



Leaders – Boundaries, Control, and Self-Care

Overview

This course is designed to address the unique challenges faced by leaders in today's high-pressure work environments. It focuses on the importance of self-care, setting boundaries, and maintaining control amidst the challenges of modern leadership roles, psychological hazards, and workforce diversity.



How This Course Will Benefit You

By participating in this course, leaders will learn to navigate the dual responsibilities of managing their teams and taking care of their own mental and emotional well-being. Understanding the impact of leadership roles on personal health, you'll gain insights into creating a balanced approach to work-life challenges. The course offers practical tools and personalized plans to enhance leadership skills while promoting self-care practices. Ultimately, this will not only improve your effectiveness as a leader but also contribute to a healthier, more productive work environment for everyone involved.

Course Objectives

Empower leaders with strategies for personal well-being and effective team management.

- Assess and improve leaders' psychological health and work stress conditions.
- Tailor a personal care and development plan for cognitive and leadership competencies.
- Implement coaching, counseling, and specific developmental exercises for addressing psychological, cognitive, and leadership challenges.

Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals