



THE WHOLE LEADER WORKSHOP TOPICS

*Essential Skills & Practices for Holistic Leadership & Sustainable Success:
How Whole-Person Leadership Fuels Energy, Connection, & Impact*

HOLISTIC LEADERSHIP FRAMEWORK TOPICS:

The Body Breakthrough: *The Game-Changing Approach You've Been Missing*

Your body is the foundation of everything you do—not an afterthought. In this energizing session, your team will explore the four interconnected components of the body that build physical wholeness and fuel sustainable performance—from the inside out. Backed by science and grounded in powerful personal stories, participants will experience a transformative mindset shift and leave with one tangible next step plus practical, energizing strategies to care for the one resource they can't lead, work, or live without: their body. *(Spoiler: U.S. companies lose \$575 billion each year due to a sick, burned-out workforce. This session shows your team how to reverse that—starting now.)*

Unlock the #1 Indicator of Your Success: *Increase Your Emotional Intelligence*

Your success isn't dictated by how smart you are—it's dependent on how emotionally intelligent you are. In this powerful session, your team will explore the neuroscience of emotional intelligence (EQ), learn the four core elements, and discover how emotions activate behavior and shape performance. Through engaging content and guided reflection, participants will deepen their self-awareness, identify their most important next step for growth, and walk away with practical tools to strengthen decision-making, collaboration, and leadership impact. This isn't soft skills training—it's a game-changing strategy for sharper thinking, healthier teams, and long-term success.

Train Your Brain: *Why Your Mindset Makes or Breaks Your Outcomes*

Your mindset, not your talent and not your hours, is what makes or breaks your outcomes. Most leaders never spot the one running the show: thoughts on autopilot, fear steering decisions, old beliefs quietly capping what's possible. In this session, your team will discover the four mindsets every leader lives in, and why only one leads to sustainable success. They'll see how disciplined thought and focused action work together, catch the self-limiting belief that's been costing them, and trade it for the truth. This isn't positive thinking. It's training your brain to focus on what you want to build instead of what you're afraid of. Your team leaves with a personal Mindset Mantra and one next step to put to work the same day.

How to Resolve Conflict Without Avoiding It: *A Practical Guide to Relational Health and Impact at Work*

Unresolved conflict is the #1 destroyer of trust, team cohesion, and personal peace. But contrary to popular belief, conflict isn't the problem—*avoiding it is*. In this interactive, action-oriented training, your team will learn why conflict is essential for stronger relationships and how to “right-size” it, applying a practical scale that promotes healthy communication. With ready-to-use scripts, mindset shifts, and a fresh perspective on the power of productive conflict, participants will walk away equipped to address tension directly and constructively—so your team can build deeper trust and deliver greater impact.

Anchored by Purpose: *Why You Do What You Do*

You can lead all day from your head or heart and still run on empty. This session takes you to the bullseye of your leadership: your WHY. Using a proven framework, you'll move past what you do and how you do it to the reason underneath it all, the one that centers you when the pressure is high and the demands are endless. You'll name your own WHY, see how it shows up in your role, and connect it to your

everyday responsibilities, so your team isn't just aligned on tasks but rooted in purpose. When meaning runs thin, you'll know exactly where to go back to.

Leading through Stress: *The Leader's Blueprint for Avoiding Burnout*

Stress isn't your enemy—it's your superpower. But when stress is left unmanaged, it gets trapped in the body, leading to burnout, disconnection, and diminished performance. In this high-impact session, your team will learn the two ways the body processes stress, the most effective way to complete the biological stress cycle, and why energy—not time—is the true key to long-term health and sustainable success. By understanding the relationship between stress and energy and identifying their current state, participants will walk away with actionable tools to lower stress immediately, boost resilience, and show up as their best selves—at work and beyond.

From Exhausted to Energized: *How to Manage Your Energy for Greater Impact*

Feeling drained is costing your team more than productivity; it's limiting their impact. In this high-impact training, participants will learn why managing energy (*not time!*) is the real key to sustainable success. Leveraging a proprietary *Energy Expanders Guide* and two proven energy management strategies, we'll uncover the hidden role stress plays in burnout and equip your team with practical tools to replenish their energy, reduce stress, and show up at their best—professionally and personally.

ESSENTIAL LEADERSHIP TOPICS:

The Aligned Leader: *5 Essential Qualities for Sustainable Leadership*

Effective leadership doesn't come from doing more—it comes from becoming your whole self. In this workshop, you'll discover the five essential qualities every holistic leader needs to create lasting influence.

You'll walk away with:

- A clear framework that defines what sets healthy, holistic leaders apart
- A self-evaluation to identify your unique strengths and growth opportunities
- Practical strategies to expand your impact without sacrificing your health, family, or soul

This action-oriented workshop is designed for high-capacity leaders and teams who want to achieve sustainable success with alignment and wholeness.

The Whole Leader Overview: A Snapshot of What Matters Most for Maximum Impact & Influence

What if the most important person you'll ever lead is yourself? In this high-impact, fast-paced workshop, you'll discover why true influence, and sustainable success always begins from within. This overview gives you a dynamic snapshot of our proven 6-part framework—highlighting one essential concept from each interconnected area that shapes holistic leadership. You'll see how chasing what's urgent at the expense of what's important internally sabotages your lasting impact. We'll confront the real cost of neglected self-leadership and reveal how leading yourself holistically is the secret to maximizing your impact, your legacy, and your life. Perfect as an energizing introduction for anyone ready to move from survival to significance.

The C.O.R.E. Leadership Compass: 4 Relationships Every Leader Must Master

What if you could lead powerfully in every direction—and maximize your true influence? The C.O.R.E. Leadership Compass unveils the four essential relationships every leader must master for holistic impact, starting from within. Discover the three questions that reveal strengths and blind spots in each direction, gain eye-opening insights into where top leaders really focus their energy, and see why self-leadership isn't just the beginning—it's the real secret. If you've ever wondered what it takes to move people where they need to go—even when it's uncomfortable—this workshop will challenge your thinking and equip you with practical tools for a future built on influence, not just authority.