

# Emotional Wellbeing for Leaders

# Objectives

- Understand the importance of emotional wellbeing to leaders and employees
- List strategies to enhance your wellbeing
- Describe ways to be a more effective leader

# Emotional Wellbeing Defined

Emotional Wellbeing refers to the awareness and understanding a person has about their emotions and how well they are able to manage through different life events.

# Emotional Wellbeing - impact on the Workplace

- Higher productivity
- Higher retention
- Higher morale
- Lower absenteeism
- Lower mental health disability claims

# Strategies to Enhance Emotional Wellbeing

- Make your own emotional wellbeing a priority
- Define what that looks like – for you
- Commit to a plan to achieve this goal – start small and ID specific steps
- Enlist the support of others if needed, including your supervisor

# Tactics to improve Emotional Wellbeing

- Focus on what you can control
- Become aware of your own unhelpful thought patterns, and question them
  - Are my thoughts realistic?
  - Am I keeping things in perspective?
  - Are my thoughts helpful?
  - Can I look at this from another angle?
  - What can I do to either solve or accept the situation
- Assume positive intent
- Avoid perfectionism
- Take time to grateful

# Qualities of Effective Leaders

- Emotional Intelligence
  - Self Awareness
  - Self Management
  - Social Awareness
  - Relationship Management
- Taking the lead vs getting out of the way
- Balance challenge and support

# Your Program

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**24 hours a day/7 days a week**

**Thank you!**

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