

Debriefing Your Be Well Lead Well Pulse® Feedback

College of Charleston Senior Leadership Team

16 SEPTEMBER 2026



OBJECTIVES

- Increase understanding about the **distinction between leadership capability and capacity**, and how both are needed to cultivate a culture of thriving and innovation.
- Gain insights about the latest science of thriving and **your personal and collective capacity to thrive** via the Be Well Lead Well Pulse[®] assessment.
- Explore how **the science of thriving and leadership capacity applies to your goals**.

NORMS

There is no pressure to disclose your assessment feedback.

Please do not inquire or comment about the assessment feedback of others without permission.

You consent to participate for your learning and growth.

Leadership

The ability to deploy yourself into circumstances to create outcomes that matter most...

...and enhance the capacity of your teams & organization to do the same.



Leadership

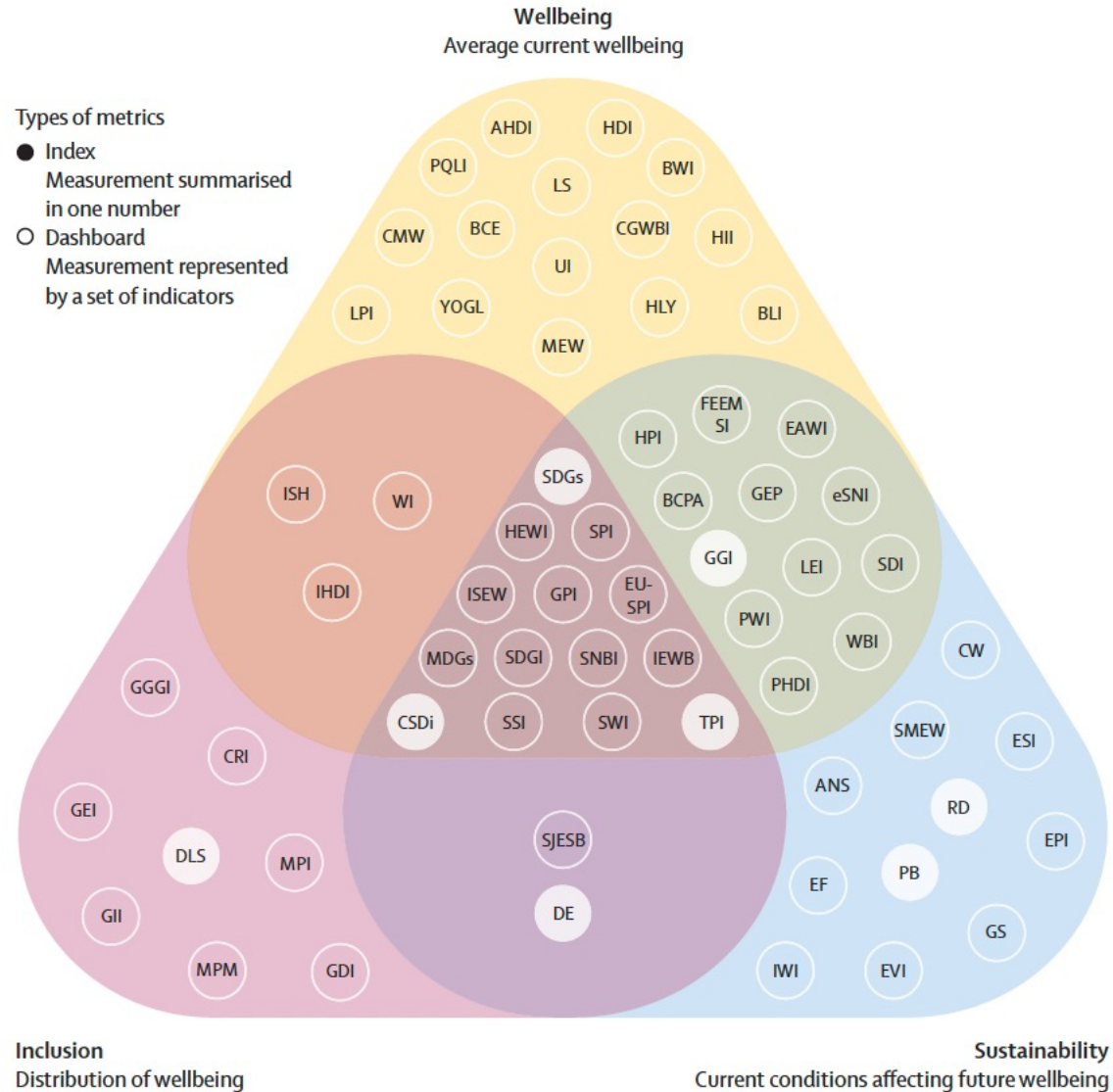
The stance you take to actively steward the conditions where all people can be effective and thrive.



