

EMBA GLOBAL NETWORK WEEK

IE Center for Health &
Well-being

10th- 14th June 2024

ABOUT THE GLOBAL NETWORK FOR ADVANCED MANAGEMENT (GNAM)

Launched in 2012, the network includes 32 leading business schools from around the world.

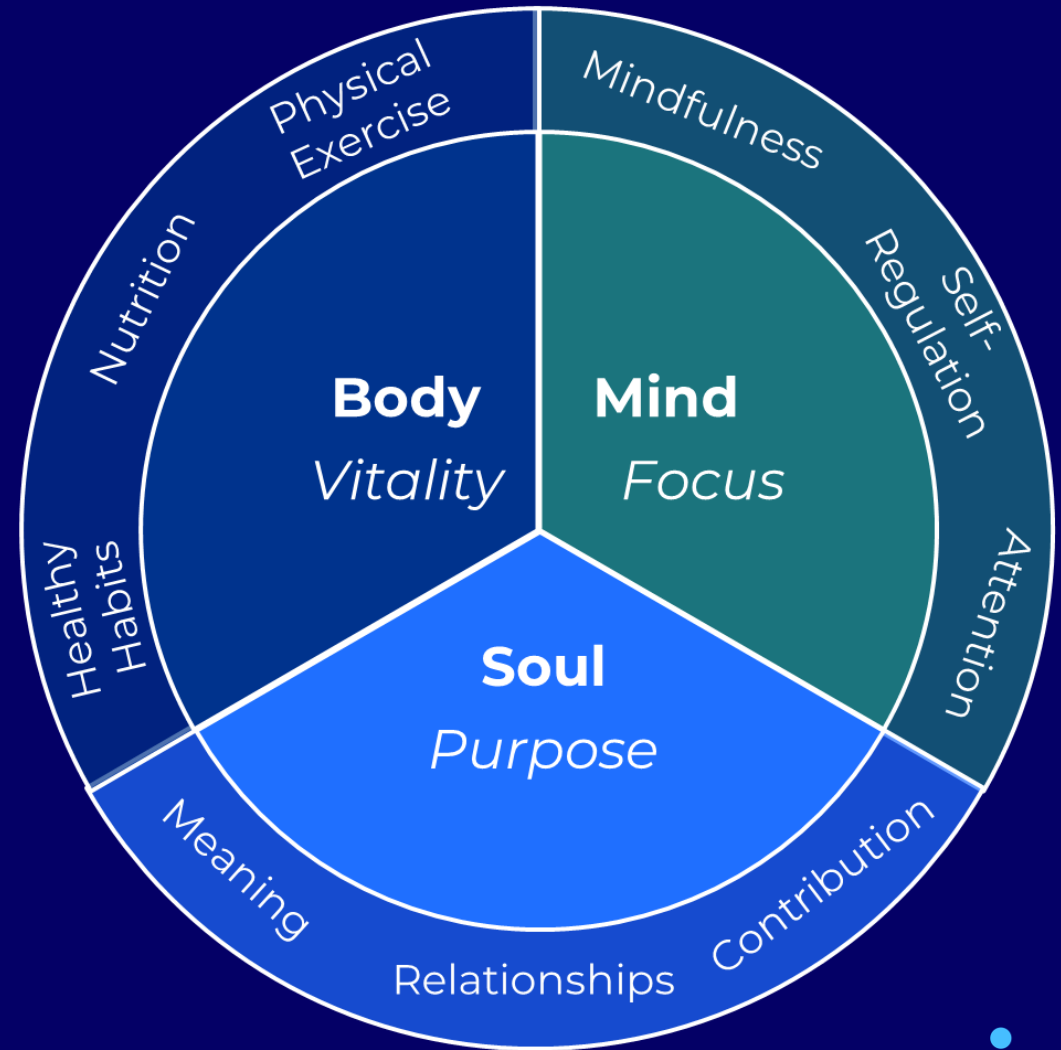
The member schools recognize that leaders in all sectors will be asked to contribute to the solutions of major problems that are typically complex and global and equip students with these skills.

THE GLOBAL NETWORK WEEK

Global Network Weeks give students the opportunity to pursue intensive study at another network school, in a focused course that leverages the perspectives, programs, and faculty expertise of that school. Alongside their counterparts from elsewhere in the network, students attend classes, tour local businesses, and meet with experts focused on current business problems.

