

AMPLIFYING THE EMERGING SECTOR OF REGENERATIVE MEDIA

The Story of Us



FORWARD WITH FOCUS

THE POSSIBILITY WE SEE

CELEBRATING
INDIGENOUS
INNOVATION



REGENIMPACTMEDIA.COM

SYMPLI JOINS
#MOREFROMMEDIA

THE POWER OF
INFLUENCE

WEAVING POSSIBILITY INTO 2025

ROLE CALL! Visionaries, Innovators, Storytellers, Creators, Progressive Partners, Creative Collaborators, Funders, Philanthropists, Behaviourial Scientists, Neuro-Researchers, Performance Experts, Healers, Health & Well-Being Professionals, Thought Leaders & Purposeful Pioneers!

WE ALL HAVE A ROLE TO PLAY as we re-imagine the world we want.
Our next chapter to 2030 sets the trajectory for future generations.

THE STORY OF US is an interactive, new media arts publication, connecting artists, industry allies, and ambassadors in the emerging sector of regenerative media—our bridge to a more beautiful future.

**Please join our mobilization movement
and share us with a friend!**

DELIBERATE WEAVE INTO WHAT'S NEXT

reGEN practices a forward-focused approach that is grounded in cultural wisdom, rooted in intentionality, and guided by ancestral wisdom.

The strands we are deliberately weaving into next include:

- media-with-vision
- transformative storytelling
- science-backed research
- intuitive technology, and
- next-level partnerships in finance, advertising, and distribution.

The stories we tell ourselves tell us who we are, who we can become, and, most importantly, how we are connected.

They have the power to heal and transform each of those things, and filmmaking can do that on a global scale, at a moment when we are just waking up to how interconnected we all really are. I can't imagine a better time to hold space for that exploration."

Catherine Eaton, award-winning actor, film director, and an investigator of genius and empathy.

HOW OUR STORY IS WEAVING...

flip video here



to expand hope and possibility.

INSIDE THIS EDITION

FALL 2024

reGEN films

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reGEN films

For Community | With Community

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CHANGING SOCIETAL RHYTHMS BY CHANGING THE STORIES WE WATCH

Stories told through media are the single most powerful influence shaping our culture today.



[MEET NAOMI](#)



[LEARN ABOUT REGEN FILMS](#)



[NAOMI'S TED TALK](#)



For me — and for many of those in my circles — 2024 has been a big year of releasing, of deep cleaning our lives, work, relationships, of honoring and then releasing all those things that may have served us in the past, but which are no longer supporting us in our journeys.

Now that we are in the autumn of 2024 — the season in which all of nature allows what it spent the spring and summer creating to wither and be released — I invite you to take one more survey of all that surrounds you, all that you are investing your time and energy and resources in and see what else can be let go. How fully can you cleanse and winnow down, so that you may prepare yourself for the winter season of rest and rejuvenation?

If you'd like to explore this question in community and with guidance, join me for a free master class on November 9th for an **Autumn Release Ceremony**.

2025 COHORT OPPORTUNITY



REGENERATIVE CREATION

Whether you are a filmmaker setting out to make a film, a writer embarking on a book or screenplay, or a business leader looking to launch a new company or project, your project should succeed in a way that is radically regenerative - both in the act of creation and in the modes you will use to deliver your work to the world.

With reGEN media's Regenerative Creation Cohort, you will spend the next year not only birthing your new project in a supported environment, guided by **Indigenous storyteller Charlene SanJenko** and **award-winning filmmaker Naomi McDougall Jones**, but also pioneering with us collectively into the question of what it looks like to create and deliver your work to the world in ways that are radically regenerative, ethical, sustainable - and hopeful.

LEARN MORE



FREE MASTERCLASS

NOVEMBER 9
9-10:30 am PT | 12-1:30 pm ET

AUTUMN RELEASE CEREMONY

Join us for an autumnal ceremony to release that which is no longer serving you, that which you no longer need, so that you can head freely into the healing, restorative season ahead.

[LEARN MORE](#)



DECEMBER 7
9-10:30 am PT | 12-1:30 pm ET

FULL-CIRCLE INTENTIONALITY

Bringing 2024 to an intentional close, we'll notice the threads to pull weave into the New Year and express gratitude for the lessons, learnings, and wins!

[LEARN MORE](#)

**NEW
COHORT
BEGINS
JAN 2025**

**reGEN
films**

**reGEN
impact
media**



Capitalism rewards some artists inside an old model. What reGEN is doing is giving space and place for a new kind of storytelling.

JENNIFER BERRY

Championing Diversity in Storytelling

Jennifer Berry is a multi-award-winning screenwriter, director, and playwright based in Los Angeles, renowned for her commitment to inclusivity and representation in the film industry. With a 90% female/non-binary cast and crew in her productions, along with additional crew members with disabilities, Berry brings a unique and powerful perspective to her work. In 2020, she was honored with the California Distinguished Achievement in the Arts Award by Congressman Adam Schiff.

Her film **The Exchange** premiered as the opening short at the Madrid International Film Festival, and she continues to break barriers with her latest project, **Motherload**, currently in post-production.

Berry's critically acclaimed plays, including *Big Pharma*, which toured nationally for five years, and *Ojalá*, later adapted into a screenplay, demonstrate her depth as a storyteller. Her works have been recognized by prestigious institutions such as the Pasadena Playhouse and the Eugene O'Neill Theater Conference, cementing her place in both theater and film. Additionally, she has been featured in *Ms. Magazine* and other feminist publications for her advocacy in women's representation.

