

# HEALTHY LEADERSHIP



The massive changes occurring in the workplace are perceived by the workforce as burdensome and often distressing. They are taking their toll in the form of increasing stress-related illnesses, costing employers money and loss of productivity. In view of this, health promotion is becoming increasingly vital for organisations – for only healthy employees are motivated and productive.

Health-oriented leadership style can help to motivate employees and protect them from harmful stress and exhaustion. Studies show that the direct line manager or supervisor is a major factor for the health and well-being of his or her reports. This seminar makes leaders aware of their influence and provides them with tools to lead themselves and their employees in a health-promoting way..



## AS A PARTICIPANT IN THIS SEMINAR, YOU WILL...

- recognise the importance of health-oriented leadership behaviour for productivity and company performance;
- learn why self-care is the basis for healthy leadership
- be aware of your own influence on employees' work ability and motivation;
- receive concrete, flexible tools for promoting health in the workplace on a daily basis;
- expand your leadership competence in the areas of health, motivation and work ability;
- learn to recognize stress overload among your team members and to address it adequately.

## CONTENT

- Health and work ability as increasingly important success factors
- Health as the basis for work ability and motivation
- Influence of leadership behavior on employee health – evidence studies
- 7 dimensions of healthy leadership: Self-care, appreciation, interest, communication, transparency, working climate, stress management (reducing pressures, boosting resilience)
- 5 languages of appreciation
- Recognising and confidently addressing health and behavioural issues
- Guidelines for discussions about health

## METHODS

A varied mixture of theory and practice promotes lasting learning processes

- Input presentations
- Individual and group work
- Moderated exchange of knowledge and experience
- Body/Mind coordination exercises to enhance learning
- Self-contract – what will I do differently?

## DURATION

**M** 1-2 day seminar

Also available as:

**S** Warm-up speech/Workshop 18-180"

**L** Modular Concept (Pre-seminar briefing or competence-testing - Workshop Tag – individual Coaching)

Please contact us for more information:

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