

REMOTE WORKSHOP OVERVIEW

- 4 hours of face-to-face, highly experiential, online sessions for 5 days.
- 1-2 hours of self-directed activities following each day's session.
- Mindfulness practices, energy boosts, and short breaks integrated into each day.
- Ensure your pre-work is completed before you arrive, and get ready to learn in a wonderful community of your peers!

AGENDA

DAY 1 4 hours	DAY 2 4 hours	DAY 3 4 hours	DAY 4 4 hours	DAY 5 4 hours
<p>Our Focus for Today:</p> <p>UNDERSTAND THE IMPORTANCE OF THRIVING</p> <p>Thriving & Leadership: Why Thriving, Why Now?</p> <p>The Physiology of Stress & Its Effects on Leading</p>	<p>Our Focus for Today:</p> <p>LEARN THE BE WELL LEAD WELL PULSE® ASSESSMENT</p> <p>Science & Stories: 6 Dimensions & 19 Psychometrics</p> <p>The Feedback Report Interpretation Manual & Practices to Uplevel Leader Wellbeing & Development</p>	<p>Our Focus for Today:</p> <p>DEBRIEF THE BE WELL LEAD WELL PULSE® ASSESSMENT</p> <p>Interpret the Feedback Report: 3 Principles & 6 Steps</p> <p>Practice #1: Perform 1:1 Debrief of Feedback</p> <p>Practice #2: Perform 1:1 Debrief of Feedback</p>	<p>Our Focus for Today:</p> <p>DEBRIEF THE BE WELL LEAD WELL PULSE® ASSESSMENT</p> <p>Practice #3: Group Jam on Range of Pulse® Feedback Reports</p> <p>Practices #4-5: Wellbeing Stories of Past & Future</p>	<p>Our Focus for Today:</p> <p>DEEPEN YOUR PRACTICE IN WORK AND LIFE</p> <p>Pulse® Practitioner Panel</p> <p>Thriving & Leadership: In Your Own Words</p> <p>Beyond this Program: Support for You</p> <p>Your Journey to Thrive: Why It Matters & Next Steps</p>
<p>SELF-DIRECTED 1 HOUR</p> <p>Watch:</p> <ul style="list-style-type: none"> • Background & Development of Be Well Lead Well Pulse®, Parts 1 & 2 <p>Prepare a story of how a Be Well Lead Well Pulse® dimension comes to life for you.</p>	<p>SELF-DIRECTED 1 HOUR</p> <p>Read:</p> <ul style="list-style-type: none"> • A Deeper Listener? A Better 21st Century Leader • Structured Debrief Methodology <p>Prepare for Debrief Practices.</p>	<p>SELF-DIRECTED 1-2 HOURS</p> <p>Review:</p> <ul style="list-style-type: none"> • Array of Possible Pulse® Feedback Reports. Note what questions & insights emerge for you. <p>Watch video on narrative & note questions that arise.</p>	<p>SELF-DIRECTED 1 HOUR</p> <p>Journal:</p> <ul style="list-style-type: none"> • Insights gained from own Be Well Lead Well Pulse® feedback. Identify area for elevating your personal wellbeing. <p>Review Assessment Software Videos, Privacy & Brand Policies</p>	<p>NEXT STEPS HALF HOUR</p> <p>Complete:</p> <ul style="list-style-type: none"> • Complete Program Feedback, Integrity agreement, & Self-Rating in KSA's <p>Receive Be Well Lead Well Pulse® Certificate & Access to Resources upon Full Completion</p>