



Wellness-inspired Leadership!

**Enhance the leadership capabilities of your employees
infused by wellness!**

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Effective Leadership with a Wellness mindset!

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Amplify the Effective Leadership capabilities of your people, driven by a wellbeing mindset. Our simplified approach is designed to transform mindsets and build new sets of behaviours.

Session Description:

In today's disruptive world, effective leadership extends beyond traditional skills and behaviors.

This course is a deep dive into the key pillars of leadership and wellbeing, focusing on self-awareness, self-regulation, social awareness, and relationship management.

Session Main Pillars:

- Develop self-awareness of one's own thinking preferences and how this might differ or match with others.
- Valuing Diversity among peers and other individuals in the organisation
- Manage stress in self and others, define your stress triggers and stress relievers:
 - Self-soothing vs. self-care
 - How to practice mindfulness and self-reflection
- Maintain a positive leadership style while leading people, by understanding different leadership styles and how to use each effectively and efficiently.

For Whom:

- Professionals
- Managers and Directors
- General Managers
- Senior Leadership