

INTENSIVE TRAINING SEMINAR

2024 Art & Science of Health Promotion Conference—A Two-Day Preconference Event



Well-Being Leader Essentials: Transform How You Think, Act and Lead

INTENSIVE TRAINING SEMINAR INSTRUCTOR



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**Monday, April 8 and Tuesday, April 9, 2024
9:00 a.m.-5:00 p.m.**

Work is a determinant of well-being, it's a critical part of life, and it's a driving element of our health and mental health (Duffy et al., 2016). Organizations that acknowledge the complexity of the relationship between work and well-being are making well-being a business priority, and they're performing better, retaining talent and seeing other favorable results for their business and their people because of it. There is a surge of interest for organizations to hire or appoint leadership positions charged with forming and executing the strategies for employee well-being. You've seen the headlines: "The Rise of the Chief Well-Being Officer," "More Companies Are Hiring a Chief Wellness Officer," "The C-Suite's New Culture Warrior: the Chief Well-Being Officer." But what is the essential skill set of a well-being leader? What is the mindset of an individual using their voice, sitting at the leadership table and paving the path of an executive-level well-being leader within their organization?

**– Intensive Training Seminar –
Two-Day Preconference Event: \$675**

SAVE \$50! Register for the Intensive Training Seminar and the Three-Day Core Conference and receive a \$50 discount off the total.



INTENSIVE TRAINING SEMINAR

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Health promotion practitioners are primed for this opportunity to lead the future of practice and impact for workforce well-being. In this seminar, participants are invited to develop themselves, challenge their perspectives about the relationship between work and well-being, transform how they think and act, define their own values and leadership style, and emerge as trusted leaders and enablers of well-being. As work and life continue to blur through the challenges of societal disruption, social unrest, health inequity, increasing work demands, burnout, mental health, financial stress and more, we need systems-thinking leaders who are enablers of well-being in their organizations. This seminar will focus on leadership development and building confidence for health promotion and well-being professionals to take on high-level leadership positions and become the Chief Well-Being Officers of tomorrow.

LEARNING OBJECTIVES

Individual Leadership Development

In this workshop, participants will:

- Explore and define their core values
- Learn and apply the concepts of the Virtuous Circle of Leadership™ and the Virtuous Circle of Well-being™ to their own leadership behaviors and their experience of well-being
- Learn about the leadership styles that are connected to impacting well-being for people (positively energizing leadership, transformational leadership, servant leadership, moral leadership)
- Self-assess to identify areas of strength and areas for growth
- Define their unique leadership purpose and their goals for growing their impact in formal or informal leadership positions.

Organizational Leadership Development for Workforce Well-Being

In this workshop, participants will:

- Practice a systems-thinking mindset supported by key habits grounded in systems theory and the socio-ecological model
- Gain an understanding of how social risk factors and psychosocial risk factors contribute to well-being and how the organization can strategize for these factors
- Analyze a workforce issue through the lens of well-being and leadership, craft a strategy to address it, and prepare to present and discuss it with leadership peers (Iceberg Tool)
- Revisit the concepts of the Virtuous Circle of Leadership™ and the Virtuous Circle of Well-being™ and apply these tools to various scenarios within the context of their organization
- Map their unique path forward to ready themselves for the continuation of their well-being leadership with action steps across three spheres of impact: individual, organizational and community/society.

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34th Annual
ART & SCIENCE
of Health Promotion Conference

Core Conference: April 8-9, 2024 | Hilton Beachfront Resort and Spa Hilton Head Island | Hilton Head Island, SC