



H2G Leadership

Forging Trusted Leaders - Building Trusted Teams

Realizing and understanding the importance of building, nurturing, and retaining meaningful and trusted relationships for organizations to consistently achieve growth and mission success, this program will offer the tools, habits, techniques, and healthy practices needed for individual TEAM members to obtain fulfillment and success in all areas of their personal and professional lives.

The Five (5) areas of focus presented will be:

Leadership, Emotional Intelligence, Stress Management, Mindfulness Practices, and Conflict Resolution.

Specific areas of training will address:

Trusted Leadership and Team Behaviors

- A mindset & lifestyle formula to build, nurture & retain trust within your TEAM
- Improving self-awareness, emotion regulation, and self-control.
- Improving concentration, focus, and “effective” communication, Identifying, understanding, and managing our/others’ emotions, anxiety, and fear levels.
- Increasing immune function, managing and decreasing stress.
- Building resiliency- coping with adversity and bouncing back.
- Embracing sharing, caring, and serving behaviors to achieve happiness, fulfillment, and success in all areas of your life.
- Practicing the discipline of mindfulness to improve overall well-being and performance in the workplace.
- Understanding the importance and difficulty of effectively identifying, understanding, and managing REAL stress.
- Conflict Resolution methods and techniques are introduced and taught to increase work productivity, build and maintain a safe and thriving (healthy) work environment, and to increase employee retention.
- Sharing and working through the most significant workplace challenges facing your team.



Global Health & Wellness Center

The Global Wellness Center is founded on Emotional Intelligence. Focusing on WHY & HOW Emotional Intelligence(EI) is essential for every TEAM member to achieve their full potential and be happy and productive in their work environment. Learning simple and powerful techniques and practices to incorporate into your workplace and daily life.

Course curriculum includes:

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

Building Trusted Relationships Tools & Techniques- “H2G”
Understanding and addressing STRESS versus “Challenges”
Mastering Breathing Techniques
Mindfulness, Meditation, Relaxation Techniques
Learning Emotional Intelligence (“role-play”)
Connect & Spend Time in Nature
Building a Self-Care Wellness Routine/Plan
Identifying Healthy & Nutritious Superfoods & Meals
Understanding Restful & Good Sleep Habits
Social Team Bonding

The Global Health & Wellness program is a three-day training that includes all program instruction, course training books, tools, and takeaways. Overnight accommodations and the program occur at The Lodges at Gettysburg, Leadership & Freedom Center, 685 Camp Gettysburg Road, Gettysburg, Pennsylvania.