

The INTEGRATED LEADER

Integrating well-being to take my leadership performance to the next level



NOMALANGA
Lifegiving

THRIVE ACADEMY

Inner development
skills for boundless
leadership effectiveness

FOR MORE INFORMATION :

Heal@tribenomalanga.com

COURSE HIGHLIGHTS

Status: Applications open

Delivery: Hybrid

Duration: 3 x 90 minutes sessions over 12 weeks

Dates: Always open

Who you'll meet: All self-leaders, New Middle and Senior Managers, New Executives



The INTEGRATED LEADER

Pause. Refocus. Manifest Your Own Leadership

OVERVIEW

Today's world of work has come to influence the changing nature of where and how we work, requiring not just work-life balance, but life-work integration. This aspect of wellness has evolved how we manage work-related distress more proactively as the fuel for productivity.

The life-work integration course allows participants to revisit their purpose as they enter new roles, understand what makes them thrive, and integrate those insights into achieving their work KPIs. At the end of the course, participants will have their personal leadership manifesto to shape how they master self and make an impact in their work environment.

CURRICULUM

- Module 1: Intro to Personal Well-being & Thriving
- Module 2: Articulating your North Star & Southern Star
- Module 3: Integrating your work goals
- Module 4: Mastering my personal energy
- Module 5: Finalising your leadership manifesto (bonus)

SKILLS YOU BUILD

- Healthy daily routine
- Long term and short term goal setting
- Your purpose statement that fuels your elevator pitch
- Crafting your own affirmations



HOW YOUR ORGANISATION CAN BENEFIT

- Leaders who are confident making decisions in the new world of work
- Self directed, focused leaders who contribute to business success
- Holistically well leaders
- Intrinsically motivated leaders



FOR MORE INFORMATION :

Heal@tribenomalanga.com

