

# Leading the Way to Wellness

by the Wellness Leader Academy at Sanford Institute of Empathy and Compassion

## Wellness-Centered Leadership Curriculum for Leaders Like You



**Gain tools to bring wellness-centered approaches into daily leadership and support a thriving working and learning environment.**

- **Lead with impact:** Create a wellness culture that supports trainees and faculty.
- **Break down barriers:** Address systemic issues affecting wellness.
- **Build and leverage relationships:** Improve communication and EQ skills.
- **Sustainable initiatives:** Build wellbeing programs that address evolving needs.
- **Advocate** for supportive, inclusive, and psychologically safe environments.



**Immersive In-Person Learning Opportunity:**

- 3 days of interactive learning and practice
- Applicable skill-building and practical exercises
- Peer discussion and community building



**Testimonials:**

- *The leaders were amazing and created such a wonderful learning environment that felt safe and inclusive. I learned so many practical skills that I am already applying to my daily life.”*
- *“This course has been fantastic and made me better in ways I didn't expect.”*
- *I think the material is invaluable and has helped me look at my career in a whole new light.”*

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QR Code:**



**Questions?**  
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