



Organizations and their leaders operate in increasingly dynamic and complex environments, and the pace of change continues to rise. To face this ever-evolving landscape, leaders must be prepared not only to perform themselves but to create an organizational culture of sustainable effectiveness. In short, leaders must thrive.

## CREATE SUSTAINABLE EFFECTIVENESS:

- Help leaders become aware of their mindset, practices, and contextual factors that could amplify their ability to thrive and fulfill their creative leadership potential.
- Create the time and mental space to nurture the strategic and reflective
- focus needed for leaders to deal with the constantly changing demands of their work environment.
- Lead by example, encouraging others to find and employ the methods of work that allow them to be fully and most effectively themselves.
- Make a conscious shift as a leadership team from endurance practices to resilience practices.
- Reduce absenteeism, increase employee commitment, and retain your best people.

***“Self-care is not selfish.  
You cannot serve from  
an empty vessel.”***

*Eleanor Brown*

# THE THRIVE JOURNEY

Every journey starts with our Leadership Circle Profile™ and an exploration of the leader's underlying identity story. Together with one of our world-renowned coaches, leaders will explore the path toward realizing their unique creative potential.



## Six Dimensions of Well-Being

In addition to the Leadership Circle Profile™, we use Be Well Lead Well Pulse® to gain insight into six psychometrically validated dimensions of thriving. If realizing creative potential is like climbing a mountain, these six dimensions serve as a base camp. We can only elevate ourselves and weather the unavoidable storms if our base is solid and secure. The six dimensions of thriving are a pathway into Creative leadership.

### THRIVING

Evaluate your overall well-being today and in the future, as well as your ability to restore your well-being when you face difficulties or get off track.

### FUEL

Proactively use your diet, physical movement, breath, and rest as tools for a sustained, balanced source of physical, emotional, and mental energy.

### FLOW

Be in the zone—those times when you bring mindfulness and your full presence to the activities of life and work. You are intrinsically rewarded with energy, enjoyment, and a richer sense of how life unfolds with effortlessness and ease.

### WONDER

Evolve worldviews through engaging in new experiences and challenges, embracing differences, and perceiving the beauty around you.

### WISDOM

Tap into your inner greatness—the worthwhile purpose, higher vision, and innate genius you can use to guide yourself and others toward inspired impact.

### THRIVING AMPLIFIED

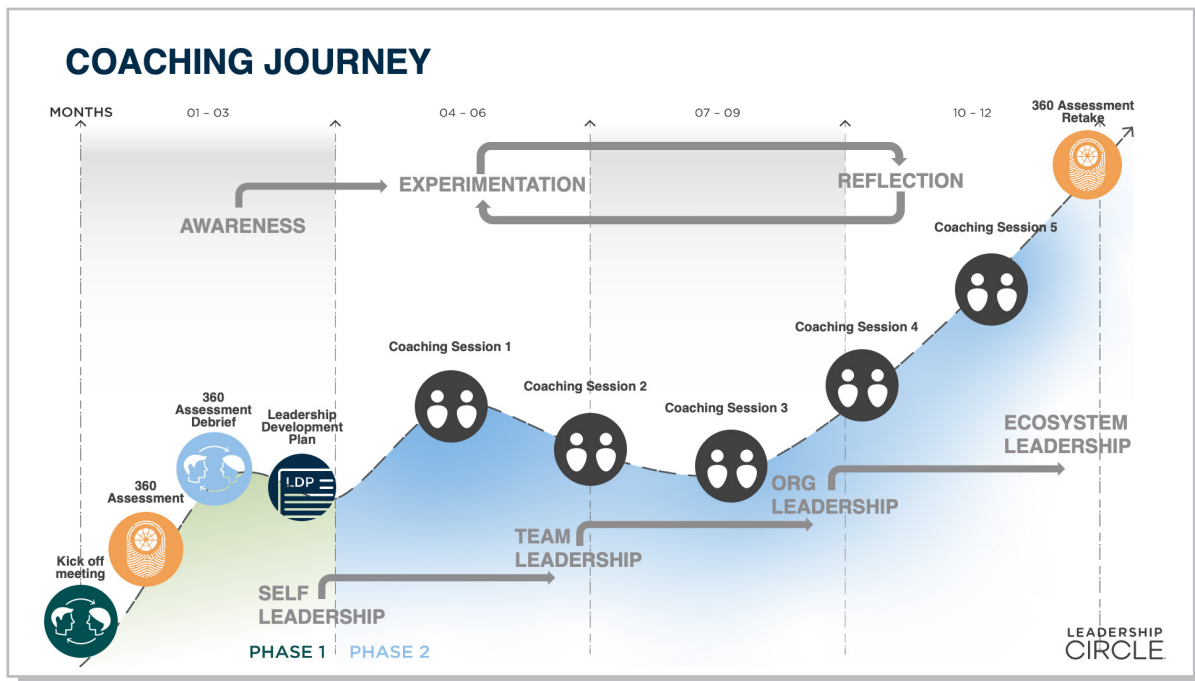
Bring forth more of your leadership potential to energize people, maximize their growth and capabilities, and cultivate a work environment of care.

Our coaches help leaders to explore how their unique Creative Competencies and Reactive Tendencies interact with the Six Dimensions of Thriving and how that either constrains or enlivens their ability to thrive.

After identifying “high-leverage” areas to target, our coaches help leaders take action, evolve their mindset and practices, and develop a common framework and language to nurture a culture of thriving as the foundation for conscious and effective leadership in their organization.

***“Take rest; a field that has rested gives a bountiful crop.”***

*Ovid*



**STEP 1:** KICKOFF MEETING

**STEP 2:** LCP DEBRIEF

**STEP 3:** LDP MEETING

**STEP 4:** BE WELL LEAD WELL PULSE®

**STEP 5:** COACHING SESSIONS

**STEP 6:** BE WELL LEAD WELL PULSE®



*“Your greatest danger is letting the urgent things crowd out the important.”*

*Charles E. Hummel*