

# Thriving: an untapped power for leading through complexity and change.

Be Well Lead Well Pulse® is a pioneering assessment system that combines the latest research on human thriving with three decades of experience developing leaders worldwide. When leaders apply insights from Be Well Lead Well Pulse®, they grow their capacity to lead from a foundation of internal balance, resilience, and wellbeing, plus activate thriving wherever they lead. Simply put, thriving elevates their leadership effectiveness and wisdom.



This unique framework enables you to explore 6 dimensions of thriving in one setting.



**THRIVING:** Evaluate your overall wellbeing today and in the future, as well as your ability to restore your wellbeing when you face difficulties or get off track.

**FUEL:** Proactively use your diet, physical movement, breath, and rest as tools for a sustained, balanced source of physical, emotional, and mental energy.

**FLOW:** Be in the zone—those times when you bring mindfulness and your full presence to the activities of life and work. You are intrinsically rewarded with energy, enjoyment, and a richer sense of how life unfolds.

**WONDER:** Evolve worldviews through engaging in new experiences and challenges, embracing differences, and perceiving the beauty around you.

**WISDOM:** Tap into your inner greatness—the worthwhile purpose, higher vision, and innate genius you can use to guide yourself and others toward inspired impact.

**THRIVING AMPLIFIED™:** Bring forth more of your leadership potential to energize people, maximize their growth and capabilities, and cultivate a work environment of care.

***"This is the first time in nearly two decades that I've witnessed a truly holistic, integrative approach to enlightened leadership and wellbeing. Be Well Lead Well Pulse® 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, CEO, Kyricos & Associates, LLC

# Be Well Lead Well Pulse® Certification Program

This unique program empowers executive leaders and coaches to provide a whole-person approach to leadership development.

Our Certified Guides are exclusively qualified to apply the Be Well Lead Well Pulse® assessment system, enabling them to amplify thriving as a game-changer in their team and organizations—starting with themselves. The tools and training will strengthen your capacity to lead from an inner foundation of balance, resilience and wellbeing, as well as support your clients or team members in doing the same.

## BECAUSE ENGAGEMENT IS NO LONGER ENOUGH.

A 2020 study by Gallup discovered that "engaged workers who are not thriving in their lives are much more vulnerable and add risk to your organization," due to increased health issues, stress, worry, and burnout. Reporting the percentage of thriving employees will likely become a requirement for all organizations, much like reporting employee engagement or customer net-promoter scores were requirements in the past two decades.

### The certification program happens in three stages.

#### 1 Assessment + Debrief + Learning Assignment

You complete the Be Well Lead Well Pulse® assessment and receive an 11-page feedback report of your personal assessment results, followed by a confidential, 60-minute conversation with a Be Well Lead Well Pulse® Certified Guide to debrief your feedback report for insights about thriving for you. You also receive a Care Package of useful resources that help you prepare for the remote workshop.

#### 2 The Remote Workshop

A 5-day training with a cohort of your peers, where you dive into the theory and background of Be Well Lead Well Pulse® and engage in hands-on experiential learning and real-time feedback to successfully administer the assessment.

#### 3 Certification

Upon completing the training, you'll receive your Certified Guide certificate (accredited by the International Coach Federation). Plus, you'll gain access to a host of resources to empower your leadership development practice, such as one complimentary Be Well Lead Well Pulse® assessment for a leader of your choice, a community platform to connect with your fellow Certified Guides, and ongoing updates with the latest research and articles on thriving.

**READY TO THRIVE?**  
Visit [bewellleadwell.com](http://bewellleadwell.com).

