

# Leadership Excellence Programmes – 2025

In Partnership with



## Leadership Mindfulness: Practical Strategies for Executive Wellness & Self-care

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 wholeness (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?

### Facilitators



Dr. Martin Oduor-Otieno, CBS, PCC  
Leadership & Coaching Expert



Kepha Moreno Bosire  
Communication Expert



Debbie Hollis  
Change & Culture Transformation Expert

### Event Details



**Date:** 20<sup>th</sup> & 21<sup>st</sup> March, 2025

**Venue:** 2 full days in Naivasha

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

**To Register Please Contact**

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**Deadline:** 14th March, 2025