



# BE WELL LEAD WELL PULSE® CERTIFICATION PROGRAM

## LEARNING ASSIGNMENT TO PREPARE FOR THE PROGRAM

### INSTRUCTIONS

Prepare yourself to fully participate in the Be Well Lead Well Pulse® Certification Program by completing this learning assignment in its entirety prior to the first day of the workshop.

### STEP 1: Be Well Lead Well Pulse® Assessment and Debrief

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 about your Guide:

- *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?*

Reflect on 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?*
- *Take a wide (and long) view of yourself as a whole human being, beyond your role as a leader. What empowers thriving for you? (Consider life-work practices, routines, relationships, deeper beliefs and stories, etc.) What disempowers thriving for you?*

### STEP 2: Leader Insights on Thriving

Use the Leader Insights tool (provided separately) to have a conversation with *three* current leaders on the concept of thriving and leadership. Coming from a place of empathy and nonjudgment, imagine their points of view about the links between thriving and leadership.

Share the themes, ideas, and perspectives you learn via [this Google Form](#). Your insights help inform your learning journey and the broader understanding of thriving leadership.

## STEP 3: Physiology of Stress and Its Impact on Thriving

Listen to this 4-part audio series that outlines four key principles of the autonomic nervous system—neuroception, interoception, self-regulation, and co-regulation—that shapes our wellbeing, stress, and effectiveness in the moment. This series is used with leaders around the world to increase the leader's awareness of themselves as well as those they lead.

Click on the links below to listen to each audio.

1. [Neuroception](#)
2. [Interoception](#)
3. [Self-Regulation](#)
4. [Co-Regulation](#)

After listening, reflect on the following questions:

- *What new questions does this spark for you as you support others?*
- *When are you most likely to become stressed? What signals of stress show up for you? If you aren't sure, notice yourself over the next week. You can use the [Body Scan Worksheet](#) (provided separately) to support building your awareness.*
- *When stressed, what can you do to shift toward a state of inner wellbeing?*

## STEP 4: Global Context of Thriving

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?*

### IT'S TIME TO THRIVE!

Bring your Be Well Lead Well Pulse® assessment feedback report, along with your responses to the above steps, to the remote training. We look forward to this experience with you!