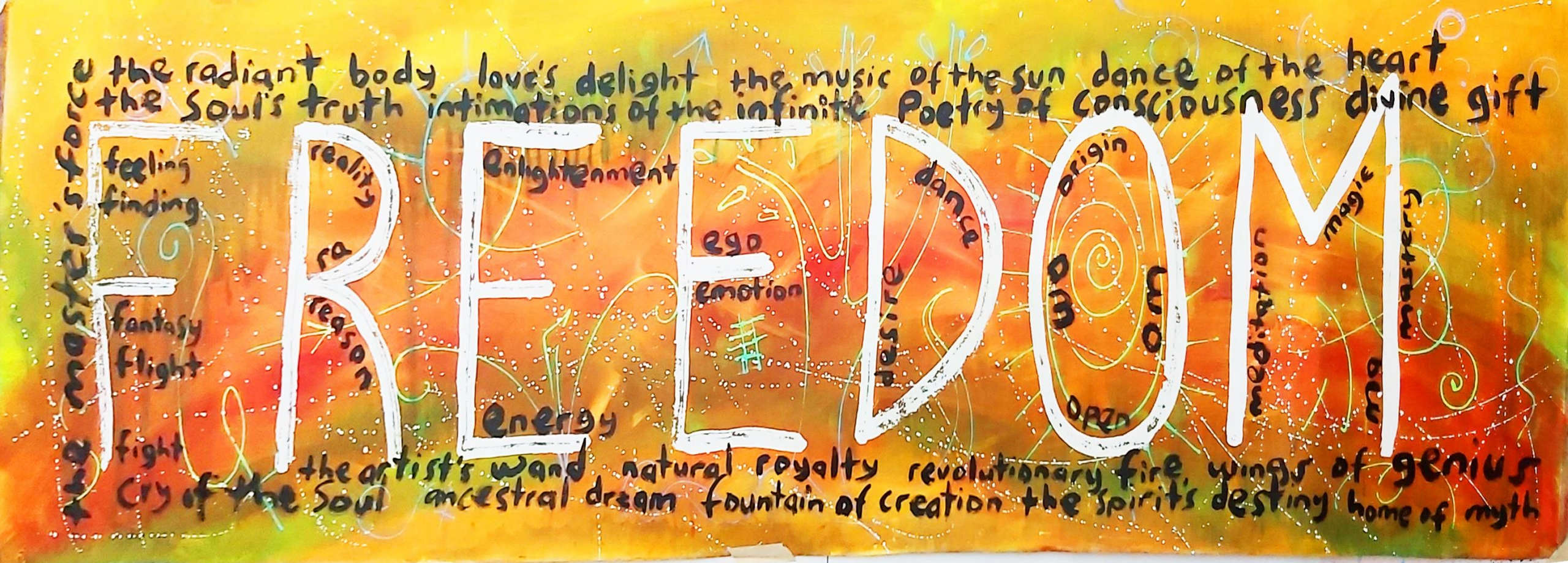
“Life Really Does Begin
at forty.

Up until then, you are
just doing research.”

- Carl Jung



Rosemary Clunie
painter, writer and video artist



“I felt my life just started!”

- Rosemary Clunie

Purpose Has No Expiration Date.



50

Julia Child



55

Arianna Huffington



50s

Estee Lauder



80

Gramma Moses

It's Never Too Late.



“There is no prime time.
There is only **your
time.**”



Elin Mai



Nette Hargreaves



Sarah Askew



Kim-Adele Randall



Rosemary Clunie



Tina Gray

Powerful Women.
Real Journeys.







Women In The Penthouse Podcast



Women *in the* Penthouse

With Serena Wang



Penthouse Rules

You have to laugh so much until it hurts.

– Elin Mai

Say what you believe. Be bold in your opinions and put them out there.

– Sarah Askew

Tell yourself good stories about yourself.

– Nette Hargreaves

You have to pass the thoughts, words, and deeds through the lens – is it kind, is it honest, and does it add value; if it doesn't, you can't do it, you can't say it, you can't be it.

– Kim-Adele Randall

What is **one bold move** you will make in 2025?

What is **one limiting belief** you've unlearned—or are ready to unlearn?

What is **one childhood dream** you've told yourself it's too late for—but could start pursuing?

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Women In The Penthouse

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THANK YOU

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