

While you're looking after
your colleagues, who's
looking after you?

Boost You! For Leaders

It is counterproductive to your business to enlighten your colleagues about wellbeing while keeping yourself in the dark.



Minnie Moll, CEO, Design Council

Minnie Moll

'They say it's lonely at the top and I don't think there has ever been a more challenging time to be a business leader.

The impact of Covid, the economic crisis, and wider instability has been overwhelming for all of us. As a result we must prioritise the wellbeing of our colleagues, and to be good leaders we have to practice self care so that we can be in shape to lead others.

Boost You! For Leaders recognises this and provides that vital support to 'put your own oxygen mask on first.'

Boost You! For Leaders

**As a business leader
you need to practice
what you preach and
look after the wellbeing
of the person who
leads the culture of the
business - you.**

This gender neutral 6-week programme is based on the culmination of the latest science, research and over twenty five years of our own self-care methods. It's a holistic approach, putting in place a range of simple but effective lifestyle changes that enable participants to take their overall health and wellbeing to another level.

Each session combines our wellbeing expertise with peer learning. This supports you with a practical and effective personal wellness plan that you can start using immediately.

We create a safe, engaging, fun environment to help everyone feel valued and revitalised.

We are in unprecedented times. A pandemic, war in Europe, cost of living crisis and as a backdrop, the climate crisis - the biggest challenge of our lifetime. It's not surprising that existential angst, stress and anxiety abound and that includes amongst the most senior in organisations. But there are steps we can take. Ways we can make ourselves more resilient and be the best we can be as leaders to navigate through this time.

As a leader, the success of your organisation and the weight of decisions rests with you. Nobody rises as a leader without embracing challenges and thriving under pressure.

But what happens when the pressure changes to stress and the challenges start to feel too much? When you feel like you are on your own and you know it is not sustainable?

Who is looking after you when you are looking after everything and everyone else?

Our bodies and minds are intricately designed and capable of achieving incredible feats, but under sustained and unrelenting stress they start to give. Over time we lose energy, our moods change and our ability to make decisions is compromised. Left unchecked, we risk mental burnout and getting sick. The latest Deloitte survey shows nearly 70% of Leaders are considering quitting their job due to stress and overwhelm.

At Wellbeing International we know the importance of investing in your personal wellbeing and building resilience as a preventative strategy. And we have created a programme that really works for even the busiest CEOs and leaders.


Our weekly modules will cover a variety of themes including:

- Increasing and improving your energy by 20%
- How to 'Reset' using the Science of Stress
- Building your Resilience and embracing change
- Improving your power to Sleep and awaken refreshed
- Nutrition – Changes for improved health and vitality
- Attunement – moving forward with your individual plan

Ed Pearson-Shaul, Headteacher,
Creative Education Trust

Ed Pearson-Shaul

'As a school leader, I devote a lot of time and energy to ensuring the well-being of the staff and children in my school. Boost You! has helped to create the space for me to focus on my personal well-being so I can be the leader I want and need to be. I would highly recommend this programme.'



Boost You! For Leaders. There's a reason why airline pre-flight demo's tell you to 'Put your own oxygen mask on first, before helping others'.

A black and white portrait of Katherine Morgan, a woman with shoulder-length dark hair and glasses, smiling. She is wearing a light-colored, textured blazer. The background is a soft-focus indoor setting.

Katherine Morgan, Director,
Asset Management, InfraRed
Capital Partners

Katherine Morgan

'As managers we want to bring the best out in our team. As leaders, we motivate and inspire by example. We know that we need to lead the way in terms of Health & Safety and mental health is a key aspect of this. It's time to recognise that taking care of your mental and physical wellbeing is an essential part of leading today. This course is an investment in yourself; to be the best you that you can be no matter what challenges you are facing. This will then inspire others to achieve their peak performance.'

The Programme also provides:

- Weekly 'Enrichments'
- Support, materials and videos
- A personalised 1-1 consultation with Kate Pigeon-Owen, CEO WellBeing International

It's a holistic approach, putting in place a range of simple but effective lifestyle changes.

The research is in and the results are clear. High performing, well managed companies invest in workforce Health and Wellbeing.

They know that higher wellbeing creates higher engagement, which in turn generates greater productivity and success.

They understand that wellbeing is not a programme or a slogan, but a whole company approach to creating a healthier, happier, and more productive workforce.

They recognize the value of professional, physical, mental and financial wellbeing as the foundation for success. They make it the norm and empower their people to thrive.

And they start at the top. CEOs and leaders create the culture that empowers people to stay strong and healthy. So they role model the behaviours they want to see in the organisation.

Boost You! For Leaders.

Something for YOU, and your organization.

Meet the team



Kate Pigeon-Owen

**Programme Facilitator, Founder and
CEO of WellBeing International**



Sonja Montague Mackay

**Mindfulness, Breathwork and
Emotional Culture Consultant**



Deniz Paradot

Qigong and Mindfulness Consultant



Sarah Bush

Lifestyle and Nutrition Consultant

**Roisin Sproule, President of
the International Association
of Infant Massage**

R Sproule

‘It is really important to look after your health to thrive as a leader while supporting those around you. Boost You! For Leaders gave me the space and knowledge to help me create a bespoke future personal wellbeing plan. The holistic approach of the course set me on a path of further learning and self development that will have an ongoing positive effect on both my personal and working life.’



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