Wellness and Life Balance Workshop II: The Wellness Leadership Revolution
Monday October 14 3:30 - 5:00 pm

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Sit and think for a minute. Select the one word that describes for you Wellness Leadership! Share with the group.
Life is about being able to set a vision and persist over the long haul as you lead yourself and others to break barriers and move toward the finish line. Health and wellness are key components of being an effective leader. Wellness is defined as "the quality or state of being healthy in body and mind, especially as the result of deliberate effort."
Objectives of Today’s Session

1. Explore the dimensions of wellness and their relationship to leadership.
2. Evaluate each dimension of wellness and identify strengths/vulnerabilities.
3. Develop strategies to help improve areas of vulnerability.
WHO ARE YOU?

“Explore Parts Unknown”
TRANSFORMATION... going beyond change!

**Ask Yourself?**

- Have you experienced an event that has transformed your life?
- Was this an experience you sought out at the time?
- How long did it take you to move through the experience?
- As a result of the journey, did you see yourself differently?
Now it is Your Turn!
Take the Test!

TAKE THE WELLNESS CHALLENGE
• Were you surprised by your results?
• Which section of the wellness wheel is in greatest need?
• What do you like about your wheel?
• What would you like to change?
• Where could you make investments (time, energy, money) to bring your red and yellow scores to green?
Strategies for Improving Wellness

Remember that wellness is a lifelong journey!