

INSTRUCTIONS: Prepare yourself to fully participate in the Be Well Lead Well Pulse® Certification+ workshop by completing this learning assignment in its entirety.

STEP 1

Complete the Be Well Lead Well Pulse® assessment using the personalized link sent to you via email, then engage in a 90-minute structured debrief of your assessment feedback report with a Be Well Lead Well Pulse®-Certified Guide. During this confidential debrief, you'll also begin exploring the links between your Be Well Lead Well Pulse® assessment results and the Leadership Circle Profile. (One of the program facilitators will reach out to schedule this appointment with you prior to the 5-day remote training.)

After your debrief session, reflect on the following questions:

- *What approach did the Guide take to help you gain insight about your assessment results? What qualities or skills did the Guide embody or employ that you believe enriched the debrief?*
- *What question(s) did the Guide ask that provoked you to see things differently than perhaps you have in the past?*

STEP 2

Watch [this video](#) about narrative identity, the evolving story of self that provides an individual with a sense of coherence, wholeness, and meaning in life.

STEP 3

Following steps 1 and 2, respond to these questions about yourself:

- *What insights do you have about the links between thriving and leadership—and which of these insights feel meaningful at this phase of your life and work?*
- *Consider that your wellbeing story is a story within your broader narrative identity and reflect on the core themes of your wellbeing story. What emerges here?*
- *Take a wide (and long) view of yourself as a whole human being, beyond your role as leader. What empowers thriving for you? (Consider life-work practices, routines, relationships, deeper beliefs and stories, etc.) What disempowers thriving for you?*

STEP 4

Spend 1-2 hours strategically reflecting on how the global pandemic is awakening new perspectives about what it means to thrive for people and organizations. For instance, consider emerging science in peer-reviewed journals, topics in popular media, and your experience with organizations. *How is the pandemic reshaping workplaces, workforces, and how work gets done—and what does this mean for wellbeing and leadership? How are wellbeing priorities shifting for organizations and the people they touch (if at all)? When it comes to fostering work environments where people thrive, what capacities are leaders being called to bring forth, perhaps in wholly new ways?* Bring your responses to the training.

STEP 5

Use the *Step Into Empathy-Leader Insights* tool to step into the shoes of three current leaders with whom you currently work or hope to work. Coming from a place of empathy and nonjudgment, imagine their points of view about the links between thriving and leadership. Bring your insights to the training.

IT'S TIME TO THRIVE! Bring your Be Well Lead Well Pulse® and Leadership Circle Profile assessment feedback reports, along with your responses to the above steps, to the remote training. We look forward to this experience with you!