

OBJECTIVES

Upon completion of this course, participants will be able to:

- 1) Explore ways to bring your body, mind, and spirit back into a state of balance to support your own well-being as a leader
- 2) Reflect on your values and experiences to understand how your state of balance impacts your team
- 3) Learn the difference between transactional and transformative relationships as a leader
- 4) Identify ways to assess your team and promote a culture of well-being