

Welcome to the

# LeadWell

Programme

-  Positive Communication
-  Leader Identity
-  Efficacy
-  Awareness
-  Developing resilience
-  Wellbeing

The LeadWell programme is designed to enhance leadership effectiveness by focusing on the intersection of leadership and wellbeing.

The programme is built on the understanding that leaders who are equipped with positive communication skills, self-awareness, confidence, and resilience are not only more effective in their roles but also experience better overall personal and professional wellbeing.

Through a series of workshops, exercises, and reflective practices, +LeadWell aims to help you develop these essential qualities, enabling you to lead with confidence and clarity.

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## Programme Content

### Assessment Phase:

Following the first workshop participants complete strengths profiling and 360 degree feedback to identify their strengths and areas for development.

### Workshops:

Participants attend six in-person workshops, each focusing on a different aspect of leadership.

Each workshop involves theory, practical activities, and group discussions to reinforce learning.

### Coaching Sessions:

After each workshop, participants engage in online one-on-one coaching sessions to deepen their understanding and apply concepts to their leadership roles.

### Reflection:

Between workshops 2 and 3, participants receive daily prompts to encourage continuous reflection and personal growth.

### Community:

Participants are able to access a dedicated online community page to allow discussion, collaboration and networking throughout the programme.

### Outcome

- **Personalised Development:** The combination of assessments, workshops, coaching, and daily reflection ensures that each participant receives a tailored experience.
- **Integrated Learning:** The programme's structure promotes the integration of new knowledge and skills into everyday leadership practice.
- **Sustained Growth:** Continuous engagement through coaching and daily reflection supports long-term development and well-being.