HOLISTIC LEADERSHIP FROM PURPOSE TO IMPACT AT IE UNIVERSITY

We offer a unique week focused on self-transformation to exchange students. The Holistic Leader Program follows the Center for Health & Well-being model of *body, mind* and *soul* to recognize the **interconnection of vitality, focus** and **purpose** for a complete perspective on leading self to empower others.



CLASS PROFILE (Last EMBA GNW's info)



Students

47 Students
Divided in 7 teams



Gender Distribution

26 women
21 males

Average age: 41



Schools

14 schools
represented



Nationalities

22 nationalities
represented

COURSE CONTENT

1. Building Resilience Through Strengths & Purpose

- Positive Emotions for Well-being & Resilience.
- Leadership Vision.
- Leading with Values & Purpose.

2. Vitality: Sleep, Nutrition & Movement

- The Impact of Sleep.
- Building Balance to Enhance Strength.
- Nutrition for Performance.

3. Vitality: Focus & Healthy Habits

- The Science of Attention.
- The Art of Habit Hacking.
- Authentic and Compassionate Connection.

4. Leading Authentically

- Self-awareness & Subconscious Communication.
- Leading through Authenticity.
- Leading Self through Character Strengths.

5. Connection & Commitment

- Case Study: A New Way of Leading.
- Ownership in my Leadership Development Design.
- Holistic Leadership Framework Final Presentations.

OUR FACULTY (Last EMBA GNW's info)



Lisa Bevill

Lead Faculty
Director of the IE Center for
Health & Well-being
Adjunct Professor IE
University



Menno Bakker

Diplomatic Attaché,
IE Professor in Leadership
Development



Jill Paine, Ph.D.

IE Professor in Organizational
Behavior and Leadership



Daniel de la Serna

Clinical Director at Spanish
Institute of
Psychoneuroimmunology,
IE Professor of Nutrition for
Optimal Brain Performance



Daniela Hervella

Fitness & Well-being
Consultant,
Certified Personal Trainer,
IE Professor of Vitality



Eva Herber

Clinical Psychologist and
Strengths Practitioner,
Certified Coach,
Expert in Applied Positive
Psychology facilitation



Juan Luis

Partner & Founder en
empathic warriors
Adjunct Professor IE
University



Mario Sebastian

Vice President of Customer
Experience EMEA at Cisco,
Executive Master in Positive
Leadership, Strategy and
Transformation



Ellen Buckland

Founder of Contemporary
Empathy,
Adjunct Professor of
Creativity, Innovation and Human
Centered Leadership, IE
University

MINDFULNESS SESSIONS



Rodrigo Aguirre de Cárcer

Adjunct Professor
Peace Coach



María Fernández Sabau

Director of Education and
Public Programs

5 sessions in total.

- Highly rated session with an average of 4.8/5 (96%) from 34 students who answered questions about the program survey.

Quote from a student:

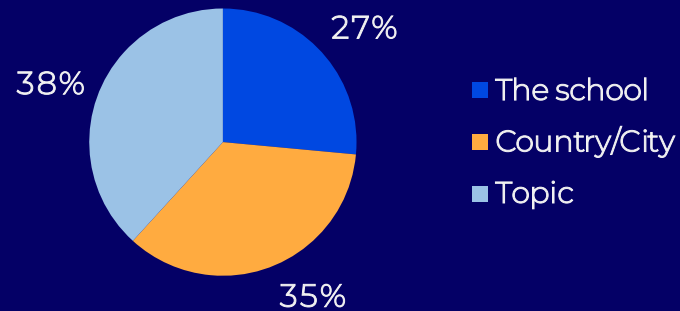
"Mindfulness needs to be a part of every business school program".

"I feel way more centered and balanced".

Student Satisfaction

Received 34 survey results out of 47 students.