As a professor at California State University Northridge, she educates future generations on gender and media through courses such as "Women In Entertainment." Berry's participation in the Regenerative Creation Cohort and the RespectAbility 2024 Entertainment Lab exemplifies her ongoing commitment to amplifying diverse voices.

We asked Jennifer...

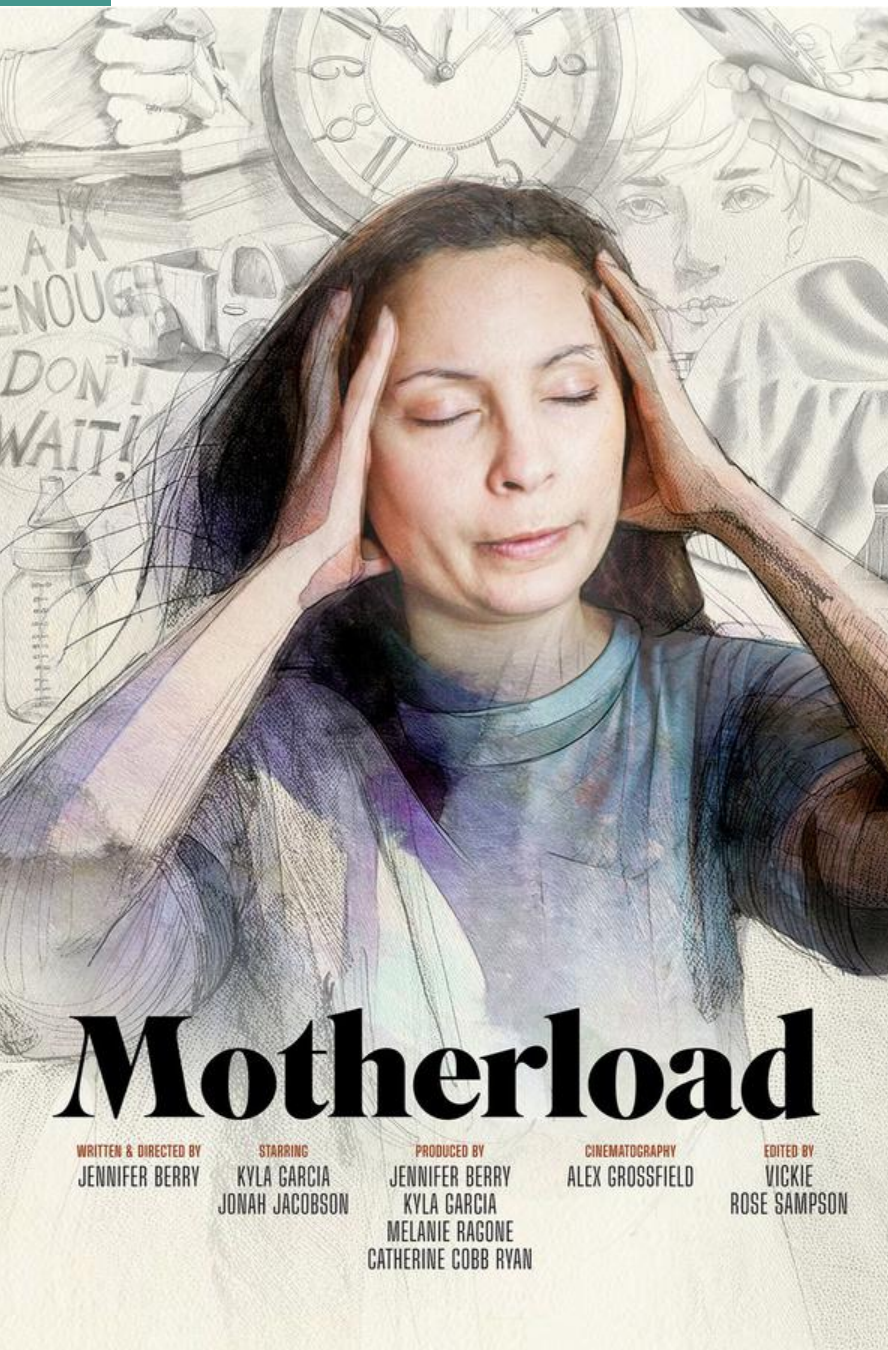
Where are your beginnings as a storyteller, creator, and filmmaker begin?

My storytelling career began by ending an audition! After my third audition on a hot July day in the mid 1990s, I noticed, once again, that I was reading an underdeveloped, vacuous part for a female. The only description of the part was that she was "ruggedly beautiful." As I read over dismal dialogue and briefly rehearsed with my scene partner, I exasperatedly said. "I could write a better script than this." He looked at me and said. "Why don't you?"

I threw the bad script in the trash, left the audition and picked up my pen. That one choice on that one day would allow me to write myself into a better life. Creating parts, plays and films for strong women characters who want to control their own destiny - like me.

How has your participation in the Regenerative Creation Cohort impacted your work as an artist?

ReGenerative Cohort has been vital for my growth as a filmmaker in the last year. Firstly, it is a safe place to try on your largest thinking among women who are going for their creative lives. We live in a society that makes life very challenging for artists. There isn't enough financial support for the creative process in its beginnings. Capitalism rewards some artists inside an old model. What reGEN is doing is giving space and place for a new kind of storytelling. Storytelling from voices that have been silenced or sanctioned. The cohort is a process, a marker, a kinship, a gathering of intelligence that allows risk taking. Which is the basis for sustainable filmmaking. Probably the most important aspect of it is: community. Too many artist try to go it alone and end up quitting. Every month gathering with these women, reminds me to keep going, keep dreaming, and keep doing!



