

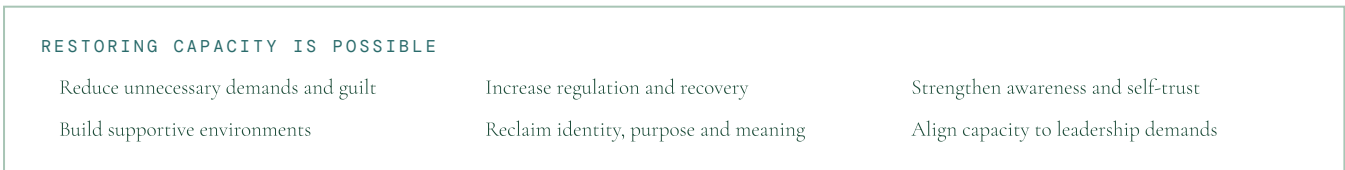
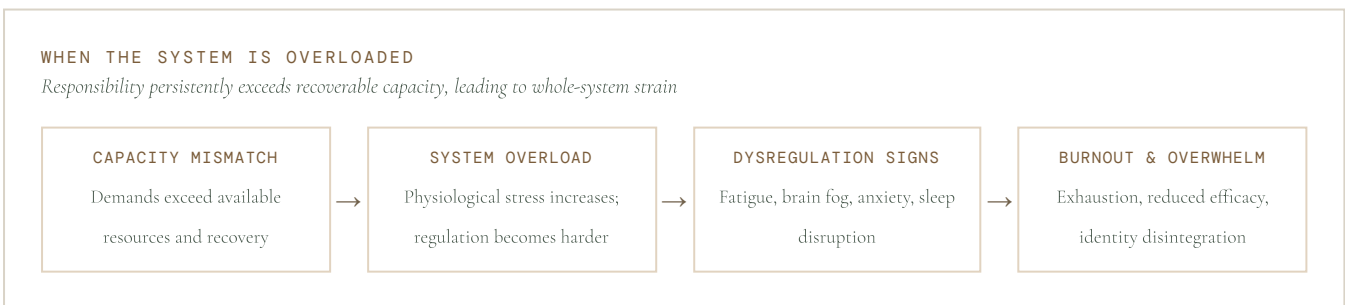
The Whole-Wellness™ Theory of Capacity

Sustainable leadership capacity emerges from the dynamic interaction of five domains of whole-person wellness, shaped by awareness and agency, within a social and environmental context.



THE CAPACITY EQUATION

$$\text{Sustainable Capacity} = (\text{Resources} + \text{Recovery} + \text{Regulation} + \text{Support}) - (\text{Demands} + \text{Stress Load})$$



The goal: Capacity-aligned leadership that honours the whole person, supports sustainable contribution and enables women to lead, live and thrive on their own terms.