



Executive Wellness Leadership Program



A man with glasses and a beard, wearing a white button-down shirt and dark trousers, stands in a meeting room with his arms crossed. He is looking towards the camera. In the background, other people are seated at a table, and there are large windows and a brick wall.

Do you want to...

● Inspire leadership, innovation, and productivity to maximise the success of your employees and your organisation?

● Foster a healthy, vibrant and thriving work culture for all?

● Champion positive, healthy work habits and lead by example?

Our Executive Wellness Leadership Program is a collaboration between GreenX7 and the Institute for Tourism Leadership Australia. It brings two connected ideas together.

Cultivation of inspired, inclusive and engaged C-Suite leaders and wellness champions



Wellness programs to foster happy, healthy, engaged employees



Personal and Organisational Wellness Leadership. Healthy Workplace Cultures enhance performance, productivity, innovation growth, and success.

Vision

To create leaders with the mindsets, knowledge, skills, and behaviours to make organisations inclusive and healthy so that a diversity of people feel valued and respected, have access to opportunities and resources, and can contribute their perspectives and talents to improve their organisation.

Performance + Connection

The Executive Wellness Leadership Program develops inclusive, self-aware leaders who relate to a diversity of people and perspectives, are open and flexible, and focus on personal, team, culture and organisational growth.

The effects of supporting employee well-being through wellness leadership are positive self-esteem, increased staff engagement (rational and emotional commitment), greater work-life balance, social connectedness and belonging, reduced thinking biases and positive social behaviour.

Whilst wellness leadership drives well-being and fosters self-affirming workplaces..... staff wellness programs will also decrease our biases and sustain a culture of wellness and performance.

We create a cadre of leaders (your “happy warriors”) whose competency + warmth, empathy + strength, make them leaders of vibrant, productive, healthy workplaces....your Wellness Champions.

Leigh Bennett
- Founder ITLA

5 Stage Executive Wellness Leadership Program

1

Consult and Report

- We consult, listen, observe and conduct an online wellness assessment on the health of your organisation
- A Company Wellness dashboard, (evidence based measurement of surviving or thriving)
- Define your organisational wellness leadership growth areas

2

Inspire

- Based on the Dashboard we tailor an evidence based Executive Wellness Leadership program
- Leadership program blends interactive group + online training elements and is facilitated and led by our team of highly qualified and inspiring Leadership and Wellness Facilitators

3

Embed

- Then we coach! The skill-building program, is augmented by highly skilled Leadership and Wellness Coaches (our own Happy Warriors!)
- We consider self-reflection on real workplace and personal situations where challenging behaviours or business matters are creating hurdles for you or others

5 Stage Executive Wellness Leadership Program

4

Sustain

- Personal Wellness Leadership Development Plan is used across the training and coaching sessions to build a pathway to success and set goals in personal and organisational wellness
- Develop a combined Cultural Transformation Plan
- Then we teach your wellness leaders how to coach

5

Accredit & Belong

- Option = the program can transpose to an accredited Diploma of Leadership and Management (Wellness) in which we can devise a pathway to achieve a nationally accredited Diploma
- You can opt to become accredited as a Greenx7 Wellness Facilitator. We offer one year fee free participation in our Executive Wellness Leadership program alumni

Ultimately your Wellness Champions are leaders who cultivate a culture of wellness and performance in your organisation and will:

- Discover how to reconnect to self, others and the natural environment to improve productivity, connectivity and creativity in the workplace and in our everyday life.
- Achieve ongoing sustainability of peak performance over the long term through an accessible and tailored approach.
- Develop self-insight, understand the relevance of neuroscience, thinking biases, better understand difficult personalities.
- Understand leadership and behavioural strengths and challenges.
- Learn tools to analyse team situations, engagement, motivation, understand styles of social communication, create a positive workplace culture.
- Facilitate positive working relationships between employees and managers.
- Boost employee morale – help foster joy and purpose in their lives and work.
- Create and sustain inclusive wellness programs and thriving work cultures.
- Enrich employee experiences in workplace wellness offerings.
- Elevate management support and involvement in workplace wellness development.
- Foster happy, healthy, engaged employees and in turn, optimise your organisation's competitive advantage, growth, and success.

The foundation of True Wellness is connection. Through connection we plant the seed to foster self-worth and self-worth is the essence of wellness.

Tim Jack Adams
– Founder of GreenX7

How it works

We focus on 5 inclusive mindsets for leadership wellness...

Identity-Aware

Relational

Open and Curious

Flexible and Agile

Growth-Focused

...to achieve these outcomes for a culture of wellness and performance in your organisation

Inspiring Leadership

Better Productivity

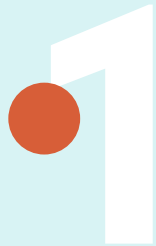
Good Decision Making

Connected Teams

Improved Resilience

Presenteeism (Low)

Delivery



Phase One

Sessions:
(2 days F2F
& webinars)

We work in 2 connected phases of blended delivery: face to face group coaching, webinars and 1:1 coaching in organisational wellness leadership to achieve thriving, high-performing work cultures.

TOPICS

- Tools to 'Reconnect and Recharge'
- Reflection and Awareness
- Pay it Forward
- These modules will share the tools and knowledge for individuals to create a rhythm to thrive sustainably both personally and professionally.
- It will also create a support network to foster positive human connections and look at where you're at and what you need to do to improve your wellness and performance.
- We offer 1:1 coaching and begin to build the Personal Wellness Leadership Development Plan + we begin to build the Cultural Transformation Plan.

Delivery

2 Phase Two Sessions: (2 days F2F, coaching & webinars)

TOPICS

Focus on Me, the Wellness Leader

- Personality style, levels of emotional intelligence, capacity to self-regulate emotional hijacks and use cognitive behaviour tools, build resilience, increase motivational behaviour and inspire others through passion.

Focus on Wellness Teams

- Creating healthy, engaged and positive workplace culture, understanding team dynamics, inspire, include and motivate others. We reflect on one's ability to communicate effectively.

Create “Wellness Champions”

- Creating Wellness Champions to coach and mentor others. We continue 1:1 coaching and build upon the Personal Wellness Leadership Development Plan + we begin to build and action the Cultural Transformation Plan.

Coaches



Tim Jack Adams

Tim is founder & CEO of GreenX7, a wellness consultancy guided by an expert Advisory Board that supports organisations to create and sustain a culture of wellness and performance in a modern climate of constant change. GreenX7 follows an evidence based approach and uses face to face and accessible methodologies to deliver tools, knowledge and support to create thriving leaders and teams.



Leigh Bennett

Leigh is founder of the Institute for Tourism Leadership Australia, an experienced business consultant, executive and leadership coach, board director and a former CEO, national HR Manager and educator. He brings passion and enthusiasm to his coaching which is conversational, flexible, respectfully challenging and non-judgmental.



Please contact us if you would like any further information about our corporate wellness programs

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