Motherload

WRITTEN & DIRECTED BY
JENNIFER BERRY

STARRING
KYLA GARCIA
JONAH JACOBSON

PRODUCED BY
JENNIFER BERRY
KYLA GARCIA
MELANIE RAGONE
CATHERINE COBB RYAN

CINEMATOGRAPHY
ALEX CROSSFIELD

EDITED BY
VICKIE
ROSE SAMPSON

[LEARN
MORE](#)



Working with reGEN helped me find the courage of conviction to make my boldest and best work to date.

RICHA RUDOLA

Writer, Director channeling cognitive creativity

Richa Rudola is an award-winning filmmaker from India whose thought-provoking work asks relevant questions about identity, consciousness, and the afterlife.

Her films Taaza Khoon (Fresh Blood) and The Seal screened at 45+ film festivals around the world, won 10+ awards, and can be viewed on Amazon Prime, Alaska Airlines, Future Of Film Is Female, and ShortsTV. Her scripts have placed in competitive screenwriting labs such as HollyShorts, Nashville, Stowe Narrative Lab, ScreenCraft, and Shore Scripts.

Richa's latest film Cow Heavy And Floral, inspired by her own motherhood journey, will have its world premiere at Tasveer Film Festival in October 2024. Her film is the catalyst for a new community initiative called Meals About Motherhood. [Learn more here.](#)

With a multifaceted background in consulting and risk management, Richa combines analytical power with emotional storytelling to create thought-provoking cinema with a heart. As an artist she has been supported by The Future Of Film Is Female, New York Stage & Film, Tasveer, and Diverse Intelligence Summer Institute. She has served in leadership roles to film organizations such as Pano (formerly NYC Women Filmmakers) and Filmshop.

She is dedicated to helping people open up to new perspectives, devoted to authenticity, driven by intellectual curiosity, and has it out for bad time management. She is drawn to stories of courage, even more as the mother of a toddler.

For more see www.richarudola.com

We asked Richa...

Where are your beginnings as a storyteller, creator, and filmmaker begin?

My interest in films in general began while attending a weekly movie club during grad school. My masters degree in statistics had nothing to do with films but the movie club exposed me to different kinds of films than what I was used to. I watched independent films and foreign language films and realized I did like films, those that made me think.

So I got interested in screenwriting and took some courses in that on the side while working a corporate job on an H1B visa in NYC. I also watched a ton of films visiting the many independent film theaters in the city I was lucky to live in. That became my film education and put me on the path which would bring me to writing and directing films years later.



How has your participation in the Regenerative Creation Cohort impacted your work as an artist?

I worked with Regen Creation Cohort for a whole year which was extremely transformative for me. Doing deep, introspective inner work under the leadership of skilled artists and with the companionship of other artists on their respective paths helped me in numerous ways. It helped me find the courage of conviction to make my boldest and best work to date and to put into place a plan of action and co-creation whose fruits of labor are still ripening to perfection. It helped me turn inwards for direction and tap into my own power to manifest things.

These types of words used to sound like "woo woo" to me earlier, but now I believe in their power because I have seen first hand how to manifest and harness your own limitless potential. We have very exciting plans, soon to be announced, to share the film and related projects with the world.

**LEARN
MORE**

meals about motherhood™

Head of reGEN Films, Naomi McDougall Jones, has teamed up with 2023 Regenerative Creation Cohort alumni, Richa Rudola, as well as filmmakers Lela Meadow-Conner and Sarah Moshman, to create **Meals About Motherhood**.

The motivation of this initiative is simple: a desire to engender more open and honest conversations between people about motherhood.

It's about being a mother, not being a mother, the decisions, consequences, and factors that arise from both - using curated pieces of media as a tool to expand our dialogue, over a shared meal.

On November 3rd, the inaugural round of Meals About Motherhood will be held in 10+ cities and towns across the North American continent.

If YOU would like to host one of these meals (it can be as simple as inviting friends over for a potluck) and/or learn more about this initiative, visit mealsaboutmotherhood.com

Naomi McDougall Jones

Lela Meadow-Conner

Richa Rudola

Sarah Moshman

FOR COMMUNITY, WITH COMMUNITY. IN COMMUNITY. BETTER. TOGETHER.

5 ways to play an active role in transforming our future by transforming the stories we tell today.



BECOME a Mother of Film with a tax-deductible donation [HERE](#). U.S. residents only at this time.



JOIN us as a #MoreFromMedia Brand Partner. Learn more [here](#), and talk with Charlene about how to elevate your ad-buy marketing dollars.



ADVERTISE with us in this magazine. We'd love to get to know you better, and so would our community.



SUBSCRIBE to our reGEN StoryCenter youtube channel or to receive our free seasonal magazine, newsletter updates, and other opportunities to get involved.



SHARE us with a friend or two and across your socials.

Because of you, transformational stories are in development, regenerative media will be made, and intentional impact campaigns will engage audiences in impactful, community-building, change-inducing ways. Or perhaps, because of you, the intersection between media with vision, well-being, and human agency will become the new mainstream.

ALLIES | AMBASSADORS | ADVOCATES | ADVERTISERS

THE POSSIBILITY WE SEE

"In most cases, we don't fully believe something is possible until we see it for ourselves. What if we could proactively, intentionally, and consciously use media to plant the seeds needed to expand our belief in what's possible, elevate higher states of well-being more often, and boost optimal performance and positive mindset?"

Regenerative media is the possibly I see."

