

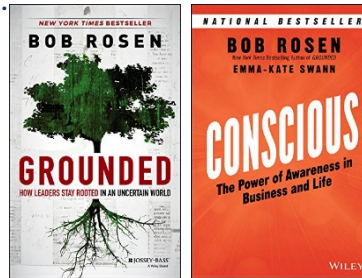
Dion Leadership has partnered with Healthy Companies International to offer the **Grounded® and Conscious Leadership Program**. Backed by over 30 years of research led by Dr. Bob Rosen, the Healthy Companies research team has identified two core capabilities for surviving and thriving as leaders in today's world.

- **Grounded** is the foundation that helps leaders stay centered yet agile in the face of disruptive change.
- **Conscious** results in leaders being highly awake, aware, and adaptive to their ever-changing environment.

Developing these two core capabilities ensures purposeful forward movement and success.

The **Grounded® and Conscious Leadership Program** unveils the **Six Dimensions** that define a Grounded® Leader:

- Physical – How You Live
- Emotional – How You Feel
- Intellectual – How You Think
- Social – How You Interact
- Vocational – How You Perform
- Spiritual – How You View the World



WHO'S IT FOR?

The program is designed for leaders at all levels looking for advanced leadership development including executives, mid-level leaders, and front-line managers.

DELIVERY APPROACHES

The program is delivered in the following formats:

Instructor-Led: One-day in-person program.

Virtual Instructor-Led: Four two-hour virtual sessions.

BENEFITS

Leaders who participate in the program will:

- Learn why **Grounded® Leadership** is critical in today's disruptive business environment
- Understand the **Six Dimensions of Grounded® Leadership** by assessing oneself and identifying specific practices to strengthen performance
- Discover the basics of **Conscious Leadership** as an accelerator of leadership performance
- Explore the mental **Accelerators and Hijackers** that have the greatest impact on results
- Strengthen their capacity to **lead in today's ever-changing world** as Grounded® and Conscious leaders

Being both Grounded® and Conscious is the *new leadership imperative*. This program utilizes a combination of assessment, learning, and action planning challenges and inspires leaders to become more **Grounded® and Conscious** in all dimensions of their lives. Dion Leadership will show you how this program can help your leaders face the challenges of constant turbulence and change and think about leadership in a new and different way.

For more Information, contact us at LetsTalk@dionleadership.com.