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STRATEGIC
CONSULTANTS

*Strategic Leadership
Conference
Tuesday, October 4th, 2022*



WORKPLACE WELLNESS

LEAD
WELL
STRATEGIC CONSULTING



HELLO!

I am Ian Williams

I am here because I love to give presentations.
You can find me at @iancoaches



1. STORY

My "perfect" life



How did I, a smart, hardworking and successful career minded individual, end up here? What symptoms did I ignore? How do I rebuild my life?



77%

Reported they have experienced burnout at their current jobs.

91%

Stated that unmanageable stress and frustration are huge contributors to the quality of their work.

83%

Indicated this affected their personal relationships!



21%

Your employees are currently struggling with depression, feelings of hopelessness or a general low.

7%

Of those individuals have sought professional help.



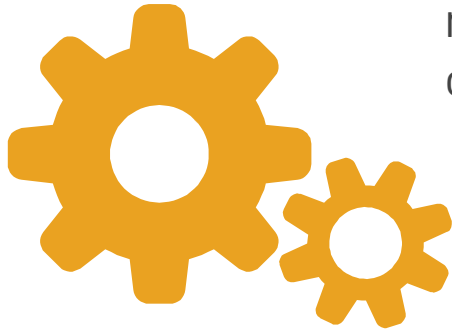
WORKPLACE
WELLNESS.

WORKPLACE WELLNESS



Leadership Development

Everything Rises and Falls on Leadership



Mental Health Awareness

The ongoing effort to reduce the stigma around mental health conditions

Diversity, Equity, Inclusion and Belonging

Policies and programs that promote representation and participation of different groups of individuals.

Commit to WELLNESS LEADERSHIP



An honest look at your corporate culture.

Why does culture matter?



Culture is the personality of your organization

It has a major impact on your employees' actions and beliefs



Culture is under your influence



As leaders your vision, attitude and voice dictate the culture.

Leaders must fully buy-in to set the right example

A culture shift requires a top-down effort

Leaders invest in what they care about



Leadership Development

Intentional effort focused on setting a people focused leadership standard.

A culture to be proud of

Create a culture you can be proud of. Re-commit to the mission, get clear on values and walk the talk.

Here's your five-step road map:



**Step 1: Commit to
Wellness Leadership**

**Step 2: Revitalize
Policies and
Procedures**

**Step 3: Choose
which programs to
implement**

**Step 4: Make it
Happen!**

**Step 5: Evaluate,
Adjust and
Continue...**



ROI

- Decreasing healthcare costs
- Reducing number of sick days
- Minimizing disability claims

VOI

- Reducing Employee health risks
- Talent retention
- Raising profits and performance
- Reducing absenteeism
- Building Camaraderie



THANKS!

Any questions?

You can find me at:

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