



Leadership Wellness[©]

Individualized Training Methods

Our instructor believes, "you don't have to be unwell to get better." This course is designed in two parts: understanding wellness techniques and application at the group-level and individual-level.

Leader Wellness Matters

With specialized and targeted instruction, OrgScience believes that the leader sets the tone. As leaders learn to embrace wellness and mindfulness - the organization flourishes.

OrgScienceSM

TRAINING OBJECTIVES

Designed to guide and empower the leader via group and individual instruction. Evidence-based instruction for leveraging wellness practices that strengthen the individual leader.

MINDFULNESS

"Living in the now" is the first step toward gaining appreciation of your skills and qualities.

Leadership comes from within. By gaining an understanding of peaceful reflection, your ability to embrace transformational leadership is fortified.

INSTRUCTOR



**DR. REBECCA
SHEFFIELD**

**LICENSED PROFESSIONAL
COUNSELOR (LPC)**

Dr. Sheffield is a practicing Marriage and Family Counselor, owner of New Town Counseling Center, and graduate from the College of William & Mary in Counselor Education. Rebecca is also a Nationally Certified Counselor (N.C.C.) and published author.

She has extensive instruction experience with adult learners as a professional counselor in clinical and non-clinical settings.