

The Well-Being Coaching Program Offers 3 Options



Option 1

Connect, Engage and Energize With Self-Leadership!

Keynote or Full Day Training

- Highly interactive program, *Connect, Engage and Energize With Self-Leadership!*
- Pre-Program Assessment
- Digital Self-Leadership Campaign with daily text messages
- Post-Program Assessment with full analysis and report
- Pre-Program interviews with staff and leaders to gain insight into their current challenges

Self-Leadership focuses on your most important relationship, the one you have with yourself. It goes deeper than self-care because it determines the choices you make every day that affect your overall well-being. *Connect, Engage and Energize With Self-Leadership!* is a highly Interactive program that provides the CPR practices (Compassion, Presence, and Recovery) nurses and nurse leaders can use immediately to empower themselves and their staff.

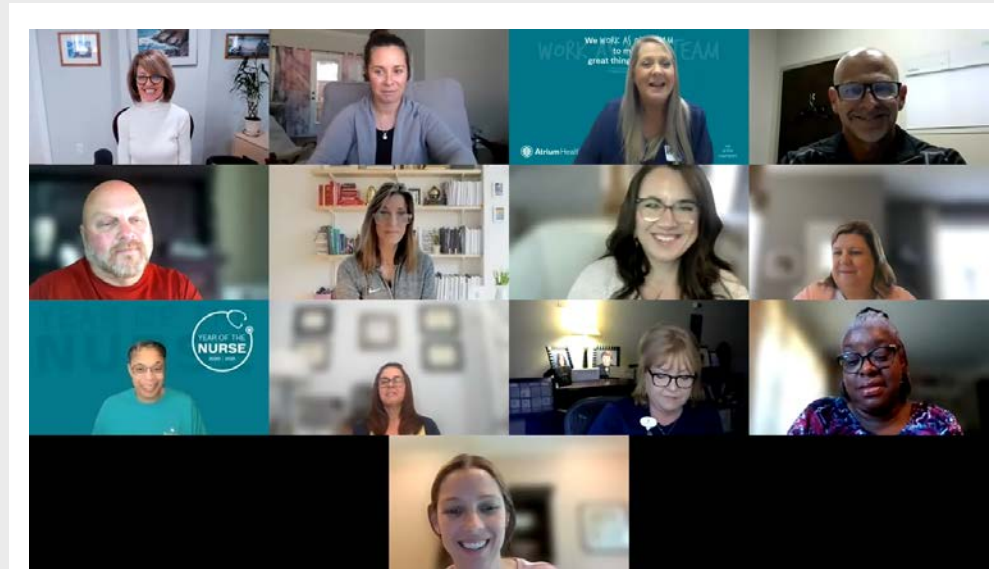
Option 2

The Well-Being Coaching Program for Champions

8 Week Program and Follow-up Coaching

Includes Option 1 PLUS:

- 4 Weekly Individual Coaching sessions
- 3 Weekly Small Group Coaching sessions
- 3 Monthly Group Coaching sessions after 8 Week program for ongoing support
- Unlimited email support
- Commitment Partners
- 5 validated Pre and Post Program Assessments measuring stress, burnout, self-compassion, self-leadership, and engagement
- Personal Webpage for additional resources of videos, articles, and practices
- Personal journals to document experiences
- Graduation Certificate and gift
- 20 Educational Hours

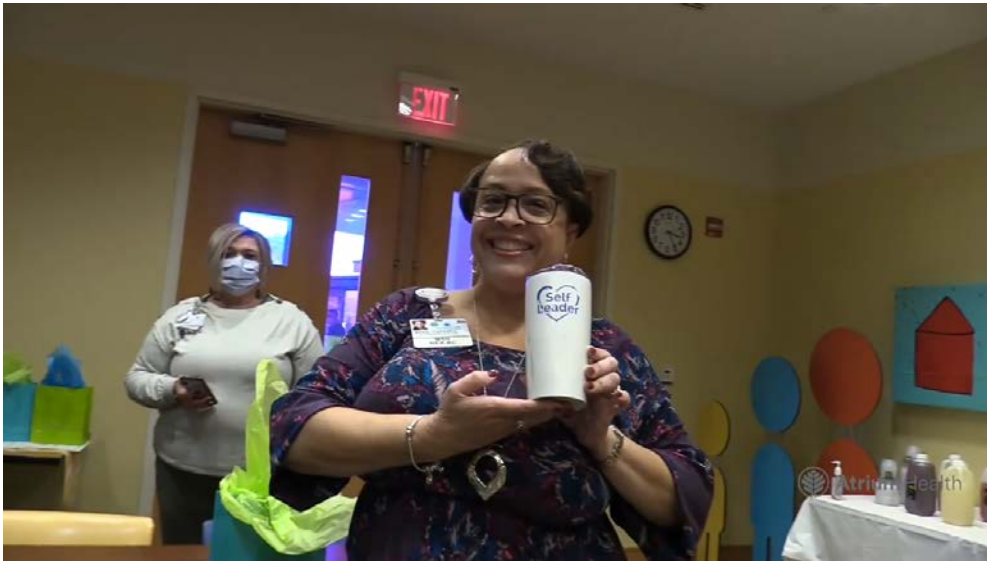


The Well-Being Coaching Program for Champions provides the skills, structure, and support to develop and sustain Self-Leadership. This consists of training and coaching 10 hand-selected Champions over 8 weeks to learn, practice and champion the content of the program informally with colleagues and staff within their organization.

Option 3

The Well-Being Coaching Program for Coaches

One Year Train the Trainer With Licensing



Includes Option 1 and 2 PLUS:

- One-year license to use all copyrighted content and materials to coach Champions and Coaches within the organization including Training Manual, PowerPoint, files for Webpage, content for digital campaigns and videos and articles for roll out to entire organization
- Monthly Group Coaching sessions for Coaches for ongoing support

The Well-Being Coaching Program for Coaches provides the skills, structure, and support for coaches to develop and train others on Self-Leadership. This consists of training and coaching 10 hand-selected coaches over 8 weeks to learn, practice and coach the content of the WBCP to Champions and Future Coaches formally within their organization.

Learning Objectives of All Program Options:

- Understand the empowering benefits of Self-Leadership
- Experience the CPR practices that support Self-Leadership
- Gain accountability and support with a Digital Self-Leadership Campaign