



The Resilient Self-Leader Training Program

A “whole employee” approach to well-being.

The conversation has shifted: It’s no longer about how to get rid of stress but about something far more critical: How to cultivate a resilient workforce. The Resilient Self-Leader Program is a four-part “whole employee” certificate training series designed to teach essential life skills for increasing well-being, engagement, morale, & performance.



Four-Part Module Summary:

1. Mindset & Happiness— Understanding how your brain works is a foundational process for increasing self-awareness, well-being, and overall happiness. Includes:

- Personal vision
- Introduction to Science of Happiness
- Tools for increasing resilience & happiness
- Mindset (reprogramming & hacking the brain)

2. Stress & Energy— Learn how to make stress work for you vs. against you by understanding how to manage your human capital energy. Includes:

- Intro to Energy Leadership
- Catabolic vs. Anabolic Leadership
- The Four Energy Blocks
- Willpower & Self-regulation

3. Thriving Relationships — As humans, we’re wired to connect. Yet often relationships, both at work or at home, can be a great source of stress. Learn essential listening and coaching skills for creating more impactful and meaningful relationships. Includes:

- Personal values
- Active Listening & Coaching Skills
- Setting effective goals & science of making choices
- Grit, flow & purpose

4. Self-Care & Nourishment —A holistic and integrative approach to nourishing your body & mind. Includes:

- Work Life Integration
- Physical Activity & Sleep
- “HOW” to Eat & Food Energetics
- Mind-Body Connection

**This program can be customized to meet the needs of your organization.
Each topic can also be provided as a single training session.*

Contact Morgan Festa to get a quote today!
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