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Private & Confidential
Use for your personal development

ABOUT THIS TOOL

Be Well Lead Well Pulse® brings together key factors that facilitate personal wellbeing and leadership transformation—life vision and purpose, mindfulness and flow, stress coping, emotional capacity, energy management, resilience, and wisdom. It works by asking questions in six interrelated areas:



Your personal assessment findings, along with a structured debrief with a Be Well Lead Well Pulse®-Certified Guide, will help you explore ways to empower your capacity to thrive—by choice, not just by chance—as a leader and whole human being.

WHAT'S HAPPENING IN YOUR LIFE & WORK TODAY?

Your personal results in the six dimensions of Be Well Lead Well Pulse® are influenced by this period of time. Here is what you reported about your organization and the stress in your life and work as compared to other leaders.

YOUR ORGANIZATION

This includes how you rated different qualities of your organization and you within it.



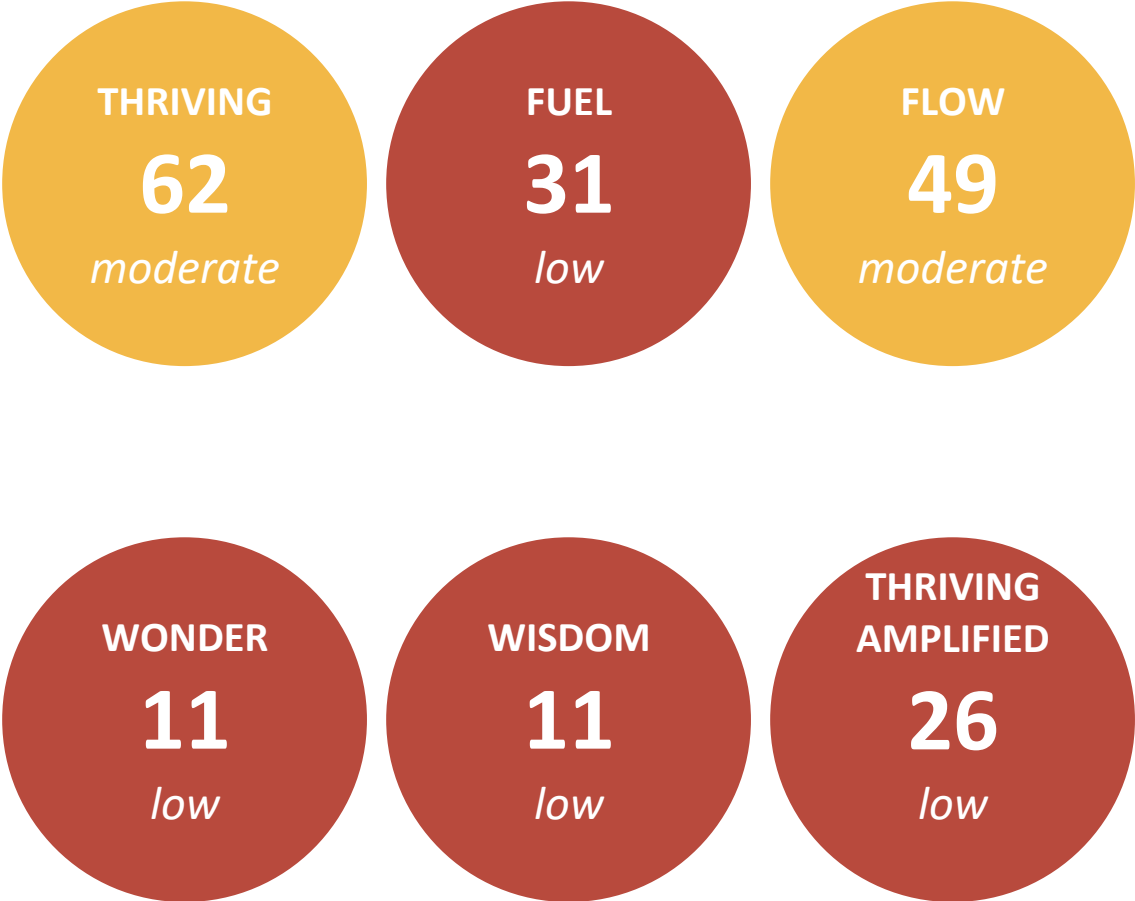
STRESS IN YOUR LIFE & WORK

This includes the degree to which the following aspects of your life cause you to feel stressed.