THRIVING

Internally well-resourced to meet our demands in life &
work with vitality, competence, and growth

MOVING BEYOND GDP



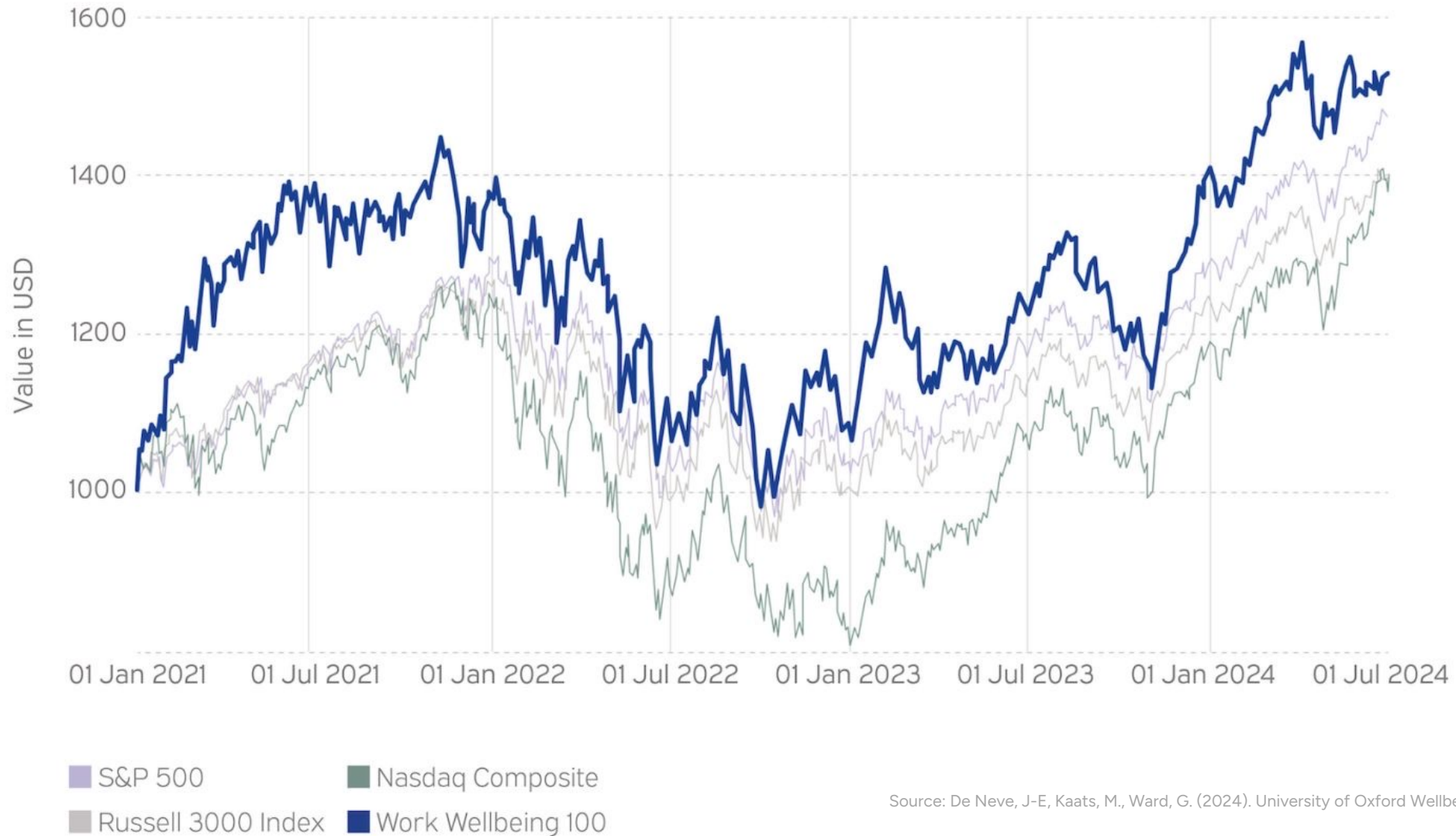
THE THRIVING IMPERATIVE: *A Leader's Guide to New Measures of Progress*