*- Charlene SanJenko,
Head of reGEN impact media*



reGEN
impact
media

As an Indigenous Storyteller and a Media Visionary, I oscillate between two views. Firstly, a deep internal knowing of the power of story to guide our culture forward.

And conversely, a childlike giddiness about what is possible when we marry the tools of technology to up-level humanity and heal ourselves now for future generations. When you know, you have a responsibility to do, and to do better.

**Our vision is simple:
Better media for better lives.**

Impact-first storytelling on a fully accessible channel, tech-tools to track and incentivize healthy habits, and a development fund that feeds back into itself, weaving together to result in more media that creates higher states of well-being, optimal performance, and a positive mindset.



[MEET CHARLENE](#)



[CHARLENE @ YALE
INNOVATION SUMMIT](#)



[CHAR'S CREATIVITY PLAYLIST](#)

Charlene SanJenko

Head of reGEN impact media
Co-Lead of reGEN global studios

THE POWER OF INFLUENCE:

Shaping Our Lives, Workplaces and Culture

by Charlene SanJenko

The power of influence impacts our companies, our communities and our culture.

Influence is the ability to affect the thoughts, behaviors, decisions, and actions of others. It involves persuading, motivating or guiding people to adopt certain views or perform specific actions, often through communication, example or authority. Effective influence can lead to significant changes in individuals and groups, shaping opinions, fostering collaboration and ultimately driving positive societal outcomes.

We live in a time where constant messaging shapes our environment, and how we communicate influences our lives at a micro-level (individually), a meso-level (groups, organizations and communities) and a macro-level (society and culture). Exploring all three levels can encourage deeper reflection and dialogue with those in your sphere of influence.

Micro-level Influence Through Internal and External Communication Patterns

How we communicate with ourselves has a ripple effect on how we communicate with others. Here are just a few ways we communicate with ourselves:

- Self-talk: We know the power of positive self-talk, affirmations and positive mental feedback loops.
 - Immediate Reframes: As individuals who pursue continuous growth and self-betterment, we all face setbacks and perceived failures. The key is having an immediate reframe ready to shift a momentary negative mindset.
 - Grandmotherly Grace: We've all heard the saying that we need to "mother" ourselves, but sometimes we need to "grandmother" ourselves instead.
 - Visualize Success With Clear Intentions: We set goals, but do we spend enough time visualizing what success feels like when we achieve them?
- Fuel: How we nourish ourselves speaks volumes. Are you intentionally fueling your body with proper hydration, nutrients, movement and rest? ***What about the messaging you allow into your sphere through the online media you consume daily?***
- Self-care: How you feel is a direct reflection of your priorities. The way you prioritize your time, energy and attention mirrors how much you value yourself daily, weekly, monthly and yearly.



Meso-level Influence Through Communication

How we communicate within a team or an organization shapes our workplace culture. Let's look at just a few of the ways we communicate with each other:

- **Inclusive Language:** Words matter. One of the most important considerations we can practice in groups or teams is to put ourselves in another's shoes before speaking.
- **Tone and Body Language:** Breathe, stay loose and then communicate. It's said that the most important aspects of communication are transmitted through our body language.
- **Energy, Attitude and Embodiment:** Do you practice smiling before answering a phone call? Do you do a few jumping jacks before virtual meetings to boost your energy?

Next-level communication tactics like these can have a profound influence on your team and within your organization.

Macro-level Influence Through Communication

The power of media and how we communicate as a culture influences our trajectory as a society. Throughout history, the world's most impactful celebrities, peace advocates and leaders in their fields have understood their power to influence through their words, decisions and actions.



Let's look at a few prime examples of macro influences in today's culture:

Taylor Swift: The global pop star is a significant cultural force who continually redefines the boundaries of her influence. Taylor Swift's power to influence culture is immense and multifaceted. Through her music, she shapes trends and conversations, using her platform to address personal and societal issues. Her storytelling ability resonates with millions, creating a deep connection with fans.

Beyoncé: Beyoncé's power to influence culture is unparalleled, blending exceptional talent with a strong, empowering message. Through her music, she celebrates and elevates Black culture, feminism and individuality, resonating with a global audience. Her visual albums and performances set new artistic standards, while her advocacy for social justice and philanthropy inspires change. Beyoncé's ability to seamlessly merge art and activism makes her a transformative and enduring cultural icon.

Simone Biles: As the most decorated gymnast in history, Simone redefines excellence in sports with her unmatched skill and determination. Beyond her athletic achievements, she advocates for mental health, courageously prioritizing her well-being and sparking global conversations. Simone's resilience and advocacy extend her influence beyond gymnastics, empowering others to embrace their strength and prioritize their mental health.

[**Read online**](#)

U.S. Presidential Election 2024:

From the effective use of hashtags to social media interaction, talk show visits and intentional Zoom gatherings for diverse groups, we're seeing the power of media to mobilize votes and influence the political climate leading up to the November election.

Harnessing the Power of Influence

The power of influence affects every aspect of our lives, from personal self-talk to organizational communication and societal trends. By understanding and harnessing our power to influence across micro, meso and macro levels, we can drive positive change in our individual lives, create supportive and inclusive work environments and contribute to a more impactful and cohesive cultural dialogue.

Whether through personal growth strategies, effective team communication or influential public figures, the way we engage with and wield influence shapes the future of our communities and culture. As we move forward, let's be on top of our game with our words, and actions and the media we intentionally digest daily across our screens. The power of influence holds a compounding ripple effect with the ability to create meaningful and positive outcomes in all areas of our lives and sets the tone for future generations.

FEATURED MOBILIZER

YOUR STYLE TELLS YOUR STORY.

