Wellbeing for Leaders
Workshop information

Help your leaders stay effective and lead with balance under pressure

Leadership can involve sustained pressure, competing priorities and responsibility for others. This workshop gives leaders practical strategies for managing pressure, maintaining resilience and supporting sustainable wellbeing.

Why wellbeing for leaders matters

Leadership comes with challenges that test emotional resilience and mental wellbeing. Leaders who prioritise their wellbeing can:

- Maintain clarity and focus in high-pressure situations.
- Set an example for their teams to value wellbeing.
- Create a supportive environment that drives long-term success.

As Arianna Huffington wisely said, "*Taking care of yourself is the most powerful way to begin to take care of others.*"

Workshop features for maximum impact

1. **Practical resilience techniques**
   Learn strategies to stay calm under pressure, manage stress, and build emotional balance.
2. **Actionable wellbeing frameworks**
   Discover methods to integrate wellbeing into daily leadership practices and team culture.
3. **Prepare, practise, perfect**
   Includes pre-work (reflective activities and reading) and post-workshop resources to reinforce learning.
4. **Tailored to your challenges**
   A pre-session call ensures the workshop reflects the wellbeing challenges specific to your organisation.

Who is this workshop for?

This workshop is ideal for leaders at all levels who want to improve their resilience and lead with balance. It's especially valuable for those managing high-pressure environments or seeking to foster a culture of wellbeing in their teams.

Why choose practive8?

- **Proven expertise:** Trusted by organisations across sectors to deliver impactful leadership development.
- **Practical and engaging:** Our workshops provide tools participants can apply immediately.
- **Skilled facilitators:** Facilitators bring scenarios to life, ensuring participants gain confidence and actionable insights.

Start your workshop enquiry

Interested in this workshop for your team? Tell us about your organisation, the people you want to develop and the leadership challenge you are trying to address.

Pricing information

We offer two flexible options to suit your team:

- Small Cohort (8–11 participants): **£3,600** per session
- Large Cohort (12–16 participants): **£4,100** per session

If you're booking multiple workshops, we offer discounted rates. Start your workshop enquiry and we'll provide a pricing plan that works for you.

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