



A one-of-a-kind program  
empowering women  
leaders to make *Thriving*  
a game-changer in life and  
leadership effectiveness,  
amplifying it around the globe.

**Thriving** noun: An untapped power  
for leading through complexity and  
change in life, work, and our world.



**Do your leaders have the mindsets and competencies to enable your organization to thrive?**

**Recent leadership studies insist NO.**

**79%**

of the 1,500 global CEOs interviewed by IBM believe escalating complexity has no end in sight, and over half feel unprepared to handle it.

**65%**

of leaders polled by Gallup worldwide are not engaged at work.

**96%**

of senior leaders studied by Harvard Medical School experience some degree of burnout.

**Depleted, disengaged, ill-equipped leaders lack the stamina, clear-headedness, emotional balance, and world-centric acumen to make the wisest decisions for organizations and societies.**

## We live and work in unprecedented complexity, interdependence, disruption, and change.

Flourishing in this environment demands continual transformation. Yet, organizations cannot change faster than their leaders. For organizations to thrive, their leaders must thrive. Simply put: We face a serious leadership gap.

**Be Well Lead Well® Women** helps close that gap. This transformative yearlong program empowers leaders to tap into their capacity to thrive. It equips leaders with actionable insights and tools to make **Thriving** accessible for the teams, organizations, initiatives, and partnerships they lead.

*We all have an opportunity to build on our strengths and forge a new definition of leadership. Leadership that is powerful because it enhances the wellbeing of everyone it touches.*

—Dianne Culhane

Distinguished Executive-In-Residence  
College of Charleston

### FEATURES

Cutting-edge wisdom about Thriving combined with proven methodologies to accelerate individual and collective leadership effectiveness.

Designed for women in senior leadership roles, key change agents, and high-potentials. Can be tailored to male leaders or mixed gender audiences.

Ideal number in each program: 20–25.

Customizable to an organization's needs, aspirations, location, and culture.

Can be augmented with a *Culture of Leadership* assessment and our other trusted strategies for building a culture of Thriving through effective leadership.

### RESULTS FOR LEADERS

- Improvements in health, vitality, and leadership effectiveness using personalized, evidenced-based approaches
- Enriched capabilities to derive impact from inspired purpose, authentic presence, and the cultural sensitivity required for large-scale thinking and action
- Compelling ways to coach, mentor, and advance Thriving as a strategic resource
- Insight into the habits of thought that give rise to the patterns of behavior, sense of fulfillment, and results achieved in life and work
- Powerful connections with others who share in this transformative experience

### RESULTS FOR ORGANIZATIONS

- Better utilization of the innate potential within leaders to embrace complexity and change at a higher, yet sustainable, level
- Enhanced capability of leaders to energize people toward visionary goals and generate results through models of genuine partnership
- Shared language, framework, and tools for amplifying better leadership across the organization
- Evolution of a culture of Thriving—yielding a competitive and collaborative advantage
- A reputation as an enterprise that invests in leaders who cultivate a healthier world



HOW THE  
BE WELL  
LEAD WELL®  
PROGRAM  
WORKS

What enables me to thrive as leader and human being?

How can I cultivate the conditions where others thrive—at work, at home, and beyond?

These two profound questions drive the yearlong journey that invites each leader to identify and enact positive changes through a high-touch system of feedback.

## THRIVING & LEADERSHIP ASSESSMENTS

- **Holistic health metrics** performed by our integrative medical partner, International Health & Wellness Center. Includes advanced lab-work, an online health history, and on-site testing to explore heart, brain, immune system, and hormonal health, along with functional fitness.
- **Be Well Lead Well® Pulse**, a unique look at personal factors key to a leader thriving—life vision and purpose, mindfulness, presence and flow, stress coping and resilience, energy management, engagement at work, psychological capital, and social support.
- **Leadership Circle Profile™**, a pioneering 360° assessment highly correlated with leadership effectiveness and business performance.
- **This battery of assessments is employed twice**—at program beginning and end. Leaders uncover their personal patterns and learn what blocks their ability to live and lead at their best. More importantly, they learn how to leverage the program to meet their unique needs and measure their progress throughout the year.