**We are thrilled to welcome
Sympli to our #MoreFromMedia
mobilization campaign.**

How fitting (no pun intended) to have a home-grown, Canadian brand join us as an inaugural partner to support an awareness-building campaign targeting professional women, entrepreneurial founders, and conscious leaders who are proactively looking to make better choices in what they consume in a day – not only physically in the foods they eat but also mentally and emotionally in the media they watch, listen to, and experience.

We have been fans of Sympli for over a decade—fans of their fabulous clothing, fans of their conscious production practices, fans of their Founder's Story, and fans of their give-back model and flexible employment opportunities. Yes, it's full-circle fandom!



sympli®

Crafted with confidence,
tailored for you.

Together, we're elevating
a new story.
#MoreFromMedia



Sympi founder,
Jan Stimpson

Sympi launched in 2001 when Canadian founder, Jan Stimpson, set out to create a style to inspire women of all ages and body types to be their most confident selves.

Jan started with that ultimate symbol of go-anywhere freedom: the perfect white t-shirt. Building on her success, Sympli has grown to enjoy a very devoted following, not just for their unexpected design ethos but for their quality fabrics, precise and flattering fits, commitment to comfort, commitment to community-building, and commitment to style.

Women helping women one outfit at a time.

Sympi has a long history of supporting and partnering with organizations that share their vision of designing with purpose and intention to create clothes that make every frame feel fashionable, every shape feel shapely, in dreamy fabrics with precise fits that empower women to feel inspired, find their voice, and elevate the next chapter of their story.

Dress For Success Vancouver is one organization that Sympli is proud to partner with, a community that empowers women into good jobs, financial independence and personal success by providing them with professional attire, career services, and skills development programs.

Sympi donates clothes monthly to support their humble and amazing mission.

[**Read the full article**](#)

THE SYMPLI TEAM LOOKS FORWARD TO MEETING YOU!

If you are not yet a Sympli customer, this is your opportunity to join their devoted base of friends, fans, and Sympli fashionistas.

When you register for the #MoreFromMedia campaign and provide your input to this important awareness-building movement, you'll receive a special thank you from Sympli and a promo code* to save 15% off your first order.

And that's just the beginning of a new, beautiful relationship. You'll learn how to generate rewards when you shop, earning a point for every dollar you spend that can be redeemed in the future.

(*one-time use per customer with a March 1st, 2025 expiry date.)



SHABANA AMZI



Shabana Azmi, a name synonymous with cinematic excellence and social activism, stands as a towering figure in Indian cinema and beyond.

With a career spanning over five decades, Azmi has not only captivated audiences with her powerful performances but has also used her platform to champion social causes and advocate for change.

Her journey from a young actress in the 1970s to becoming one of the most respected voices in the industry is a testament to her talent, dedication, and unwavering commitment to her craft.

Azmi's work extends far beyond the silver screen, as she has been a vocal advocate for women's rights, social justice, and HIV/AIDS awareness. Her ability to seamlessly blend art with activism has earned her numerous accolades and the admiration of millions worldwide.

In this exclusive interview, we delve into the life and legacy of Shabana Azmi, exploring the experiences that have shaped her remarkable career and the passion that continues to drive her forward.

WHY MEDIA MATTERS

»»» 35,000 Decisions per Day

"The time has never been better for innovative partnerships between progressive brands with advertising dollars, investors with vision, and artists with transformative stories about the human spirit."

- Charlene SanJenko.

It is estimated that the average American adult makes 35,000 decisions a day. How many of these decisions are affected by what we SEE across our screens?

reference: National Library of Medicine

SOLUTION:

#MoreFromMedia

41% of viewers are actively seeking media that better aligns with their emotional needs and preferences.

63% of consumers prefer content that is authentic and relatable rather than overly polished.

This growing awareness emphasizes the impact of media on mental and emotional well-being, driving demand for content that resonates personally and positively influences mood and mindset.

([HubSpot Blog](#)) ([Wistia](#)).

What we digest daily matters. reGEN wants to put you in the driver's seat. Join us today. morefrommedia.com

WHY MEDIA MATTERS

»» 35,000 Decisions per Day

Adham video

EYES THAT SPEAK

A Father's Journey of Love and Letting Go

by Vije Bhatia

*I still remember the tiny you
Your little hands holding mine
It makes me proud to see you grow
But in my heart the fact I know
That away you will go very soon
A piece of my heart will always tell you
In soul and spirit – Papa is always right
behind you*

I am an Indian father, so naturally, my roots and ideology will shine through in this piece. One of my objectives in writing this article is to explore the father-daughter relationship on a global level, understanding the cultural differences in various parts of the world while recognizing the universal similarities that bind us all.



Recently, a piece of news shook me to my core—the horrific Kolkata rape case that occurred in India on August 9, 2024. As a father, this inhuman incident has left a deep scar on my soul. How can some human beings behave with such cruelty? This tragedy has intensified my fears and protective instincts as a father of a daughter. It's terrifying to think of the dangers that lurk in this world, and I can't help but feel scared and, at times, helpless in my ability to shield her from such horrors.

The bond between a father and daughter is a relationship woven with threads of unconditional love, silent understanding, and moments of quiet strength. It's a connection that transcends cultures and traditions, yet each culture leaves its own unique mark on how this bond is perceived and cherished.

In India, the saying "Betí paraya dhan hoti hai" (A daughter is another's treasure) captures the bittersweet reality that many fathers grapple with. The knowledge that one day, their daughters will leave them to start a new life elsewhere is an emotionally drenching thought, one that stirs deep within the hearts of those who have daughters. It's a tug-of-war between the joy of seeing them grow and the sorrow of knowing they will, eventually, walk a path that might take them away.

