



JILL JOHNS INTERNATIONAL

# LEAD WELL

LEADERSHIP & WELLNESS  
PROGRAM



## Program Outcomes

- LEADERSHIP SKILLS
- PHYSICAL WELLNESS
- EMOTIONAL WELL-BEING
- TEAM ENHANCEMENT

**Where  
leadership and  
wellness go  
hand-in-hand.**

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# LEAD WELL

## LEADERSHIP & WELLNESS PROGRAM

Lead Well is a program designed specifically for independently-owned professional services providers and their staff.

We believe, regardless of job title or position, that all employees are leaders in their own right and that physical and emotional well-being are the cornerstones of a thriving practice.

Everyone has the potential to LEAD WELL!

### About Jill Johns

Jill Johns spent 15 years building leadership and development programs for major corporations like Gulfstream Aerospace and TMX Finance.

Now, she brings her corporate-caliber expertise to independently-owned professional services providers where she works one-on-one with owners and teams to create sustainable and employee-centered change.

### PROGRAM OVERVIEW:

- Kick-off Event
- Overall Needs Assessment
- Individual Development Plans
- Monthly Topics could include:
  - Emotional Awareness
  - Sleep Habits
  - Communication Skills
  - Conflict Resolution
  - Boundary Setting
  - Mindfulness
  - Movement
  - Relationship Building
  - Financial Acumen
  - Nutrition
  - Self-Care
  - Time Management
- Supplemental Resources Provided
- Capstone Event