

Thrive at Work Integrating Leadership, Wellness & Consciousness... for Results

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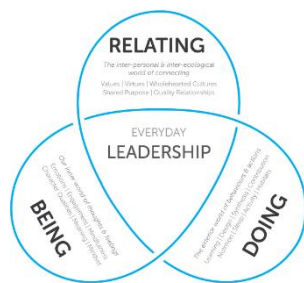
Be the change...

IT IS NO LONGER ENOUGH TO SIMPLY LEARN NEW SKILLS OR GAIN MORE EXPERIENCE. NEW LEADERS MUST DEVELOP VERTICALLY OR BE AT RISK OF FAILURE.

Dr. Alan Watkins

Thriving is a verb that means to flourish or grow vigorously. Many researchers indicate that personal and team growth, often called **Vertical Development**, is the most important variable for sustained organizational success. Participants will be introduced to a new, research-based, and transformational model for both leadership and wellness that has great potential for generating hope and facilitating change. The **Integrated Performance Model** suggests that the results we seek, both personally and professionally, and, individually and collectively, depend on much more than our behavior. **Coherence** is what drives behavior and helps us to achieve desired results. You will get strategies for developing coherence, measuring coherence, and for managing energy to maintain and sustain coherence.

In a world characterized as VUVA, (volatile, uncertain, complex and ambiguous), and where most of us are faced with challenges that have been described by some as “wicked problems,” many are working tirelessly to simply survive. The new leadership paradigm calls us to focus on who we are at the core (our **BE-ing**), and how we are **relating** to others, in addition to what we are **doing** at work. Participants will learn strategies for overcoming key barriers to energy management, problem solving, and healthy relationships. The Integrated Performance Model proposes that we can be brilliant every day and bring our best thinking to all that we do and to all that we serve. This model and associated strategies will become your valuable tool for heart-centered living and leading.



Integrated Performance Model