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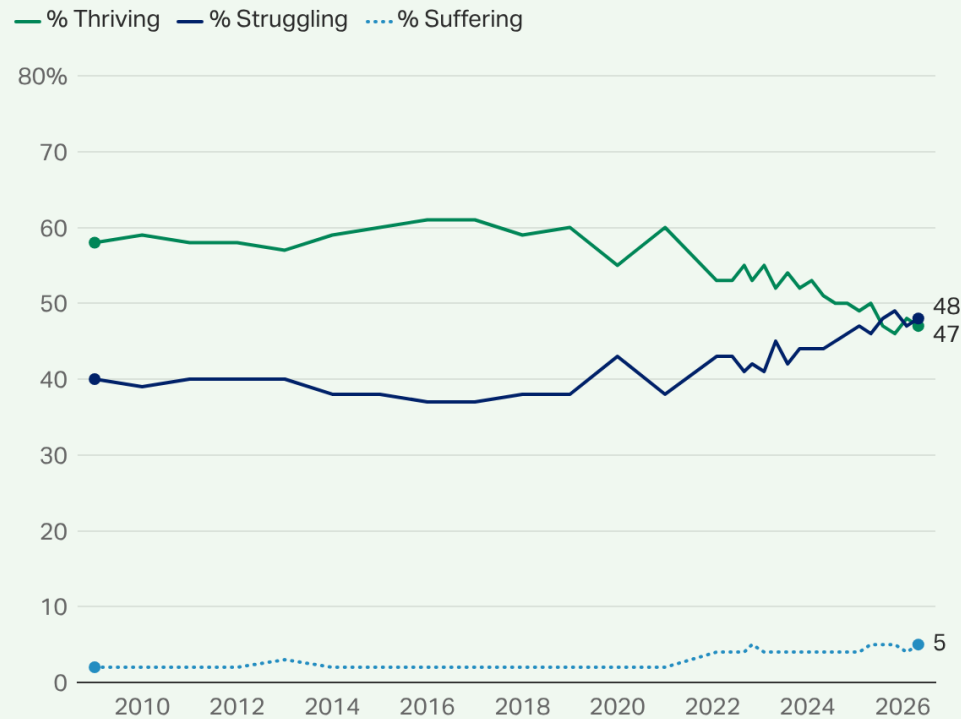
WORKPLACE WELLBEING & FIRM PERFORMANCE



EMPLOYEES AND YOUNG ADULTS ARE STRUGGLING

Trended Life Evaluation of U.S. Employees

The Life Evaluation Index measures how people rate their current and expected future lives.



