


HEART-CENTERED LEADERSHIP WORKSHOP

THREE HOURS COMBINING MENTAL HEALTH & LEADERSHIP

The workshop is a dynamic three-hour session that delves into the intersection of Leadership and Mental Health, employing the analogy of an airplane journey. Through engaging exercises and small group discussions, participants explore how they can better care for themselves (Pilot), their loved ones (First Class), and those they serve (Main Cabin).

The session provides ample opportunities for deep sharing, training in active listening, compassionate connection, and the cultivation of stronger relationships and self-awareness. Additionally, it offers a platform for reflection on personal and interpersonal dynamics, aiming to demystify mental health and equip participants with actionable strategies to support themselves and others. Participants are arranged in small groups at tables, facilitating collaborative learning and discussion.


CARING FOR *OURSELVES* AT A DEEPER LEVEL

(PILOT) 

The first half of the workshop is reflective in nature, focusing on the 'Pilot':

- Explore shadows, cultivate deep connections.
- Reflect on self-leadership through personal and group activities.
- Outline self-care examples: Reflection, Action, Perspective.

CARING FOR *OTHERS* AT A DEEPER LEVEL

(FIRST CLASS & MAIN CABIN) 

The second half of the workshop focuses on leadership and how we relate to others:

- Explore 'First Class' connections through activities.
- Outline and discuss steps to care for family and friends.
- Examine 'Main Cabin' leadership, impact on feelings, performance.
- Outline how to lead with Mental Health in mind: Clarity, Growth, Trust.



SCAN QR CODE
TO LEARN MORE

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