

# LEADERSHIP WHOLENESS

with Dana Alexander



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## 6 WEEK SERIES

Virtual | Hybrid\* | In-Person\*

### \$3,000

\*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

# 6 Session Topics: "A Diamond in the Rough"

1

**Defining the Dream:** From a self-awareness perspective, finding the strength to redefine the "diamond in the rough" that resides within us. When reconnected, this recognition helps future leaders emerge from the "diamond in the rough" and creates an outcome of innovation and sustainability.

2

**Finding the Team:** When working with a team, internal or external, it is important to recognize the talent, skills, and abilities of each team member in order to establish long term, sustainable results in all program or project outcomes. In this session, we will review valuable insights that are often overlooked, however, necessary for team success.

3

**Being Ok with Being Mis-Understood:** Often, we as human beings try to validate ourselves in a specific process that may be mis-understood by others. If we are self-leading well and choosing to come from our authentic self, we must learn to recognize that being mis-understood, is often a part of leading others. It is in these very moments, that the greatest lessons are learned.

4

**Never Compromising:** The path that leads to success, does not come from a path of least resistance. Compromising is vital to relationships, networking, and collaboration, however, when one often takes the "easy way out" to avoid the extra effort or potential conflicts, the results will often not coincide with your intended purpose.

5

**Train Not to Complain:** The flip side of gratitude while learning how to pause in the moment. We train our bodies in discipline as to what we eat or how we exercise. In this session, we will learn ways to train ourselves to look at things differently, create a disciplined response and allow ourselves the opportunity to have a proactive, supportive response, rather than a reactive complaint!

6

**Putting in the Work:** A multi-fold process...Change is not easy! Leadership is not easy! Not complaining is not easy! We must push ourselves to work from the mindset of purpose, even if we are not successful on the first try. When we work hard, the self-awareness and life lessons learned along the way, are the very components of what your legacy leaves for others.

*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*