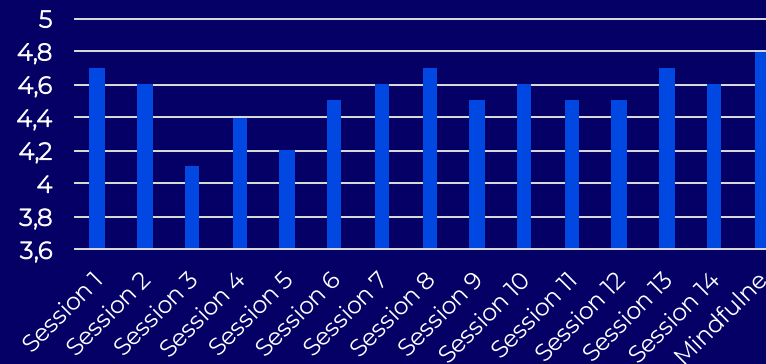
Why Students Chose IE for GNW (34 responses)



- Out of the 34 students, a substantial 38% chose the IE Holistic Program due to their interest in the topic.
- 40 students who responded collectively gave the IE Holistic GNW program an overall experience rating of 4.7/5 (94%).

- When looking at the sessions rating, the 34 respondents gave the sessions an overall rating of 4.3/5 (86%).
- All sessions had a rating higher than 80%.
- Below is the breakdown of each session average rating.

Class Sessions Ratings (34 responses)



- When asked if they would recommend the program to the IE Holistic program to their peers, the 34 respondents gave a score of 9.1/10 (91%).

PARTICIPANTS TAKEAWAYS

Learnt about the VUCA method, innovation as empathy turned into action, and using our realised strengths.

Importance of close connections and focusing on attention.

Found the program inspiring filled with countless reflections, and connections.

Zhan Huang • 2nd
Strategy | Enabler | Diversity & Inclusion | MBA Candidate
Visit my website
6d • Edited •

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What can you get from Madrid in one week? Tapas from San Miguel, Picasso's Guernica at Sofia, dance moves from Flamenco show, or the holistic leadership wisdom from **IE Business School**.

Following the Appreciative Inquiry framework, we explored a spectrum of topics, from emotions to exercise, the impact of sleep to the authentic & Compassionate connection.

My three key takeaways:

1. The new concept of VUCA (Vitality, Uplifting, Connection and Action) to harness positive emotions, broaden our visual field, and enhance overall well-being.
2. "Innovation is empathy turned into action"
3. Use wisely our realised strengths while also developing our unrealised strengths to establish a strong based of authentic leadership.

I am immensely grateful for the invaluable connections with the esteemed facilitators **Irene Yagüe Sancho, Rodrigo Aguirre de Cárcer, Capt. Menno Bakker, Lisa Bevill, Ellen Buckland, Eva Herber, Daniela Hervella, Jill Paine, Juan Luis, Mario Sebastian** and, it was a privilege to explore, learn and connect with 40 remarkable MBA talents from top business schools around the world: **Alma, Chris, Bingchen, Swapnil, Taiwo, Vanya, Qian(Nora), Avinash, Ridhi, Wesley, Georgina, Xiaoyu, Alexandra, Leslie, David, Jophy, Rodrigo, Tolga, Karelyn, Valeria, Wendy, Nicolle, Serap, Daniel, Mario, Jue, Kevser, Shanaaz, Muhammad, Qian, Niko, Priscila, Abhishek, Pablo**

Abhishek Gupta • 2nd
Oxford MBA || Oxford BMW Fellow || McKinsey || Founder
4d •


#Reflection

I recently completed my MBA Exchange at **IE Business School** and had a fun week learning about Holistic Leadership.

My key takeaways from the course were:

1. Learning about the Appreciative Inquiry Framework work and, understanding how one can change the VUCA - Moving from Volatility, Uncertainty, Complexity, and Ambiguity to Vitality, Uplifting, Connection, and Action is a must for creating a more fulfilling life
2. Close relationships, more than money or fame, are what keep people happy throughout their lives. Those ties protect people from life's discontents, help to delay mental and physical decline, and are better predictors of long and happy lives than social class, IQ, or even genes
3. Focus of attention of the direct supervisor has a significant impact on the performance of teammates - Emphasis on performance strengths and personality strengths are the most important drivers

#KeepLearning #MBALife



Chris Matthews • 2nd
ESMT Berlin MBA // Supply chain expert // Exploring missi...
4d •

Had the opportunity to spend last week in Madrid for **IE Business School's** course "Holistic Leadership: From Purpose to Impact." A deep-dive into how values, emotions and health influence our well-being and capacity for leadership.

