

LEADERSHIP WHOLENESS

with Dana Alexander



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BS Food Nutrition Science, Drexel University
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12 WEEK SERIES

Virtual | Hybrid* | In-Person*

\$6,000

*travel fees may apply

This program is designed to empower employees, on all levels to recognize the importance of independent leadership wholeness.

Leadership Wholeness is an experience where you can identify the intrinsic "diamond in the rough", while extrinsically inspiring others to become whole in their authentic approach to overall personal and professional success.

Wellness is key;

however, "Wholeness" is necessary for transformative sustainability!

The program is set to be offered to all employees. In our sessions, when we speak of leadership wholeness, we are reflecting on interpersonal leadership skills, as well as departmental/team leadership role.

We often reflect on the essence, that in order to be a good leader, you must first understand the role of independent leadership from within.

Self-Leading | Self-Awareness | Self-Realization
Self-Discovery | Self-Reflection | Implementation

enVISION
TOTAL WELLNESS

Session Topics:

Mental Health Basics

Less Stress | More Peace.

Greater Productivity | More REST.

Resilience - Still Here

Quiet Quitting - Calling a Spade a Spade

Coping with Change

Maintaining Motivation

Leading through Challenges

Will Power is Not Enough

Sub-Conscience vs. Conscience

Mindset - Got to Grow

WE GO - Not Ego

Humility for the Win

Being Sensitive

Getting it Done with Integrity

*Without a doubt, my heart beats for TOTAL WELLNESS.
LEADERSHIP WHOLENESSE is what is necessary to get us collectively
to the next level. I am excited to work with you, your teams,
your employees, and your organization.*

~ DANA