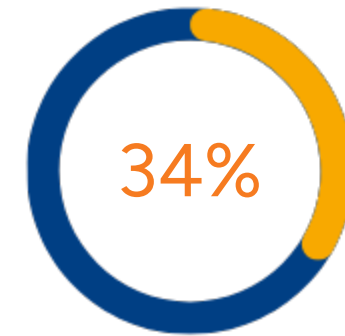
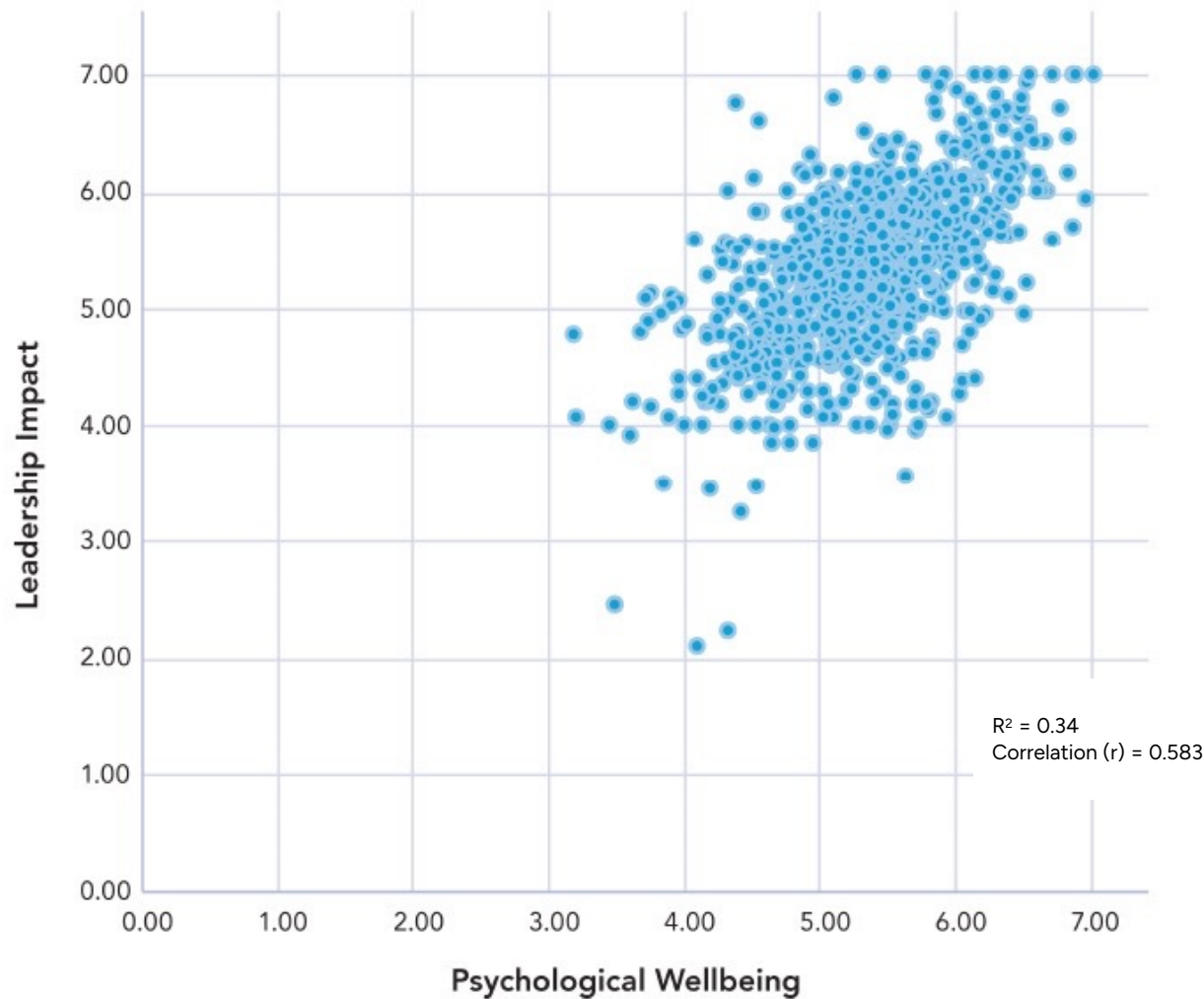
GALLUP

