



The Well Leader Coaching Program

A 12-week program to rebalance and prioritise wellbeing in both work and personal life.

WHY WELL LEADER?

Wellbeing has never been a higher priority.

Through this program leaders will gain insights into their wellbeing, develop personalised strategies for improvement, and receive support to thrive at work and at home.

It empowers leaders to lead effectively and sustainably, by role modelling positive wellbeing behaviours.

Investing time into The Well Leader program and cascading the learning down to teams, will help build a more empathic, purposeful, resilient and healthy workplace culture.

PROGRAM OVERVIEW:

- **Part 1:** GLWS Leader Wellbeing Survey
- **Part 2:** De-brief of Wellbeing Report
- **Part 3:** Personalised Wellbeing Plan

Plus

- Ongoing Resources & Tools
- Accountability Coaching Check Ins

It's possible to be an effective and success-driven leader, who prioritises wellbeing, and is able to role model what work/life balance really means to the wider team.

FIND OUT MORE
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