

# Wellness-Driven Leadership: Shaping Organizational Well- being Culture

## Intensive Training Workshop



**16-20 November 2025**  
09:00AM - 15:00PM

### Why Attend?

- Lead confidently in today's complex, human-centered workplaces
- Foster a culture of psychological safety, inclusion, and trust
- Boost team resilience, morale, and sustainable productivity
- Align wellness with your organization's strategic goals
- Become a catalyst for positive, lasting organizational change

**Contact Us:**



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# ***Wellness-Driven Leadership: Shaping Organizational Well-being***

## **Course Overview**

In today's dynamic and demanding work environment, Wellness-Driven Leadership is no longer optional; it is essential. This comprehensive 5-day training course equips leaders and managers with the knowledge, tools, and strategies to foster a thriving organizational culture rooted in health, resilience, and human-centered leadership.

Participants will learn how to champion well-being as a strategic driver of success, improve employee experience, and navigate the complexities of modern workplaces with empathy, clarity, and purpose.

## **Why Now? A Necessary Cultural Shift**

The global business landscape is rapidly evolving, driven by technological advancements, socio-economic uncertainty, hybrid work models, and increased employee expectations. Organizations are realizing that sustainable performance is built not only on innovation and efficiency but also on the well-being of their people.

Wellness-Driven Leadership represents a cultural shift—from reactive to proactive, from transactional to transformational. It empowers organizations to:

- Adapt to change with agility and resilience
- Retain top talent by prioritizing psychological safety and belonging
- Enhance brand reputation as a purpose-driven, people-first employer
- Build a future-ready workforce equipped for complexity and uncertainty
- Leaders who embrace this shift are better positioned to drive long-term value and build thriving, high-performing cultures.

## **Course Objectives**

- By the end of the course, participants will be able to:
- Understand the strategic importance of employee well-being
- Identify and manage personal and workplace stress effectively
- Foster a supportive, inclusive, and psychologically safe work environment
- Enhance team resilience and individual well-being
- Develop effective motivational coaching and feedback skills

## **Training Methodology**

This interactive course incorporates engaging, evidence-based adult learning techniques:

- Expert-led presentations
- Group exercises, role-playing, and simulations
- Case studies and real-world applications
- Facilitated peer discussions
- Self-reflection and personalized action planning

## **Organizational Benefits**

- Organizations that invest in wellness-driven leadership will see:
- Increased employee engagement, motivation, and productivity
- A stronger, values-based workplace culture
- Lower absenteeism and burnout
- Higher talent retention and job satisfaction
- An enhanced employer brand and reputation

## **Personal Benefits**

### **Participants will gain:**

- Greater confidence in leading wellness initiatives
- Improved personal stress management and resilience

- Stronger communication, coaching, and empathy skills
- More mindful and focused decision-making
- A healthier work-life balance

### **Who Should Attend?**

This Workshop is ideal for:

- Senior Executives and Organizational Leaders
- Managers and Supervisors
- HR, L&D, and Organizational Development Professionals
- Wellness Champions and Internal Change Agents

### **Course Outline:**

#### **Day 1: Leading Wellness in the Workplace**

- The business case for well-being: from cost center to strategic driver
- Leadership's role in shaping organizational culture and employee experience
- Building trust and psychological safety across all levels
- Strategies to model healthy behaviors and embed wellness into leadership identity
- Facilitated self-assessment: How well are you leading with wellness

#### **Day 2: Managing Stress and Enhancing Resilience**

- Identifying personal and team stressors in a fast-paced work environment
- Understanding the science of stress: physiological and psychological impact
- Practical tools for stress management and emotional regulation
- Cultivating individual and collective resilience through mindset and habits
- Resilience-building exercises and group reflection

### **Day 3: Mental Health and Wellness Essentials**

- Exploring the mental health continuum in the workplace
- Recognizing early signs of mental health struggles in yourself and others
- How to support employees with empathy and without overstepping boundaries
- Integrating wellness policies and mental health resources into company practices
- Role play: having compassionate, confident wellness conversations

### **Day 4: Motivational Coaching and Effective Feedback**

- Transforming Managers into Coaches: Supporting Performance Through a Wellness Lens
- The art of giving and receiving feedback that uplifts and empowers
- Coaching for motivation, development, and well-being alignment
- Balancing performance conversations with care and compassion
- Career conversations, mentoring, and goal setting that foster engagement

### **Day 5: Sustaining a Culture of Wellness**

- Creating an action plan for long-term wellness integration
- Addressing key areas: sleep, burnout, shift work, movement, nutrition
- Driving wellness through HR policies, team rituals, and leadership routines
- Celebrating wins and sustaining momentum with wellness champions
- Final workshop project: each participant crafts a tailored culture shift plan

## Meet The Facilitator

### **Ms. Mawaheb Al-Homsi**

#### ***MBA | Wellness Coach | Founder of Actness – Corporate Well-being***

With over a decade of experience in corporate well-being and leadership development, Ms. Mawaheb Al-Homsi is a passionate advocate for transforming workplaces into thriving, human-centered cultures. She is the founder of Actness, a pioneering corporate wellness company committed to reshaping organizational health through strategic well-being initiatives.

Mawaheb is the creator of the Actness Model for “Be Well” Culture Transformation and the driving force behind programs such as “Empower Her Through Wellness” and the “Day by Day Life Equation”, which promote sustainable personal and professional growth. She also initiated the WellnessJO Conference, a regional platform for advancing wellness leadership and innovation.

## Join Us

Empower your leaders to create a thriving, future-ready workplace culture. Over five transformative days, this course will equip your team with the mindset, tools, and strategies to embed well-being into the heart of your organization.

Wellness is no longer a perk, it is a core leadership competency.  
Are you ready to lead the shift?

***Contact us for pricing details, group packages, or customized training options.***



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