AN OVERVIEW OF THE SIX DIMENSIONS

Based on your survey responses, here is an overview of your percentile scores in the six Be Well Lead Well Pulse® dimensions as compared to other leaders.



DETAILS IN THE SIX DIMENSIONS

As compared to other leaders, here are your overall percentile scores for each of the six dimensions in Be Well Lead Well Pulse®, along with your percentile scores in the subcategories of each dimension.

DIMENSION: THRIVING

| | | | |
|-----------------|------------------|----|-----------------|
| Thriving | | 62 | Moderate |
| Subcategory | Today & Tomorrow | 56 | Moderate |
| Subcategory | Flourishing | 51 | Moderate |
| Subcategory | Resilience | 65 | Moderate |

DESCRIPTIONS

- Thriving** Thriving addresses your overall evaluation of wellbeing in your life right now and in the future, as well as your ability to restore your wellbeing when you face difficulties. This dimension includes three subcategories: Today & Tomorrow, Flourishing, and Resilience.
- Today & Tomorrow** Today & Tomorrow measures the extent to which you perceive yourself as thriving today, as well as your optimism about thriving in the next five years.
- Flourishing** Flourishing measures the extent to which you perceive meaning and purpose in your life, as well as your interest, engagement, and competence in your daily activities. It also addresses the extent to which you perceive that your social relationships are supportive and rewarding, you are respected by others, and you contribute to others' happiness.
- Resilience** Resilience assesses your ability to bounce back or recover from the daily stresses and difficulties which are an inherent part of life and work.

DIMENSION: FUEL

| | | | |
|-------------|-------------------|----|-----------------|
| Fuel | | 31 | Low |
| Subcategory | Eating as Fuel | 42 | Moderate |
| Subcategory | Moving as Fuel | 52 | Moderate |
| Subcategory | Resting as Fuel | 20 | Low |
| Subcategory | Breathing as Fuel | 27 | Low |

DESCRIPTIONS

- Fuel** Fuel is about using diet, movement, breath, and rest as tools for a sustained, balanced source of physical, emotional, and mental energy. The Fuel dimension includes four subcategories: Eating as Fuel, Moving as Fuel, Resting as Fuel, and Breathing as Fuel.
- Eating as Fuel** Eating as Fuel addresses the extent to which you use your eating habits to positively manage stress, manage your energy, and perform at your best.
- Moving as Fuel** Moving as Fuel addresses the extent to which you use physical activity to positively manage stress, manage your energy, and perform at your best.
- Resting as Fuel** Resting as Fuel addresses the extent to which you use sleep and rest to positively manage stress, manage your energy, and perform at your best.
- Breathing as Fuel** Breathing as Fuel addresses the extent to which you use your breath to positively manage stress, manage your energy, and perform at your best.

DIMENSION: FLOW

| | | | |
|-------------|---------------------|----|-----------------|
| Flow | | 49 | Moderate |
| Subcategory | Engagement at Work | 29 | Low |
| Subcategory | Self-Esteem at Work | 47 | Moderate |
| Subcategory | Mindfulness | 71 | Moderate |

DESCRIPTIONS

- Flow** Flow means being in the zone—those times when you bring mindfulness and 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. The Flow dimension includes three subcategories: Engagement at Work, Self-Esteem at Work, and Mindfulness.
- Engagement at Work** Engagement at Work measures the extent to which you get immersed in your work, you feel happy and inspired by your work, and you experience inherent satisfaction and pleasure in work itself.
- Self-Esteem at Work** Self-Esteem at Work measures the extent to which you perceive yourself as important, meaningful, worthwhile, effective, and valuable to your organization—an internal sense that you make a difference at work.
- Mindfulness** Mindfulness measures the extent to which you pay attention to the present moment, refrain from evaluating your inner experiences as good or bad, and act with awareness, rather than behave mechanically or absent-mindedly.

