

CONGRATS on getting certified in Be Well Lead Well Pulse®! Here are selected resources for deepening your knowledge about various topics we discussed during the certification program. This list is not meant to be exhaustive; in fact, the desire to understand the link between wellbeing and the evolution of personal and collective leadership is accelerating, with more and more insights and resources created daily.

Use these resources as a jumping off point for your continued development, personally and professionally. And please let us know when you find other valuable resources; we'll share those with the growing Be Well Lead Well Pulse® Certified Guide community. Remember, too, to check out the [Be Well Lead Well® newsletter](#) where we regularly share up-to-date research and resources about the six dimensions and 19 psychometrics of wellbeing leadership.

Wellbeing Globally

- Sapient Labs, [The Mental State of World Report 2022](#)
- World Health Organization, [World Health Statistics 2022](#)
- Lululemon, [Global Wellbeing Report 2022](#)
- World Happiness Report [2023](#)
- United Nations [Sustainable Development Goal #3](#)
- Global Wellness Institute, [Wellness Economy Data](#)
- Gallup, [Wellbeing Inequality May Tell us More about Life than Income](#)

Wellbeing & Organization

- Gallup, [State of the Global Workplace Report 2022](#)
- AON, [Global Wellbeing Survey 2022-2023](#)
- Global Wellness Institute, [Future of Wellness at Work 2016](#)
- McKinsey, [Wellbeing at Work Insights](#)
- Deloitte, [Wellbeing: A New Cornerstone for ESG Strategy & Reporting](#)

Wellbeing & Leadership

- Wisdom Works, [Leading in the Health & Wellbeing Industry 2023 Report](#)
- Deloitte, [The C-Suite's Role in Wellbeing](#)
- Frontiers in Public Health: ["Doing Good and Feeling Good" Relationship between Authentic Leadership with Followers' Work Engagement](#)
- International Journal of Environmental Research & Public Health: [Does Self Care Make You a Better Leader?](#)
- American Psychological Association: [The Importance of Leader Recovery for Leader Identity & Behavior](#)
- Scientific American: [The Best Way to Boost Workers' Mental Health Is to Give Them Good Managers](#)
- Journal of Organizational Behavior: [Circadian Leadership](#)
- Management Research Review: [Ideal Self & Proactive Physical Wellness Behaviors Predict Leader Flow at Work](#)
- Wisdom Works, [Effectively Leading through Paradox](#)

Autonomic
Nervous
System

- Deb Dana: [Befriending Your Nervous System](#)
- Deb Dana: [Anchored, How to Befriend Your Nervous System](#)
- Stephen Porges: [The Pocket Guide to the Polyvagal Theory, The Transformative Power of Feeling Safe](#)

BE WELL LEAD WELL® NEWSLETTER: Empowering leaders in make thriving a new standard of success in their teams and organizations.

Articles about
the Application
of
Wellbeing-Drive
n Leadership

- [The Big Squeeze Your Feeling is An Invitation to Wellbeing](#)
- [What Is Your Leadership Story?](#)
- [Quotes for Living & Leading Wellbeing](#)
- [What Enables You to Thrive?](#)
- [The True Meaning of Effective Leadership](#)
- [Are You Ready to Talk about Thriving with Your Team?](#)
- [You Are Part of a Global Wellbeing Leadership Movement](#)

Science &
Resources of Be
Well Lead Well
Pulse®
Dimensions

- [THRIVING AMPLIFIED: Thriving Amplified, a Leadership Strategy for Wellbeing](#)
- [WISDOM: Wellbeing Leadership is Key to Addressing Our Wisdom Gap](#)
- [WONDER: The More You Wonder the Better You Lead](#)
- [FLOW: Effective Leadership is ALL about Wellbeing](#)
- [FUEL: Why Do Leaders Often Fail to Fuel How They Lead?](#)
- [THRIVING: Are You a Master Practitioner of Survival?](#)