

WELLNESS LEADERSHIP Program

Improving Wellbeing through
Leadership

**COURSE
START
DATE :**

Option-1
SEP
13

Option-2
OCT
25



About the Program

- Wellness Leadership fuses evidence-based best practices in leadership, communication, and wellness at work, to prevent burnout and increase engagement for high-performance leaders and teams.
- Through group workshops and individual coaching with work psychology experts, you'll gain insight into your wellness and leadership styles and work to boost their match to situations.
- Program pre survey happens Sept 8th; with two options for active course completion.

Sample Module Topics

- Matrix Model: Core Values
- Work Stressors & Recovery
- Work Relationships & Empathy Styles
- Conflict Handling Styles

Course Instructors

Dr. Debra Gilin

Organizational Psychologist
Professor, Saint Mary's



Dr. Dayna Lee-Baggley

Clinical Psychologist
Adjunct Faculty, Saint Mary's



Required Time & Activities

- Completing a Comprehensive Survey
3 Times over the study; 20min/per
- 6-Week Course Participation
6 leadership topics; 75min/per
- 6 Weekly Private Coaching sessions
Coached by registered psychologist; 20min/per
- Wearing Fitbit For Entire Study (15-Weeks)
Fitbit will be provided as a gift but also as a tool for collecting your health data during the study.