48% of US employees are struggling

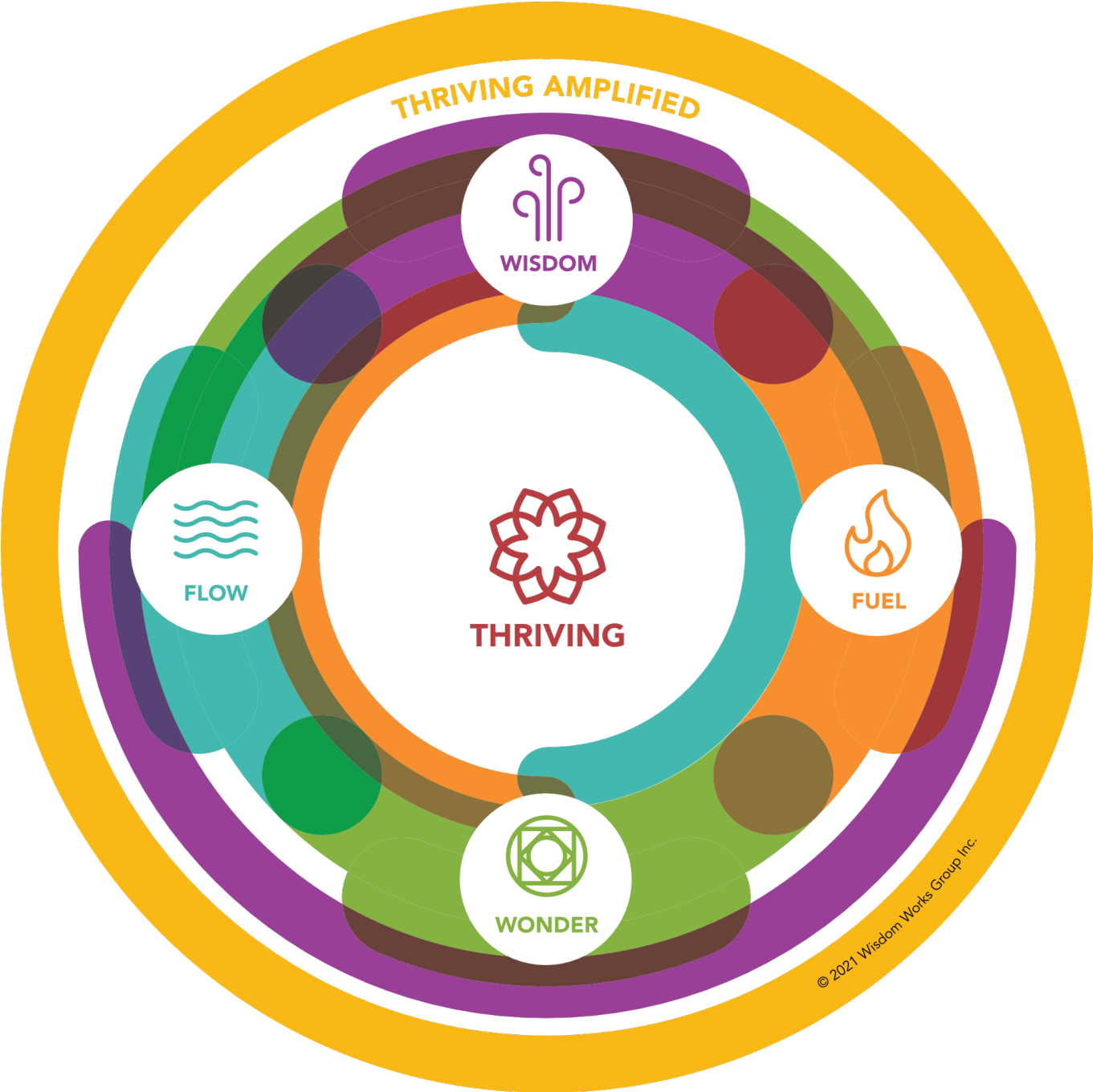
34% of young adults (18-24) report symptoms of depression

2.6x Young adults report loneliness scores 2.6 times higher than adults aged 80 and older.

HIGHER LEADER WELLBEING LINKS TO HIGHER LEADER IMPACT



34% of a leader's reported impact can be explained by the leader's wellbeing—their experience of being internally well-resourced for their demands.



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A FEW THINGS TO KNOW

It is not a personality assessment, typology, or predictive index.

There are no right or wrong answers.

It reflects your wellbeing during this period in life & work.

Your results are confidential.

FOUNDATIONAL PRINCIPLES

We become
our habits.

We can
evolve.

Wellbeing is
an innate
capacity.

Wellbeing
inspires
well-doing.

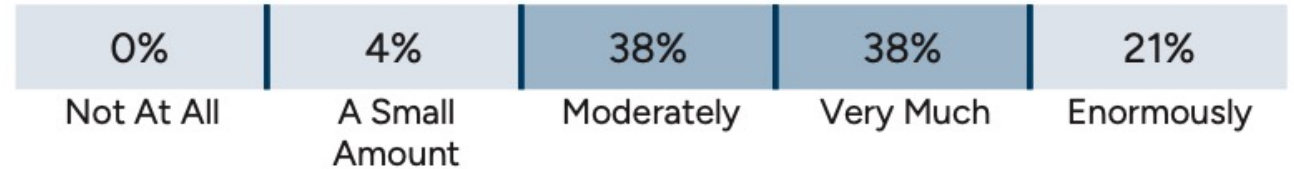
ORGANIZATION

AUGUST 2026

24 Leaders

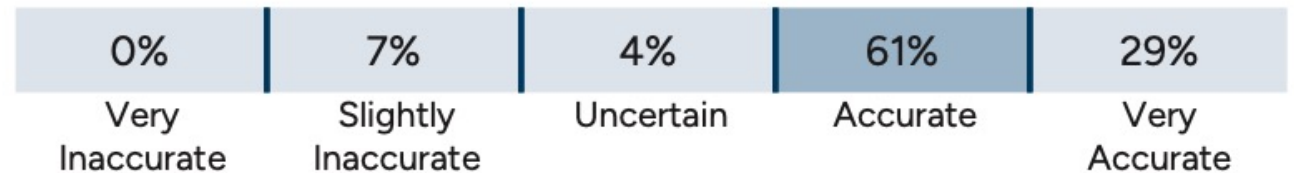
ORGANIZATIONAL CHANGE

The degree of organizational change that affected their area in the last year.