What an inspiring week! Countless reflections and takeaways, including one tidbit I'd like to share -

Enhancing strengths > 'fixing' weaknesses. Research shows that the main thing great leaders have in common is a focus on maximizing strengths more than eliminating weaknesses. As well, employee engagement flourishes when performance strengths are emphasized by managers, but recede when feedback is focused on weaknesses.

Grateful for the insights and connections made. Thank you to **Lisa Bevill, Irene Yagüe Sancho, Juan Luis Ramon Perez, Rodrigo Aguirre de Cárcer, Capt. Menno Bakker MA, MBA** and many many others :)



attention of the direct supervisor has a significant impact on the performance of teammates - Emphasis on performance strengths and personality strengths are the most important drivers

| Focus Area | Impact on Performance |
|---|-----------------------|
| Emphasis on Performance Strengths | 9.1 |
| Emphasis on Personality Strengths | 6.6 |
| Emphasis on Specific Capabilities of Top Performers | 5.3 |
| Emphasis on Specific Capabilities of All Employees | 4.7 |
| Emphasis on Fixing Weaknesses | (5.5) |
| Emphasis on Fixing Personality Weaknesses | (2.8) |

What actually drives well-being? (social experience)

with **Muhammad Ali Khan** and 3 others

Takeaway: Focus on enhancing strengths and not fixing weaknesses.

PARTICIPANTS TAKEAWAYS

More than skill, character and values are key determinants of success for future leaders.

Seamless experience, inspiring, impressive.

Rich experience, Leading with purpose, different perspective to complement MBA journey.



Muhammad Ali Khan • 2nd

ESMT Berlin MBA | OT | Digital Transformation | Cyber Secu...
4d • Edited •

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Being a long-time admirer of Stephen Covey's concept of developing 'character ethic' instead of 'personality ethic' in life, **IE Business School's** Holistic Leadership course offering for the GNAM week instantly caught my attention. Consequently, spending last week in Madrid taking a deep dive into the concept of holistic leadership was inspiring, to say the least. The overarching takeaway from the course was that for future leaders, it's not just about the skills, processes, and approaches to their work, but also their character, values, and mindset that will determine whether they are ready to lead their teams effectively or not. Immensely grateful for all the knowledge and insights gained during the week. Meeting fellow MBA aspirants from different universities across the world was an excellent networking opportunity and really added to the overall learning experience. Congrats to **IE Business School's** Center for Health and Well-Being for preparing such a splendid course and delivering it flawlessly. Thanks to **Lisa Bevill, Juan Luis Ramon Perez, Irene Yagüe Sancho, Capt. Menno Bakker MA, MBA** and other instructors for their contribution. Also, thanks to **ESMT Berlin** for making all this happen. Lastly, thanks **Chris Matthews, Maria Alejandra Londoño, Mario Ortegon, Valeria Flores-Ducoing** for keeping up with my little idiosyncrasies throughout the week



Shanaaz Parker • 2nd

Regional Head Of Human Resources - MEA, Coach, Psychol...
3d • Edited •

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I cannot put into words my experience at **IE Business School** and the Holistic Leadership programme I had the privilege to participate in as part of my EMBA journey. Going back to school to do an EMBA programme with **Graduate School of Business - University of Cape Town** has been one of the best decisions I have made as well as participating in GNAM. I have been inspired by many lecturers at IE, to name a few **Lisa Bevill, Jill Waymire Paine, PhD, Capt. Menno Bakker MA, MBA, @Juan Luis Ramon Perez**. From the moment I walked in to check the campus out, my experience has been seamless and I've been so impressed.

Irene Yagüe Sancho for coordinating and hosting the group so well, I felt taken care of.

To my new connections and friends. It was amazing to meet you all, until we meet again.

These are memories to last me a lifetime and I would do it again in a heartbeat if I could. Gracias.



Wesley Bell • 2nd

Regional Head of Finance - Middle East and Africa | Directo...
3d •

I had the privilege of an amazing experience at **IE Business School**, Madrid as part of GNAM, thanks to **Graduate School of Business - University of Cape Town** where we engaged the topic of Holistic Leadership. This reinforced the requirement for clarity of purpose, or Telos as **Kosheek Sewchurran** teaches with an Aristotle lens, as well as the values by which I lead. These teachings added a different perspective as I reflected and linked it to my own EMBA journey and the gravitas we have of leading with purpose and values when we take this responsibility.

