

31 Resilience, Wellbeing, and Ethical Leadership

1-day programme

Leaders who ignore wellbeing - their own or their team's - eventually pay a high price. This programme helps leaders build resilience and support sustainable performance without sacrificing people in the process.

What you'll learn

- The ethical dimensions of wellbeing - what leaders owe their people
- How to recognise and respond to signs of stress and burnout in your team
- Building your own resilience without modelling unsustainable habits
- Creating a culture of sustainable performance and healthy boundaries

Who is it for

Leaders and managers who want to support their team's wellbeing and build their own resilience in a demanding environment.

Duration

1-day programme

Outcomes

Leaders leave with practical strategies for supporting wellbeing, building resilience, and modelling the sustainable leadership habits their teams need.