As an Indian father raising a daughter in today's world, these cultural nuances are more than just words—they constantly hammer my mind. When I became a father to my daughter, it was as though all these societal expectations and traditional beliefs collided with my personal hopes and dreams for her. I wanted her to have the freedom to soar, unburdened by the constraints that society often places on women. But I also knew that this wouldn't be easy, not in the culture I was raised in.



This internal conflict reached a peak at a certain point in my life, leading to one of the most significant decisions I've ever made: to leave behind a flourishing career in India and move to Canada. I did this not just for myself but for my daughter, to give her a chance to grow in an environment where she could be whoever she wanted to be, without the shadows of outdated traditions holding her back. It was a decision filled with uncertainty, fear, and a deep sense of responsibility. But it was a choice I made with love, knowing that her future was worth every sacrifice.

[Read the full article](#)

About Vije Bhatia

Vije Bhatia is a versatile Indian film actor, media professional, and celebrated TV show host with a rich background in Bollywood, documentaries, corporate films, and more. Known as the 'King of DD' (DD stands for Doordarshan which is the Indian National TV network) in India, his journey spans across various facets of the entertainment world. With over 100 TV shows and two books to his name, Vije is also an advocate for mindfulness and self-improvement.

In August 2024, Vije embarked on a new chapter by joining reGEN impact media in Calgary, Canada. He expresses deep gratitude for the opportunity given by Charlene SanJenko, the visionary Founder of reGEN. This partnership is more than a professional step – it's a creative sanctuary where Vije feels empowered to explore, innovate, and leave a lasting impact. With the freedom to bring his vision to life, he is excited about the journey ahead and envisions a lifelong, fulfilling association that will continue to inspire and resonate with audiences far and wide.



[MEET VIJE](#)



[VIJE ON IMDB](#)

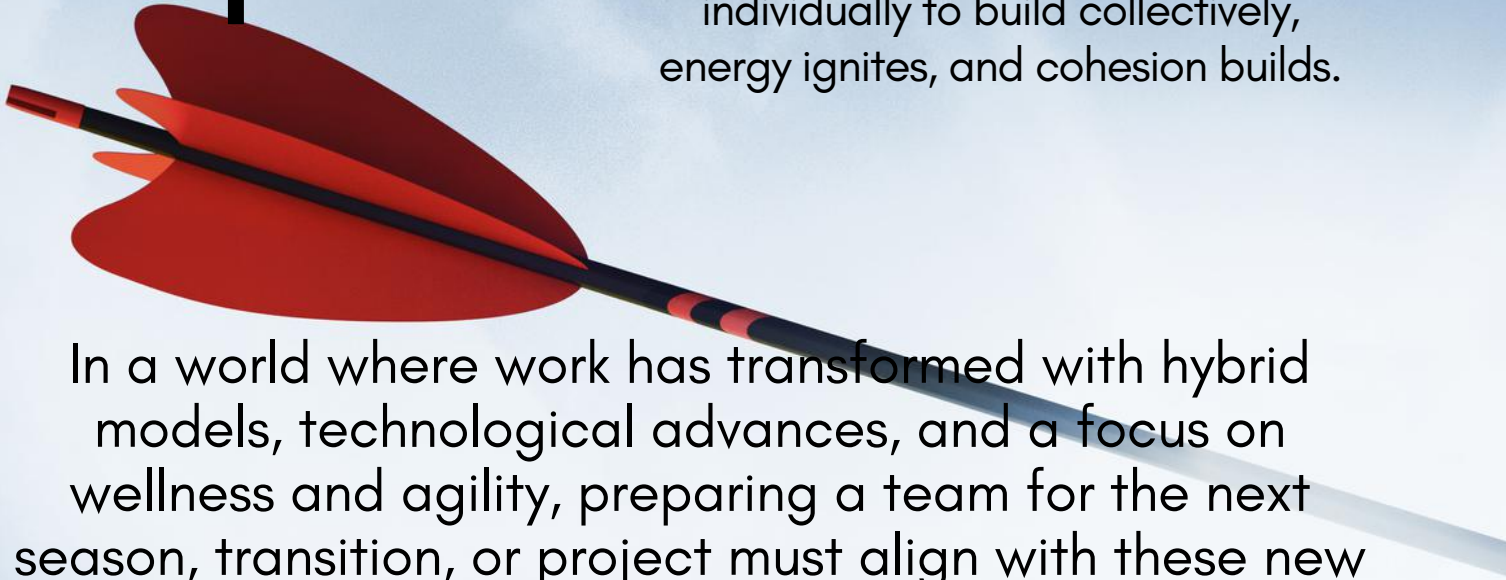


[VIJE'S MESSAGE TO FATHERS](#)

IMPACT VISIONING AND TEAM COHESION

Bull's Eye Impact

When a team envisions the impact they're striving for and recognizes their role in achieving it starts individually to build collectively, energy ignites, and cohesion builds.



In a world where work has transformed with hybrid models, technological advances, and a focus on wellness and agility, preparing a team for the next season, transition, or project must align with these new realities. reGEN's proprietary framework is here to help. Better leadership for better decisions.

Impact Visioning Circles are facilitated sessions (circles) that build intentionality, clarity, cohesion, and energy. They are a perfect precursor for strategic planning, heading into a new project, initiative, or goal, launching into a new season, sales cycles, fundraiser, or year.