I have to mention that visiting the IE Tower campus as a vertical university was a phenomenal experience and really demonstrates **IE Business School** as world class institution with the space created for learning. A must see!

My experience was only made richer by having a melting pot of an incredible group of people from across the world participating. All individuals who in their respective sectors and countries are leading for the future and wanting to make a change. To all my classmates you are inspiring!



Thanks to **Lisa Bevill, Juan Luis Ramon Perez, Jill Waymire Paine, PhD and Capt. Menno Bakker MA, MBA** for sharing your knowledge and lived experiences. A special thanks to **Irene Yagüe Sancho** for your assistance making the whole experience memorable and making it seem effortless looking after us.




PARTICIPANTS TAKEAWAYS

Enriching experience. Returned with a greater awareness of self. Importance of taking care of nutrition, sleep quality and meditating regularly

Passion to adopt a holistic mindset reinforced by the course.

 **Wendy Loh** • 2nd
Wealth Management | Business Consulting | Data & AI
2d • Edited • 

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I had the incredible opportunity to participate in the Global Network for Advanced Management program at IE University in Spain, which is renowned as one of the top business schools in the world. The coursework delved into the concept of Holistic Leadership, spanning from Purpose to Impact.

My lifelong passion for adopting a holistic approach to both work and life, promoting mindful, intentional, and sustainable living, was deeply reinforced by this course. It equipped me with the tools and insights needed to lead in a way that aligns with my core values and principles.

Throughout the course, I had the privilege of engaging with some of the brightest minds and most accomplished leaders from diverse industries. These individuals not only achieved remarkable success in their professional endeavors but also made a positive impact on people's lives at large.

I am immensely grateful for the invaluable connections I've established with [Irene Yagüe Sancho](#), [Capt. Menno Bakker MA. MBA](#), [Lisa Bevill](#), Ellen Buckland, Eva Herber, Daniela Hervella, Jill Paine, [Juan Luis Ramon Perez](#), [Mario Sebastian](#). Learning from each and every one of them was a privilege that I will always cherish.

Special mention and thanks to [William Nguyen Zhan Huang](#) Luke Elliott for making this journey to Spain a memorable one.

 **Kevser Erhal Sarıoğlu** • 2nd
Ford Otosan şirketinde Yedek Parça Satış Lideri
2d • Edited • 

I had an incredible opportunity to participate in a one-week "Holistic Leadership – From Purpose to Impact" program at [IE Business School](#) (Madrid, Spain) as part of the Global Network Week of my MBA program. It was an experience that left a lasting mark in my memory and, I can confidently say, enriched both my perspective and my soul.

Choosing an holistic leadership program from among many was not a mere coincidence. However, I must admit that I did not envision a program so advanced and far from the conventional methods we are accustomed to. I returned with an awareness that allowed me to visualize my purpose, values, and vision within the framework of Appreciative Inquiry, make my dreams concrete, and understand that I am sympathetic rather than empathetic.

I'd love to elaborate at length, but I can summarize it in three key points:

- Nutrition, quality sleep, meditation, and exercise are not just popular trends but tools to help you become your best self. Important leadership skills such as decision-making, good listening, and attention are strengthened by these.
- To be a great leader, you must first possess personal awareness. Knowing what you want allows you to discover how to achieve it. Professionals know what is important to them and work with a purpose.
- Every individual should decide how they want to be remembered. Leaders should be aware of their values and strengths, open to personal development in line with their purpose, and actively work on enhancing their weaker areas.

I'd like to express my gratitude to everyone involved in preparing this incredible program [Juan Luis Ramon Perez](#), [Lisa Bevill](#), [Jill Waymire Paine, PhD](#), [María Fernández Sabau](#), [Capt. Menno Bakker MA. MBA](#), [Ellen Buckland](#), [Eva Katharina Herber](#), [Rodrigo Aguirre de Cárcer](#), [Irene Yagüe Sancho](#), [Mario Sebastian](#), Daniela Hervella, Daniel De La Serna Vilar and to my fellow classmates for their contributions to my personal and professional growth.

GNW IN A GLANCE



