

**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 60-minute structured debrief of your assessment feedback report with a Be Well Lead Well Pulse®-Certified Guide. (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

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 own story of wellbeing is a part of your broader 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 3

Spend 1-2 hours strategically reflecting on how the current global context 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 are current events 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 4

Use the Leader Insights tool (emailed to you) to explore the concept of thriving by interviewing at least three leaders with whom you currently or hope to work. This is a wonderful way not only to understand their perspectives, but to also deepen your relationships with these leaders via a new door: the door of thriving. Do these interviews from a place of empathy and nonjudgment, plus bring your insights to the remote workshop.