



Leadership Wellness

COURSE SPECIFICATIONS

Length & Type:	6 hours – In-Person or Virtual
Audience:	All levels
Participants:	Up to 18

DESCRIPTION

There is a link between individual engagement and well-being ... and leaders are an essential part of the connection between the two. Shifting your leadership to instill a culture of well-being during times of continuous change is imperative to providing a Work/Life balance for all and building a culture that promotes mental health. This is not just self-care but continued care for all. If your organization has undergone shifts, your personal lives have sustained a level of uncertainty and stress, and your leadership has changed - then this program will support the realignment and engagement for you and the team.

CONTENT

Module 1: Cultivating Wellness

- Identify organizational health risk factors
- Define key components of wellness and wellbeing
- Discuss leadership roles and functions in wellness culture creation

Module 2: Leadership Resilience

- Increase self-awareness through guided reflection and self-assessment
- Exercise interpersonal effectiveness through applying best practices

Explore workplace wellness strategies, initiatives and resources

LEARNING OBJECTIVES

After completing this course, participants will be able to:

- ✔ Understand the five essential elements of well-being
- ✔ Discover your current level and team level of well-being
- ✔ Develop a strategic plan to enhance wellness within your organization
- ✔ Cultivate resilience in the workplace
- ✔ Foster a well-being culture

Module 3: Mindful Leadership

- Assess strengths, weaknesses and opportunities
- Practice "presence" and how to focus attention effectively
- Explore tactics for coaching others on how to be more focused/present

Module 4: Leading by Example

- Develop an effective pattern of leadership communication
- Create a plan to exercise Emotional Intelligence and Self-care
- Develop a leadership wellness accountability plan