

Leadership Excellence Programmes - 2024

In Partnership with



Wellbeing and Wholesomeness at the C-Suite

Join us for a two-day workshop on well-being and self-care, and experience its positive impact on your bottom line.

Research (Barling & Cloutier, 2017; Bunea, 2020; Fellows & Snelling, 2020; McRee, 2017) suggests that mental health issues are more prevalent in Executives because of the particular character traits and psychological attributes that make for great leaders.

Objectives



- Impact of positive self-care and well-being on senior leadership and the C-SUITE in enhancing business continuity and growth
- Approaches to achieving wholesomeness (Fullness of life) in the C-SUITE
- Rethinking wellness in the organization from a top-down perspective

Who this Programme is for?



Aimed at the senior level managers, executives, and the C-SUITE exposed to the high-pressure work situations created by the ever-increasing business demands.

Abridged Agenda



1. Pillars of well-being and Mental Health
 - Why are the pillars of mental health important and how do we develop them
 - Awareness of the best practice assessment tools for one's mental health
2. Unraveling the Mystery of different Personalities in the C-SUITE: "A Human Exploration of Mental Health Challenges."

- What are the main causes of imbalances in personalities in the C-SUITE
- How does it manifest
- Is there hope?
- Is it possible to have good mental health given the demands of the C-SUITE
- Should mental health be a priority for the C-SUITE as it affects their delivery

3. Maintaining a healthy mind at work in the C-SUITE

- How to cope with stress
- How to differentiate between normal and harmful stress
- What about mental health at home since what happens at work may affect the home environment?

Event Details



Date: 21st and 22nd March 2024

Time: 8.30 a.m. – 4.00 p.m.

Venue: Enashipai Resort & Spa, Naivasha

Investment: KShs. 70,000 (inclusive of taxes)

To Register

Please contact;

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Deadline: 14th March 2024