

## LEAD First: A Wellness Approach for Exceptional Leadership

### Objective

The Lead First program is designed to engage and inspire managers to elevate their performance, well-being, and leadership ability.

The program is the product of extensive research and expertise from within the healthcare and wellness industries, combined with the experience and insights of leadership experts.

By meeting our objective, managers can build positive and high-performing work cultures for their team and deliver on organizational goals and results without sacrificing their health and well-being.



### Outcomes

This interactive virtual learning experience, led by a LEAD First certified coach, is designed to be engaging, practical, and motivating. By the end of the course, managers will improve their overall health and well-being, learn to be resilient and adaptive under challenging situations, and help their team on their wellness journey.

Outcomes of the program include:

- Managers develop a clearly defined purpose statement and set of personal values. They can also work on incorporating the company values into their approach to leadership and life.
- Managers will understand the core mindsets of being adaptive and building resilience. Participants will learn how to turn on a positive mindset in critical moments.
- Managers will learn the critical habits, ideas, and routines that support increased energy and improved daily well-being.
- Managers will understand how to build and nourish a robust professional support system. They will learn how to communicate effectively and receive feedback openly.
- Managers will learn to be more intentional with their time by establishing habits that ensure focus on priorities and high-performance activities (HPAs). They will also learn to maximize their time and energy each day for the greatest impact personally and professionally.
- Managers will know that it is okay not to be okay and ask for help before it is needed.

## The Learning Experience

The LEAD First program will involve six live, 120-minute virtual learning experiences. The following modules cover the important topics and ideas surrounding elevating one's health, resilience, and performance.

- 1. An Introduction to LEAD and the Fundamentals of Great Health and Well-Being:** The introduction to LEAD guides participants in understanding what health and well-being mean in their journey to wellness. They will learn about energy and how it changes, as well as the impact of too much stress and how it builds throughout their day. Through this session, they will learn LEAD, the model for pushing pause and managing yourself.
- 2. Knowing & Using your “Why,” “What,” and “How”:** Participants will discover their purpose and state their “why” for being a manager. They will understand “what” needs to be done to fulfill their purpose and manifest their why with a plan. During this session, they will define their personal values and add their company values to create a guide for “how” they will lead within the organization.
- 3. Own an Adaptive Mindset and Take on Any Challenge with Confidence:** Participants will understand why being adaptive is a competitive edge and how to overcome negative thinking quickly. They will be encouraged to consider why being curious and always learning is a necessary state of mind. During this session, they will transform how they relate to stress and how to use it to their advantage.
- 4. Elevate your Physical Health & Well-Being:** Participants will learn how to be more active throughout the workday and the benefits it creates. They will also understand how to properly nourish their bodies for more energy and fewer spikes. In this session, they will learn to develop daily habits to ensure restful sleep.
- 5. Build a Strong Support System:** Participants will understand how to build a strong professional network. They will learn the four C's for building trust in a relationship. They will also learn to take into consideration how to effectively communicate and listen for support and to be a support. They will also learn how to receive feedback comfortably and that it is okay to ask for help.
- 6. Be Intentional with Your Time:** In this last session, participants will learn about the four B's of intentional scheduling: Boundaries, Blocks, Breaks, and Business Administration. They will also understand their high-priority activities for both their professional and personal lives and how to build a weekly schedule.

### **One-on-One Coaching**

Participants will have access to their LEAD First coach throughout the program for questions and advice. The program also includes a 60-minute one-on-one conversation about the ideas and habits discussed, scheduled 30 days after the conclusion of module six.

### **Monthly Thought Leadership Newsletter**

Participants will receive monthly newsletters with relevant media, thoughts, and reminders on health and well-being and how to build LEAD First habits.

### **Manager Recap Notes**

Direct managers of all participants will receive a guide incorporating relevant notes for each module. This guide will outline the key ideas covered in each module to encourage content-specific discussions, support participants' learning, and improve their well-being and ability to perform.

### **Retail Investment**

**\$950.00/person (minimum of 12 participants/maximum of 20 participants)**