JUSTINE CAMPBELL.

Real Women Real Conversations - Hong Kong

Identity Under Pressure

Navigating Change Without Losing Yourself

Saturday 14 November, 2026 - 6pm to 9pm

Ming Court. 2/F, Great Eagle Centre, 23 Harbour Rd, Wan Chai, Hong Kong Island

You can tell what kind of day your child has had from the way they put their bag down. You often sense that your partner needs space before a word is said, and the evening has usually been adjusted around it before anyone else notices. In most households there is one person who reads the temperature of the room and quietly keeps it steady. **Very often, that person is you... *the woman of the house.***

It is a real skill, and it is also tiring in a way that is hard to explain. Somewhere between the school run, the work deadlines, the helper's day off and the family group chat, nobody checks your temperature. You keep everyone else regulated while your own sense of who you are, and what you want, slips further down the list.

Most women don't see it happening. They just notice that a holiday doesn't restore them the way it used to, or that something small sets them off and they can't quite say why.

Hong Kong can turn the dial up. Many of us have already uprooted our families at least once. Our children are growing up into a world none of us can predict, and the question of where home will be in five years is rarely far away. When the future feels this open, the instinct is to hold everything tighter. Yet what children need most is a parent who doesn't know what comes next and still feels steady in herself. They borrow that steadiness from us long before they have their own. It can't be performed, and it starts with knowing who you are now rather than who you were when the current plan was made.

Over dinner, Justine will talk about what happens to your identity when you spend years holding everyone else together. Including how to update the standards, boundaries and private rules you've been living by so they fit the woman you are today. You'll go home with a practical way to recalibrate whenever the ground moves again.

This is an evening of real conversation with a small group of women committed to being the best version of themselves and who love their children wholeheartedly.

Please join us at the table. Seats are limited to 12 pax.

Cost is HK$1500 per seat. Payment via FPS (ID: jc@justinecampbell.com.au). RSVP by 10 November.

Please email Justine to confirm payment and provide any dietary requirements. E: jc@justinecampbell.com.au

Presented by Justine Campbell

Justine Campbell is a Clinical Counsellor (PACFA Level 4) and Identity Architect with postgraduate training in systemic therapy and positive psychology. She has raised three children across multiple countries and has worked with families in Hong Kong for almost two decades. Her work focuses on the point where a life that works stops fitting the person living it. **www.justinecampbell.com.au**