PERSONAL AUTONOMY

The opportunity for independence and personal initiative in their job.



ORGANIZATIONAL CULTURE

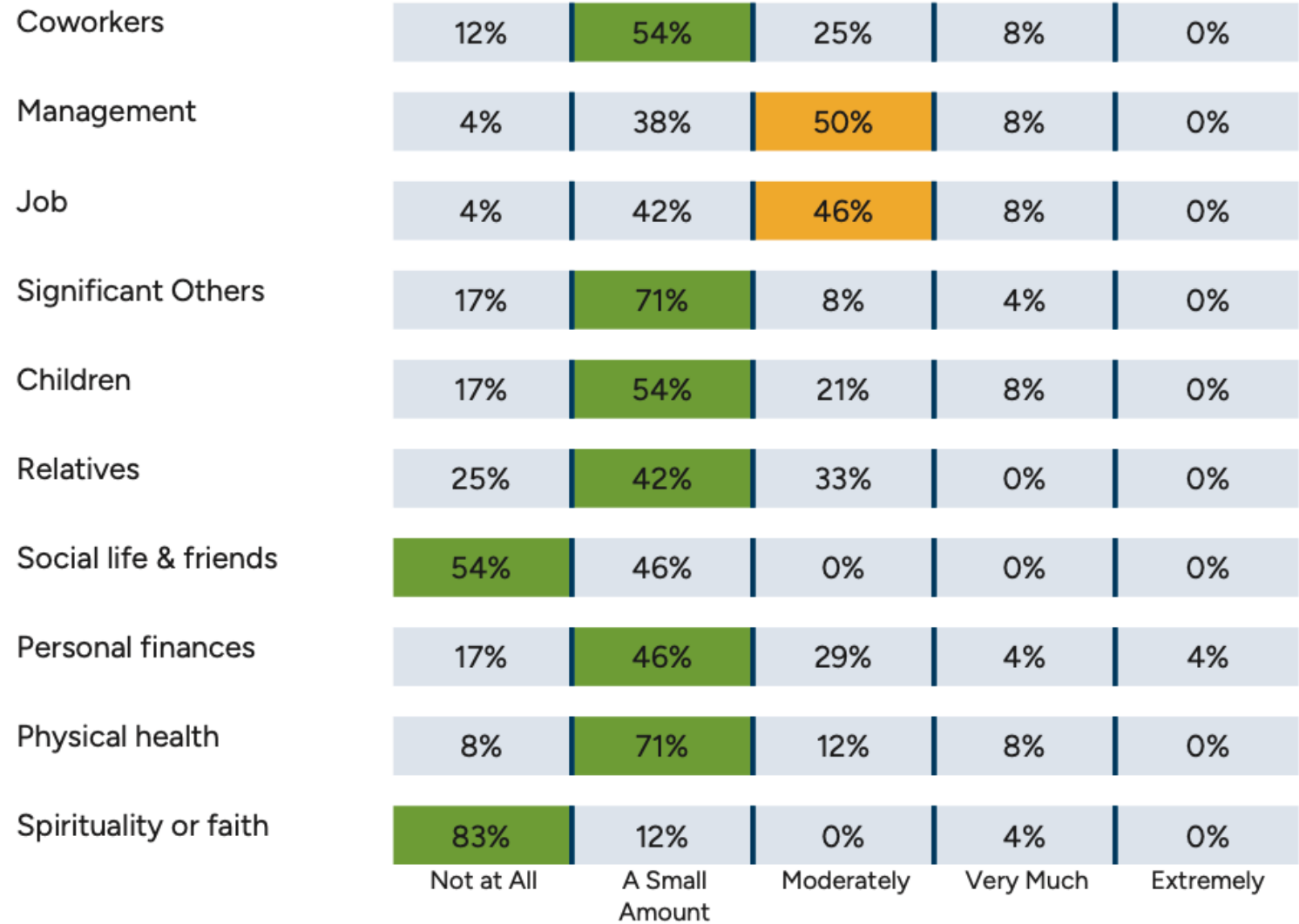
Your organization's culture, ways of communicating, and management styles.



