



# WHOLE PERSON | WHOLE LEADER

## WELL-BEING, RESILIENCE AND CHANGE AGILITY

Target Audience: Managers who want to sustain good work from themselves and their teams in the midst of relentless pace and disruption (...and balance other parts of life, health and family)

### WHY IS THIS CRITICAL?

With an accelerated pace of change, blurred boundaries between life and work and increasing fatigue, stress and sense of isolation, it is increasingly critical to support our people with empathy and care to create conditions for them to be at their best, thereby contributing to higher productivity and organization success.

- Stress and burnout block creativity and productivity
- An agile and resilient workforce seizes change as an opportunity to transform
- Leaders need to manage themselves before they can manage their teams
- Positive team culture radiates energy for the larger team to perform at their best

### HOW IT WORKS?

This workshop focuses on:

- The Influence of individual wholeness to team and larger wholeness
- Identification of tell-tale signs of fragmentation in ourselves and our team
- Wholeness as an approach to bring the collective team together for contribution
- The ABC pathways: Anchoring, Balancing and Clearing
- Anchoring to our purpose, values, identity and responsibilities
- Balancing by embracing opposites in our thinking to have cognitive flexibility
- Practical habits to clear and declutter, so we focus on what matters

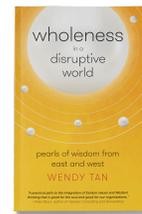
### OUTCOMES

In this highly engaging workshop, leaders will help themselves and their team:

- Practise ways to create mental space in their busy lives
- Cultivate cognitive flexibility to access insights for better decision-making
- Adopt practices that incorporate higher order purpose and values to inspire the courage and commitment needed to persist in new ventures
- Apply 3 key strategies to overcome the impact of disruption and fragmentation
- Craft out a strategy for working and living holistically for sustained contribution

### WHAT IS IT?

- A professional yet personal learning experience that brings the whole of who we are and the work we do together.
- Multiple delivery methods: face-to-face or virtual instructor-led workshops with print or digital materials
- Other formats available: keynotes, microlearning, train-the-trainer programs
- Internal workshops with flexible delivery options are available to accommodate different needs, geographies, time zones and languages



Based on the concepts from *Wholeness in a Disruptive World* by Wendy Tan

*"Your talk was very inspiring and thoughtful. I love your personal stories which give hope, strength and inspiration. It will be a great learning for many of my high achievers to make them stop and think at times, find a better "balance of the forces" and with that, be even more efficient, effective and whole."*

Rainer Wolf, VP & GM Manufacturing, Edwards Lifesciences Pte Ltd

*"Wendy addressed our employees live in Singapore and virtually in our Asia Pacific offices on the topic "Wholeness: Balance for Better". This topic was important and very relevant to us. Wendy led an engaging session, showing us how we can all achieve both in the work and personal spheres, providing practical ideas that we could take away and apply using her ABC framework towards wholeness."*

Katie Smith, Talent, Culture & Engagement Director, Experian

Public Course Dates

2021: 1 Dec



Register at: [bit.ly/FLAMEWPWLRegForm](https://bit.ly/FLAMEWPWLRegForm)

