

Leadership and Well-Being

Webinar Series
February 13 to March 27, 2023



STRUCTURE

7 Weeks-2 hours/week

February 13 to March 27, 2023

- **1 hour webinar-presentation of concepts and mindfulness practices**
- **1 hour discussion circles (small groups of 5-6 people)**
- **Individual work related to the webinar topic (reading, video, reflection, practice)**

Lead Leaders: Bianca Briciu and Lynn Berthiaume, Institute for Transformative Leadership and Spirituality

DESCRIPTION

The profound global challenges we are facing require adaptive and creative transformative leaders. Transformative leaders know how to tap into their inner resources, stay grounded amidst disruption, and embody the openness, wisdom and compassion needed to create systems for the well-being of all.

The Institute for Transformative Leadership at Saint Paul University is inviting you to refine your leadership through well-being skills and practices. Please join us for a unique, 7-week experience that seeks to assist you in cultivating your well-being through the essential practices of mindfulness, compassion, moral courage, resilience and emotional intelligence. This series will guide you to better understand and welcome your whole self (mind, body, heart and spirit) and become aware of the wholeness of others. We invite you to engage with one of the most sustainable tools for change in the 21st century: your inner self.

Texts, videos and webinar recordings will be made available for each participant.

Discussion circles will create safe space for empathic, generative dialogue.

You will receive a certificate of participation for attending more than 4 sessions.

LEARNING OBJECTIVES

1. Develop inner capacities for: mindfulness, self-awareness, courage, resilience and emotional regulation
2. Develop interpersonal capacities for: empathy, compassion, active listening and social responsibility
3. Awareness of the connection between your well-being and your leadership effectiveness
4. Engage in well-being practices such as mindfulness, yoga and breathwork

WEEKLY THEMES

1. Introduction: why your well-being makes you a better leader

February 13 to 19

Live webinar – February 13 at noon EST

2. Mindfulness: learn how to manage your stress

February 20 to 26

Live webinar – February 20 at noon EST

3. Empathy and compassion: understand others and respond with care

February 27 to March 5

Live Webinar – February 5 at noon EST

4. Moral courage: stand up for your values

March 6 to 12

Live Webinar – March 6 at noon EST

5. Resilience: growing through adversity

March 13 to 19

Live Webinar – March 13 at noon EST

6. Emotional intelligence: become an open, engaged, compassionate leader

March 20 to 26

Live Webinar – March 20 at noon EST

7. Integration session

Live webinar – March 27 EST