



# KEEPING YOUR SANITY

How Leaders Find Flow  
Through Awareness, Connection,  
and Engagement

## RELEVANCE:

How do we restore peace and grace in our lives when our schedules are so busy, our list of responsibilities is endless, and our worries keep us awake at night? Regardless of our individual circumstances, there are many things each of us can do to preserve and enhance our physical, mental, and emotional well-being, and ensure a stable, productive lifestyle as we continue to cope with change and uncertainty.

## DESCRIPTION:

This experience is especially designed with the busy leader in mind. It offers tools, strategies, and reflections to help leaders achieve a state of flow and calmness, and support their team members in doing the same. The experience addresses personal awareness, human connection, and dynamic engagement - three important pillars that can help leaders make a positive, sustainable change at both the individual and team levels, and achieve a more stable and productive lifestyle.

## KEY OBJECTIVES:

- Generate awareness of your triggers and needs;
- Connect with yourself in ways that preserve and enhance your well-being;
- Engage in habits that improve and strengthen your quality of life and work.

## PRIMARY RESULTS:

There is a direct relationship between well-being and desirable work outcomes. Well-being results in increased life and work satisfaction as well as satisfaction in other aspects of life. Leaders in this experience will acquire important knowledge, tools, and strategies to remain focused, grounded, and productive no matter the challenges they face. They will be able to apply these resources to increase confidence, calmness, and alignment to consistently show up at their best. This will enable leaders to become role models and promoters of well-being for their teams and organizations.