

## Report on webinar

### **“Building Emotional Resilience & Mental Well-Being for Women Leaders’ in the Power Sector”**

**18th December 2025**

The IEEMA Women in Power Chapter successfully hosted a webinar on **“Building Emotional Resilience & Mental Well-Being for Women Leaders in the Power Sector”** on **18 December 2025**.

The session was led by **Ms. Pragati Sureka**, BPS Licensed Clinical Psychologist and founder of Emotional Ability Resources (EaR), who shared valuable insights on managing stress, preventing burnout, navigating workplace pressures and building sustainable work–life balance in high-responsibility leadership roles.

The webinar witnessed active participation from IEEMA members across the power and energy ecosystem and sparked meaningful conversations around emotional resilience as a core leadership capability. Participants appreciated the practical tools and reflections that can be applied both professionally and personally.

The session reflected IEEMA’s continued commitment, through its Women in Power Chapter, to nurturing women leaders and promoting holistic growth in the power sector as a key pillar for a Viksit Bharat.