

LEADING THRIVING REQUIRES SIX ESSENTIAL SHIFTS



THRIVING means to be internally well-resourced to meet your demands and evolve with a sense of mastery, high quality of life, and growth.

Are people in your team and organization thriving? Are you?

At Wisdom Works, we believe thriving is the mark of effective leadership. Using your leadership to advance thriving for yourself and others requires six essential shifts.

"In our current environment of languishing and burnout, Be Well Lead Well® equips leaders with resources to transform how they lead by making wellbeing a priority. This is not only about a new standard of leadership, it is the future model for how teams and organizations innovate and thrive"

—RENEE MOOREFIELD, CEO,
WISDOM WORKS

1 Viewing high stress as a badge of honor or languishing as the norm

2 Considering wellness and self-care behaviors as an afterthought, leaving you lacking vital resources for sustainable energy

3 Demonstrating high activity at work, yet feeling distracted, reactive, and disengaged

4 Sticking with what you know, possibly even feeling risk-averse, fearful, or stuck in your life-work situation

5 Reacting to external pressures, expectations, or obligations, leaving you feeling disconnected and fragmented

6 Underinvesting time, energy, and attention in others, eroding their wellbeing and contribution

➔ Viewing high wellbeing as a standard of success in life and leadership, as well as a source of resilience when you face difficulties

➔ Using wellness behaviors, such as healthy eating, movement, rest, and conscious breath, for a sustained, balanced source of physical, emotional, and mental energy

➔ Fully engaging in work without distractions, resulting in focus, wellbeing, and a positive sense of self

➔ Seeking out a diversity of people and perspectives to challenge what you know, connect with expansive states such as awe, and enhance your innovation, adaptability, and growth

➔ Being guided in your decisions and actions by an inspiring vision and purpose, along with internal balance, lightness, sufficiency, and wholeness

➔ Bringing forth your leadership potential to energize others, maximize their growth and effectiveness, and cultivate an environment where all people can thrive



THRIVING



FUEL



FLOW



WONDER



WISDOM



THRIVING
AMPLIFIED

We often underestimate our ability to change our behavior, our perceptions, and our experiences as employees and human beings. Be Well Lead Well Pulse®, powered by Wisdom Works, is the only science-based assessment that empowers you and your team to explore these six wellbeing dimensions in one setting—and become more effective in life and work by elevating your wholeness, vitality, connection, and stress resilience.