

# Leadership and Well-being

## STRUCTURE

**6 Weeks-2 hours/week**

**January 24 to March 7, 2022**

- 30 min. individual work related to the webinar topic (reading, video, reflection, practice)
- 30 min. webinar presentation of concepts (Participants can join the webinar live on Mondays at noon EST or watch the recording)
- 1 hour discussion circles (small groups of 5-6 people)

On March 7 at noon EST participants are invited to join a 1 hour integration session.

### Price:

- Individual registration: \$350 (CAD) + Taxes
- Group Registration (2 or more): \$ 250 (CAD) + Taxes per person

**Lead Learner: Bianca Briciu, Providence School of Transformative Leadership and Spirituality**

## DESCRIPTION

We live in a challenging time of disruption that requires adaptability and new ways of thinking that can be stressful and disorienting for leaders. The purposeful cultivation of well-being creates mental clarity, resilience, focus and perspective that can help leaders navigate complex challenges. This 6-week webinar series offered by The Providence School of Transformative Leadership and Spirituality provides you with strategies and practices for personal, interpersonal and organizational well-being.

Well-being has three dimensions: how our mind functions, the quality of our connections with others and our engagement with the social world. These weekly practices and discussion circles will help you cultivate well-being at these three levels. It will help you discover and cultivate your mindfulness, compassion, courage and resilience that will increase your well-being and authentic connections with others. The inner self of leaders is one of the most sustainable tools for change in the 21st century. We invite you to tap into this potential.



Texts, videos and webinar recording will be made available for each participant. Discussion circles will open up safe space for empathic, creative dialogue. You will receive a certificate of participation for attending more than 4 sessions.

## OBJECTIVES

1. Develop inner capacities for: mindfulness, self-awareness, courage, resilience, creativity, and emotional regulation
2. Develop interpersonal capacities for: empathy, compassion, active listening and social responsibility
3. Apply strategies for adaptability and well-being in your organization

## 1. INTRODUCTION: WELL-BEING AND LEADERSHIP

### Videos:

1. Global Happiness and Well-being
2. Science of subjective well-being

**Reading:** Taylor, S.S. (2015) Chapter 8: Becoming the Leader you Want to Be, S. S. Taylor, *You're a Genius: Using Reflective Practice to Master the Craft of Leadership*. eBook. New York, Business Expert Press.

Linda Mitz Sadiq, Bringing Organizational Well-Being to Life, Stanford Social Innovation Review, 2020

## 2. MINDFULNESS

### Videos:

1. Jon Kabatt-Zinn - 9 Attitudes of Mindfulness
2. Jon Kabatt-Zinn - Mindfulness and meditation

**Reading:** Kabat-Zinn, Jon. "The Practice of Mindfulness: Paying Attention," *Full Catastrophe Living*, Bantam, 2013, p. 3-19

## 3. EMPATHY AND COMPASSION

### Video:

1. Roman Krznaric: How Empathy Can Change the World
2. Simon Sinek: Empathy and Leadership

**Reading:** Kristin Neff, *The Science of Self-Compassion*

#### 4. COURAGE

**Video:**

1. Parker Palmer: Wisdom of The Heart
2. Podcast: Leadership and Change

**Reading:** Brené Brown: Daring Greatly, Chapter 2, Debunking the Vulnerability Myths

#### 5. RESILIENCE THROUGH DIFFICULT CHANGE

**Videos:**

1. The Psychology of Resilience
2. Robert Sapolski The Psychology of Stress

**Reading:** Heather Craig, Resilience in the Workplace

#### 6. EMOTIONAL INTELLIGENCE-AN OPEN, ENGAGED, COMPASSIONATE LEADER

**Video:** Leadership, Empathy and Compassion

**Reading:** Daniel Goleman, Managing with Heart, Emotional Intelligence, Bantam Books, 1995, p. 148-164

#### INTEGRATION SESSION

For the final week participant will be invited to join an integration session led by Bianca Briciu.

This session will be an opportunity to bring together the learning of the different topics and share and reflect with other participant on the experience.

**Live ZOOM session:** March 7 at noon EDT