



SELF-CARE FOR LEADERS

#WELLNESSFORLEADERS

2

1.5 HR.
OPTIONS

9:00 AM & 2:00 PM
Wednesday

The I'm Well "Self-Care for Leaders" monthly series is a powerful 4-week wellness journey designed to help leaders reset, recharge, and build lasting habits for a thriving life. Through the Eight Dimensions of Wellness framework, participants will gain practical tools to strengthen emotional well-being, reduce burnout, and lead with greater resilience and purpose. This series is more than a workshop—it's the beginning of a lifelong wellness journey for leaders ready to GO-BE WELL.

Week ONE

The Introduction to the 8 Dimensions of Wellness launches the Self-Care for Leaders Series. This interactive workshop will explore all dimensions of wellness, providing leaders with essential tools for balance and resilience. The workshop will lay the foundation for the next three weeks, guiding participants toward sustainable self-care practices.

WHAT IT COVERS:

- Defining Wellness
- The 8 Dimensions
- Understanding Cultures
- What You Have
- What You Need

Week TWO

A Beginner's Guide to Self-care is your roadmap to leading with resilience, purpose, and prioritizing your well-being. Whether you're new to self-care or looking to deepen your practice, this guide explores how leaders can cultivate balance in all areas of life. Through reflection exercises and actionable steps, leaders will develop a personalized self-care plan to sustain their leadership while fostering long-term well-being.

WHAT IS COVERS

- Understanding the 8 Dimensions of Wellness
- Assessing Personal Wellness
- Developing a Personalized Self-Care Plan
- Integrating Self-Care into Leadership

Week THREE

The 8 Dimensions of Wellness Plan creates a crisis and non-crisis plan for every area of life. Define each dimension. Ask yourself a question about where you are within each dimension, and then create a plan for how you will live and maintain it in a smart, healthy way.

WHAT IT COVERS

- Define the dimension
- Ask yourself a question
- Create a plan for crisis or non-crisis situations.
- Draft a SMART goal

Week FOUR

This workshop asks the question: What Dimension Are You In? Explore the dimension that demands you to run at full capacity, and which dimension is whispering for attention. Because alignment begins with awareness.

WHAT IT COVERS

- Learn the 8 dimensions of wellness.
- Discover your strengths.
- Identify your resiliency tools.
- Learn to say "No" without guilt or shame.
- Discover accepting you from the inside out.
- Giving yourself G.R.A.C.E.

Learn more, ask for T. Rice at 844-9-imwell or register:

<https://imwell.network/selfcare-for-leaders>