DIMENSION: WONDER

| | | | |
|---------------|--------------------------|----|------------|
| Wonder | | 11 | Low |
| Subcategory | Appreciation & Awe | 17 | Low |
| Subcategory | Seeking New Perspectives | 18 | Low |
| Subcategory | Learning & Growing | 9 | Low |

DESCRIPTIONS

- Wonder** Wonder means evolving your worldviews through engaging in new experiences and challenges, embracing differences, and perceiving the beauty around you. The Wonder dimension has three subcategories: Appreciation & Awe, Seeking New Perspectives, and Learning & Growing.
- Appreciation & Awe** Appreciation & Awe measures the extent to which you experience beauty and wonder in your daily life.
- Seeking New Perspectives** Seeking New Perspectives measures the extent to which you look for opportunities to expand your viewpoints and beliefs.
- Learning & Growing** Learning & Growing measures the extent to which you evolve through life’s constant fluctuations and change.

DIMENSION: WISDOM

| | | | |
|---------------|--------------------|----|------------|
| Wisdom | | 11 | Low |
| Subcategory | Vision & Purpose | 32 | Low |
| Subcategory | Wholeness | 18 | Low |
| Subcategory | Emotional Capacity | 2 | Low |

DESCRIPTIONS

- Wisdom** Wisdom is about tapping into your inner greatness—the worthwhile purpose, higher vision, and innate genius you can use to guide yourself and others toward inspired impact. The Wisdom dimension has three subcategories: Vision & Purpose, Wholeness, and Emotional Capacity.
- Vision & Purpose** Vision & Purpose measures the extent to which you create a meaningful purpose and holistic personal vision and use these to guide your life and leadership.
- Wholeness** Wholeness measures the extent to which you experience a sense of personal integration, even with the differing, sometimes conflicting, facets of life.
- Emotional Capacity** Emotional Capacity measures the extent to which you bring equanimity and lightness to your life and relationships, along with an ability to tune into others.

DIMENSION: THRIVING AMPLIFIED

| | | | |
|---------------------------|----------------------------|----|-----------------|
| Thriving Amplified | | 26 | Low |
| Subcategory | Energizing Others | 36 | Moderate |
| Subcategory | Maximizing Others | 18 | Low |
| Subcategory | Cultivating Care in Others | 32 | Low |

DESCRIPTIONS

| | |
|-----------------------------------|--|
| Thriving Amplified | Thriving Amplified means bringing forth more of your leadership potential to empower thriving within others. The Thriving Amplified dimension has three subcategories: Energizing Others, Maximizing Others, and Cultivating Care in Others. |
| Energizing Others | Energizing Others measures your perception of how invigorated and energized people feel through interacting with you. |
| Maximizing Others | Maximizing Others measures your perception of how much clarity, effectiveness, meaningful impact, and growth people experience through interacting with you. |
| Cultivating Care in Others | Cultivating Care in Others measures your perception of the gratitude, kind acts, and collaborative relationships people are likely to demonstrate with others through interacting with you. |

THE RESEARCH BEHIND BE WELL LEAD WELL PULSE®

Our team at Wisdom Works is delighted you chose Be Well Lead Well Pulse® to support you. Be Well Lead Well Pulse® was born through three decades of coaching, training, and facilitating the transformation of leaders and leadership teams around the world. Our aim was to create a survey that not only helps leaders elevate their wellbeing, growth, and effectiveness, but also contributes new scientific insights about healthier, more conscious, and sustainable models of leadership globally. To achieve this aim, we are grateful for our collaboration with Dr. Tom Duening and Dr. Don Gardner from the Positive Organization department of the College of Business, University of Colorado at Colorado Springs.

Producing a high-quality, well-grounded, and integrative survey takes grit! Be Well Lead Well Pulse® questions were designed through our extensive work with leaders, plus drawn from the host of incredible scholars listed below. We hope you find their work and Be Well Lead Well Pulse® instrumental in your journey to advance leadership for thriving organizations and a healthier world.

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