- ✓ IMPACT VISION ignite the full transformative potential available by articulating it.
- ✓ IDENTITY find greater clarity with space to express it to unlock dormant potential.
- ✓ IMAGINATION open up to possibilities to infuse new energy and excitement.
- ✓ INTERCONNECTEDNESS explore collective power to experience more magic.
- ✓ INTEGRATION harness bull's eye focus and build cohesion with proven best practices.
- ✓ IMPLEMENTATION embody new habits and invite intentional micro changes immediately.



AS LEADERS, OUR #1 JOB IN THIS GENERATION IS TO HEAL.

"We can heal ourselves and our families in three generations if we keep it a sacred priority." ~ Wenecwtsin, Wayne Christian.

Indigenous adult-adoptee, Charlene SanJenko, returns to her rural home community after building an unlikely friendship with a seven-term Chief, brought together by Spirit to explore a forty-year journey of hope, healing, leadership, and forgiveness, coming home to our whole selves for the children now and seven generations into the future.



Subscribe
Today !

Subscribe to the reGEN StoryCenter channel
to watch the full film.



COMING HOME TRAILER VIDEO

FEATURED PARTNER

BRINGING INDIGENOUS INNOVATION TO SCALE



Celebrating the Collective Impact of Indigenous Innovation

Born out of a need in the marketplace for investing in Indigenous innovation, the initial Indigenous Innovation Council created I3 to help address this need. Part of I3's strength is a talented group of Indigenous leaders from across Canada who guide the I3 team and their work. We are pleased to announce Round 2 Seed Innovators.



FEATURED PARTNER

As an Indigenous innovation platform, I3 provides culturally safe seed funding. This support allows Indigenous innovators to test bold ideas that address complex, social problems and bring them to scale.

Their work is rooted in the values of inclusion, self-determination, sustainability, and creativity. This approach enables First Nation, Inuit, and Métis innovators and communities to identify and solve their own challenges, transform lives, and drive inclusive growth and wellbeing for the whole of society.

Hosted at Grand Challenges Canada (GCC), I3 supports innovative and scalable Indigenous-led ideas for impact, investing in communities to solve complex health, social and economic challenges. Created and led by Indigenous leaders, I3 is built on a foundation of Indigenous ways of knowing and being and is rooted in Indigenous values.

I3 is motivated to provide the right kind of funding and support to test and scale truly bold and transformative ideas. Successful applicants ready to test for a proof of concept (Seed) or to plan or implement a transition to scale strategy (TTS) receive grants to develop and test their innovative idea, project, or enterprise.

slider here



FEATURED PARTNER

The most recent funding round (Round 2) draws on lessons from Round 1, to support bold and transformative projects that are led by First Nations, Métis or Inuit female, Two Spirit, queer, trans, non-binary, or gender-diverse persons in Canada in one (1) of our four (4) investment priority areas:

1. **LAND STORY** (environmental sustainability): solutions that directly address or mitigate climate change.
2. **FOOD SOVEREIGNTY** (agriculture): solutions that help address food security, including supply chains, food production and food access
3. **TECH** (digital access and data sovereignty): tech innovations that increase digital access or data sovereignty for Indigenous communities
4. **WELLNESS**: solutions that address the mental health and well-being of people using an Indigenous approach.

I3 particularly invites projects that focus on youth mental health. All projects are Indigenous-led and grounded in Indigenous ways of knowing and being, and also seek to advance gender equality by creating safe spaces, removing barriers, or uplifting gender equality throughout the innovation.

HOW BEST TO SUPPORT I3:

FOLLOW THEM:



- Introduce I3 to partners and funders who may share their vision
- Support the work of the very cool innovators I3 works with showcased in the Innovator announcement images on the preceding page.
- Meet our original Round 1 innovators [here](#).

**l'Initiative
d'innovation
autochtone**



**Indigenous
Innovation
Initiative**

[Read the full article](#)

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ARTICULATE YOUR IMPACT TO LEVEL-UP YOUR LEADERSHIP

SPEAK^{2.0}
POSSIBILITY INTO REALITY

A conversation about intention and attention

with Charlene SanJenko and Shauna Moran

CSJ I think we've all heard that quote, "Watch your thoughts, they become words; watch your words, they become actions; watch your actions, they become habits; watch your habits, they become character; watch your character, for it becomes your destiny." but I'm curious how many of us have consciously, intentionally taken it to heart.

We're living in a very interesting time. The world is moving at a very fast pace. Energy is swirling, and staying grounded and focused takes practice.

We can choose to FILL our lives more intentionally by the quality of what we prioritize in a day. And we can choose to LEAD our lives more intentionally by the quality of our expression - the words we speak and the energy we carry.

SM Having supported over 200 women in sharing their messages on stage, what do you consider the biggest opportunity or invitation for women currently—and how do we move beyond what we've experienced in the past in the form of 'presentations' and 'pitches' to walk a growth edge of next-level soul-aligned expression in the world?

Charlene SanJenko



CSJ Maybe I'll start with what I mean by 'soul-aligned expression'. I believe that each of us is here in this lifetime for a very specific experience. I call it your soul-stamp, and how you express yourself feeds into that. It's more than your purpose - it's your calling; the fire in your belly that fuels you. The closer and closer we get to align with our soul stamp; the happier and more fulfilled we become.

SM So if you're not clear on what your purpose actually is, your purpose is to create space and get quiet and be patient. I think it doesn't have to be the big granddaddy vision or act of service. It's the way you show up and you speak to your barista in the morning. It's those moments that have such a big impact, and we often don't actually know the impact that we're having.



