



Peak Leadership & Wellness Program

“Where Leadership, Wellness and Performance Align”

This leadership and team development program is designed to help organizations build, nurture, and retain meaningful and trusted relationships that drive growth, collaboration, retention and mission success. Through a comprehensive approach centered on Leadership, Emotional Intelligence, Stress Management, Conflict Resolution and Mindfulness - participants gain practical tools, habits, and healthy practices that support both professional performance and personal fulfillment. The program emphasizes the importance of trusted leadership and team behaviors while helping individuals strengthen self-awareness, emotional regulation, communication, focus, and resilience in today's demanding workplace environments.

Through a comprehensive blend of classroom learning, experiential activities, and outdoor engagement, participants explore the seven elements of wellness: emotional, intellectual, occupational, physical, social, and environmental wellbeing. The training includes vetted tools and techniques for building trusted relationships, understanding stress versus challenges, mastering breathing and mindfulness practices, developing self-care routines, improving sleep habits, and identifying nutritious foods that support performance and recovery. Interactive Emotional Intelligence role-play activities, social team bonding experiences, and opportunities to connect with nature further reinforce the program's approach to professional team building and personal wellness.

Program Training Includes:

7 Elements of Wellness: Emotional, Intellectual, Occupational, Physical, Social and Environmental. Through these elements, participants receive tools, daily practices, and shared experiences. This comprehensive program incorporates the aspects of wellness in the classroom and outdoors.

- Building “H2G” Trusted Relationships Tools & Techniques
- Understanding and addressing STRESS - “Good Stress vs. Bad Stress”
- Mastering Breathing Techniques
- Mindfulness and Relaxation Techniques
- Learning Emotional Intelligence (“role-play”)
- Building a personal Wellness Routine/Plan
- Identifying Healthy & Nutritious Superfoods & Meals
- Understanding Restful & Good Sleep Habits (Hygiene)
- Social Team Bonding

The Peak Performance & Wellness program is a 2 1/2 day training that includes all program instruction, course training books, tools, and takeaways. Overnight accommodations, program and distinctive experiences occur at The Lodges at Gettysburg, 685 Camp Gettysburg Road, Gettysburg, Pennsylvania. This program is fully customizable to your needs and budget.