STRESS IN LIFE & WORK

AUGUST 2026

24 Leaders

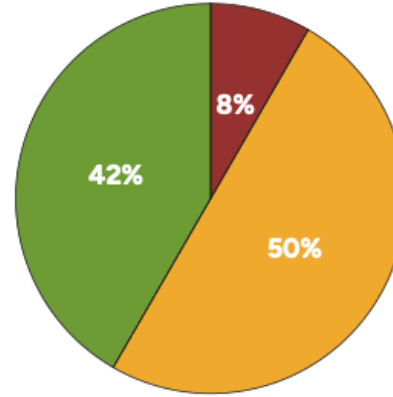


GROUP DASHBOARD

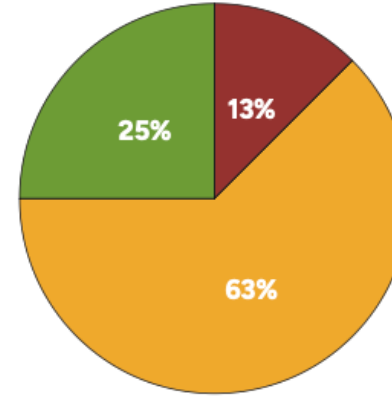
AUGUST 2026

24 Leaders

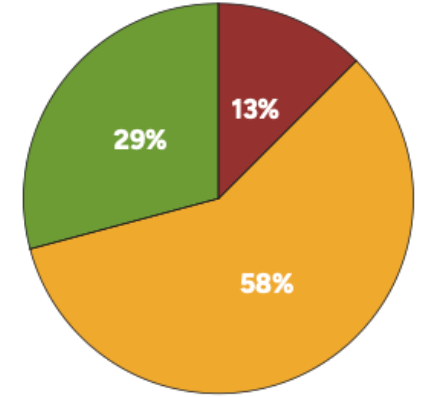
● HIGH ● MODERATE ● LOW



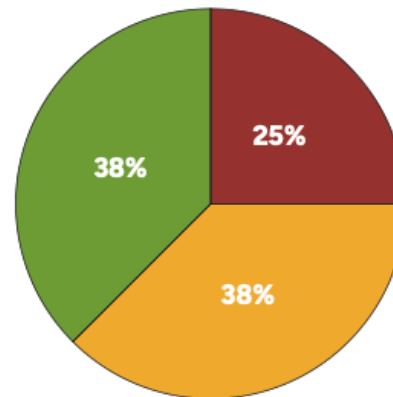
THRIVING



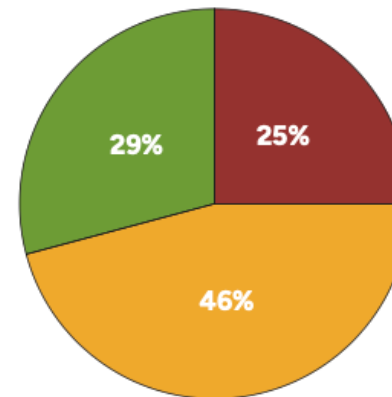
FUEL



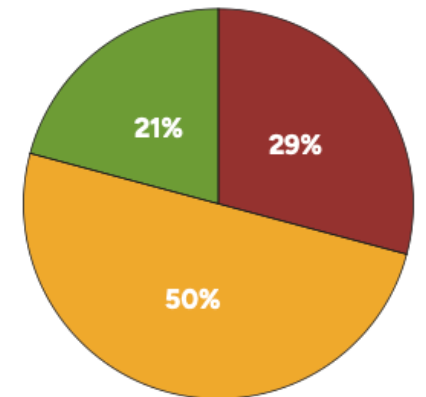
FLOW



WONDER



WISDOM



**THRIVING
AMPLIFIED**

EXPLORE

What stands out for me?

*Where do I report having the
greatest capacity or inner resources?*

*If I gave it more focus, what area do I believe
would most support me to thrive?*

NEXT STEPS

01

Identify 1-2
actions to
support your
personal thriving

02

Select your
Executive
Coach

03

Complete the
Leadership
Circle Profile
360-assessment

04

Continue
Workstream
activities

YOUR EXECUTIVE COACHING TEAM



Eli Blair



Jane Cocking



Mona Kelly



Fred Kohler



Jen Nash

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