Shauna Moran
Guest Host, Author,
Speaker, Women's
Leadership Impact
Amplification Coach

SM Can you tell us about your vision as it relates to SPEAK 2.0 in conjunction with a PowHERtalks Global Series? What do you see as possible? And what types of partnerships are you seeking at this time?

CSJ The possibility that I see is to create a vehicle of empowerment, learning, on-stage experience, and media amplification that is truly transformative. Not just one piece, but a fly-wheel that encourage women to find clarity around their soul-stamp, experience the magic of interconnected genius, and build empowering relationships that increase our understanding, compassion, and impact across the globe. We're currently exploring early interest from a number of countries - India, Dubai, Ireland, Scotland, Singapore, and more.

There are three types of partnerships that we're looking for are:

- **Academic & Association Intermediary Partners;**
- **On-the-ground In-Community Connectors / International Catalysts;**
- **Program Partners, Funders, and Brand Sponsors.**

The SPEAK 2.0 Global Program is now open for registration by participants; and we'll be looking for train-the-trainer collaborators and program champions in 2025 who are interested to implement our work in alignment with your own work in the world!

AUDIO PLAYER here



HOUSE for HER

YOUR PROSPERITY BRAID

by Charlene SanJenko

A teaching about waterfalls

Let's begin with a nature analogy about a waterfall and what we are invited to learn from it and with it in relation to our own prosperity.

How do waterfalls not run out of water?

Waterfalls are some of the most mesmerizing sights in nature, but they're also some of the most misunderstood. For example, many people believe that waterfalls are powered by underground springs. However, most waterfalls are actually fed by rivers and streams. Water is constantly recycled, restored, and regenerated. The water cycle is a process of how water is constantly recycled.

Every day, water evaporates from the surface of the earth. It rises into the atmosphere, and it falls back down to the surface. As precipitation, it pulls in, rises up, flows back down. Some precipitation seeps into the ground, where it becomes groundwater. The rest runs off the surface of the earth into lakes, rivers, and oceans. The water from these bodies of water then evaporates, and the cycle starts all over again. So, how do waterfalls not run out of water? The answer lies in the water cycle.

This is really important, and I want to repeat it: The answer lies in the water cycle, a complete round or series of occurrences. The flow of this cycle creates the abundant and prosperous flow of the waterfall. Water is constantly recycled, restored, and regenerated.

Let's talk about the role of gravity in all of this. The role of gravity is simple. It's a force that pulls things towards the center of the earth. But how does it affect waterfalls? Well, waterfalls occur where there is a decrease in elevation. This can be due to a variety of reasons, such as erosion or changes in landscape. When the water reaches an area of lower elevation, it has potential energy.

This potential energy is converted to kinetic energy. At the waterfalls, the kinetic energy causes the water to flow faster and creates the beautiful cascades that we all know and love. I'm going to rephrase this slightly: When water reaches an area of readiness, as it feels easy and obvious, potential energy converts to actual physical or kinetic energy. Kinetic energy is movement. It's flow. And as long as there is a source of fresh water upstream, gravity naturally pulls it down through the waterfall to the pool below, replenishing the source.

Finally, let's talk about the role of friction. In a waterfall, friction is actually the force that opposes the relative motion - the kinetic motion - it opposes it. In other words, it's a force that purposely slows things down. And when it comes to waterfalls, friction plays a big role in how fast or how slow the water flows.

What if we considered friction to be guideposts or channels for focused flow?

Friction can help build up force in certain areas at certain times, and then release more power as and when needed. Friction builds up inertia, energy, abundant potential power that is realized as you release the flow.

[Read the full article](#)

Powhercircle video here

CIRCLING BACK TO SPRING HIGHER

Let's talk about collective next steps for 2025,
because #MoreFromMedia is possible.

5 UPCOMING OPPORTUNITIES:

»» **SPEAK! 2.0 is ready for you!** This popular program is dedicated to helping you Find Your Voice and Take Your Lead. Join today - DIY option starting at \$119 USD!

»» **PowHERtalks** put over 200 women on stage between 2015-2018. We're exploring PowHERtalks 2.0 Global for 2025, with great alumni opportunities!

»» **Freelance contributors in regenerative storytelling,** good news journalism, video editing, and social impact & innovation, we're currently accepting EOIs.

»» **PowHER TV Season 2** enters development this Fall. Our pilot season aired in 2016, and we look forward to what the future holds for Season 2.

»» **reGEN's Story Hub version 1.0** will launch in 2025. You'll have an opportunity to provide input.



#MOREFROMMEDIA

CALLING PROGRESSIVE AGENCY AND BRAND ADVERTISERS.
CALLING IMPACT INVESTORS AND INTENTIONAL EMPLOYERS.

Our industry is ripe for change. Now is the time.

At reGEN impact media, we believe that visionary media can unlock the full potential of our human experience. We call this *regenerative media*.

Our #MoreFromMedia campaign sparks conversations, raises awareness, and builds partnerships to enhance well-being, boost performance, and promote a positive mindset made possible with more intentional screen time and better media choices.

"The world is undergoing a rapid change. This means that **the media through which the changes in human habits are promoted** must be adapted to the changes. The media here described are the ones which, more than any others, **determine the trend of civilization.**"

Napoleon Hill, 1937
Think and Grow Rich

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The Story of Us

The Story of Us is a new media arts magazine chronicling the unfolding journey of reGEN global studios and the emerging sector creating positive ripples of transformation and narrative shifts for our future.



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*We are deeply grateful to live and work on the traditional, ancestral,
and unceded territory of the Sk̓w̓x̓wú7mesh Nation and
Shoshone-Bannock lands*

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