## IMMERSIVE RETREATS (10 days total)

- **Two 5-day rejuvenating retreats**—*Thriving & Me™* and *Thriving Amplified™*—to discover the latest science and practices for leading Thriving with increasing impact.
- **Garden of the Gods Resort in Colorado** is our retreat destination—with incredible access to Pikes Peak and red rock formations, full service spa and salon, state-of-the-art sports club, tennis courts, championship golf course, family recreation center, and farm-to-table dining options.

## COMMITMENT PLAN

- **A roadmap of goals** and targeted recommendations each leader uses to fully mine the program for personal wellbeing and leadership effectiveness.

## THRIVING & LEADERSHIP COACHING

- **Four 1-hour confidential sessions** with an Integrative Medical Advisor on health and wellness issues that matter to the leader, along with access to a team of whole health, medical, and leadership professionals.
- **8 sessions with a leadership circle** of 6–8 program peers, guided by a Be Well Lead Well® executive coach. Leadership circles help leaders stay accountable to their development goals, apply tools to elevate Thriving in their daily life, and gain support from a trusted community of colleagues. (Individual executive coaching is also available upon request.)

## EXCLUSIVE E-LEARNS

- **6 hours of webinars** with Thriving and leadership experts hand-picked for the unique cohort of leaders in the program.

## MINDFULNESS & BIOFEEDBACK

- **Mindfulness skills training** integrated throughout the program to heighten leaders' self-awareness, cognitive performance, emotional balance, and capacity for self-change.
- **Special access to e-learning on cutting-edge neuroscience** describing how a leader's inner habits of thinking shape their outer performance.
- **The latest in brain-training technology**—a take-home biofeedback device with integrated mindfulness guidance each leader can use anytime, anywhere.

## PERSONALIZED RESOURCES

- **Tailored for each leader**—motivating stories, tools, and resources for making Thriving integral to life and leadership effectiveness.

## SPONSOR DIALOGUES

- **Four 1.5-hour sessions** (1 per quarter) to assist program sponsors to support leaders in reaping full value from the program.

## LEARNING & ALUMNI COMMUNITY

- **Deep connections with powerful women** on this amazing learning journey—these become lifelong relationships in the Be Well Lead Well® alumni community that continues beyond the program.



**A little about Wisdom Works** | Since 1999 Wisdom Works has provided state-of-the-art programs, culture change expertise, and transformative coaching and tools to enhance the readiness and capability of leaders to lead organizations where people thrive. The heart of our work is to connect and grow leaders—Fortune 100 executives and entrepreneurial innovators alike—who seek to operate from greater consciousness, wellbeing, and internal balance, plus the generative capabilities to uplift their workplaces, families and communities, and our planet.

*Wisdom Works has the unique combination of both the science of wellbeing and how to integrate into who we are as leaders. This is not just about good health but creating a healthy and thriving organization to win in the market.*

—Bill Tompkins  
Senior Vice President  
Macy's Inc.

Be Well Lead Well® Women is not your standard executive health or leadership development program. Instead, it takes the best of science—physical, intellectual and emotional—and offers true, transformational change from the inside out, led by some of the best available talent in the world.

—Mia Kyricos, President and CEO  
Kyricos & Associates, LLC

## THRIVING AMPLIFIED

The Wisdom Works team believes wealth and wellbeing are partners, not adversaries. Thus, giving back is an integral part of the Be Well Lead Well® engine. 1% of gross revenues goes to Capital Sisters International, a social impact investment firm that provides micro business loans exclusively to impoverished yet entrepreneurial women in developing countries through their innovative bond fund, Sister Bonds®.

As individuals, organizations, and societies, the complexities we face are exactly what we require to evolve a new consciousness and competence for thriving. Be Well Lead Well® Women is part of a bold vision for a global movement of leaders to activate and amplify thriving worldwide.



**READY TO THRIVE?** Contact Renee Moorefield, PhD, CEO, at [renee@wisdom-works.com](mailto:renee@wisdom-works.com) or +1.719.201.9294, and visit [BeWellLeadWell.com](http://BeWellLeadWell.com). We welcome you on this journey!