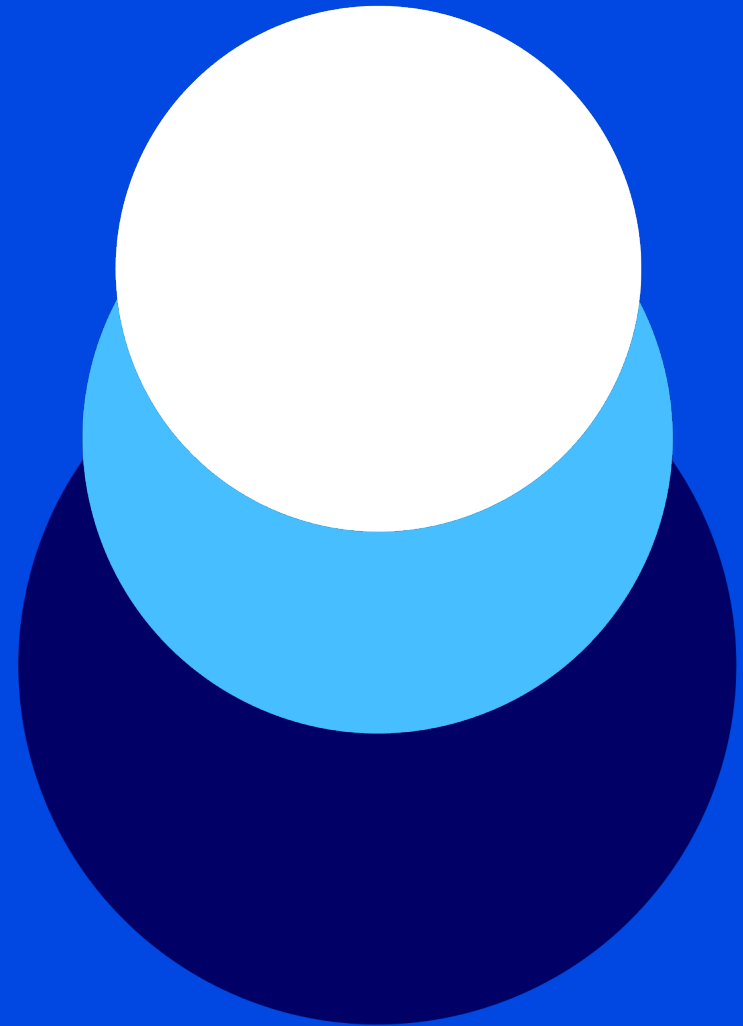
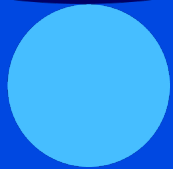


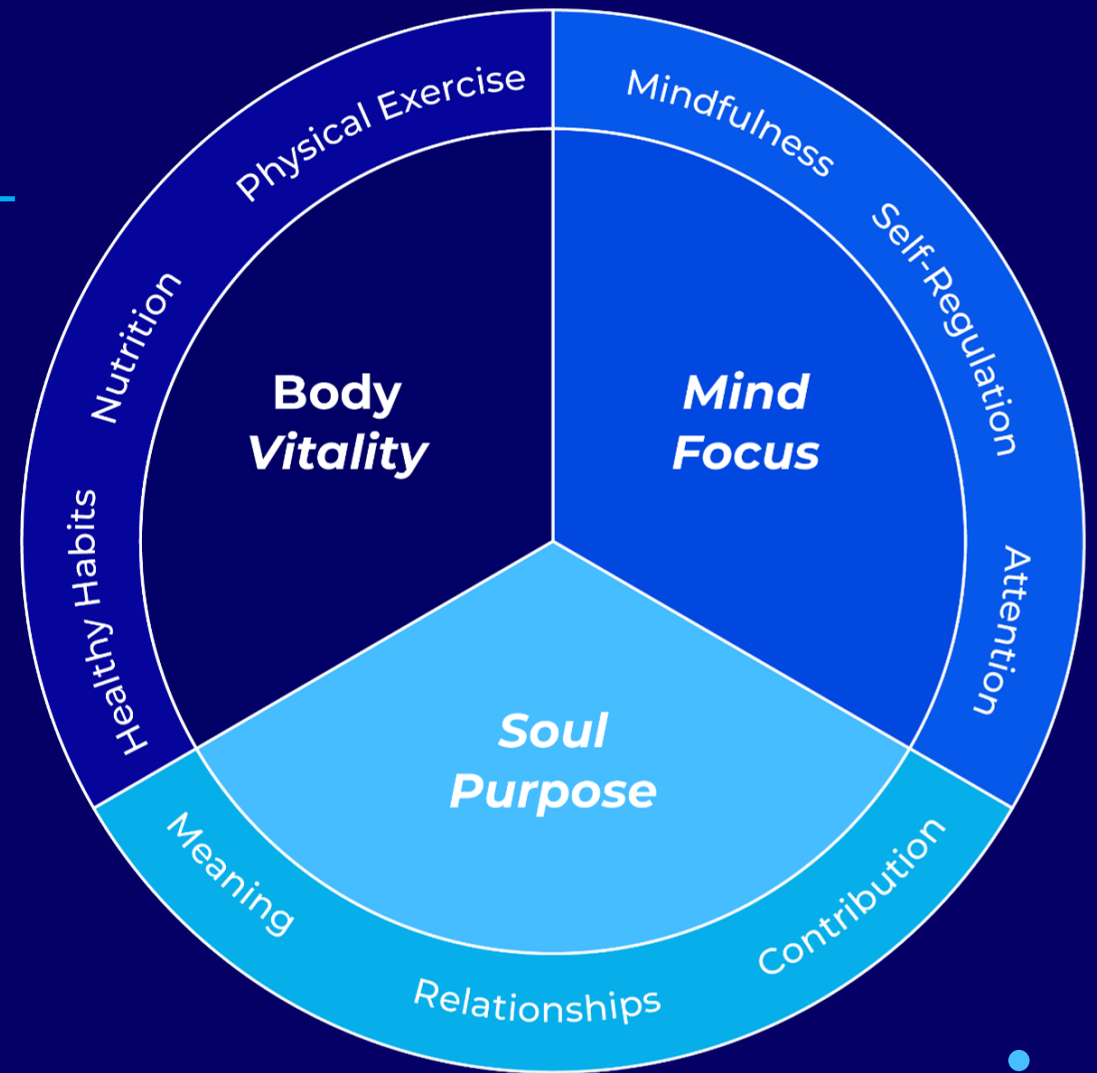
HOLISTIC LEADERSHIP PROGRAM

IE Center for Health &
Well-being



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.



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.
- Leading Self through Character Strengths.

4. Leading Authentically

- Self-awareness & Subconscious Communication.
- Leading through Authenticity.
- Authentic and Compassionate Connection.

5. Connection & Commitment

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

POTENTIAL FACULTY



Lisa Bevill

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



Menno Bakker

Diplomatic Attaché,
Adjunct Professor IE Business
School



Jill Paine, Ph.D.

Organizational Psychologist,
Adjunct Professor IE Business
School



Daniel de la Serna

Clinical Co-Director at
Spanish Institute of
Psychoneuroimmunology,
Adjunct Professor IE Center
for Health & Well-being



Daniela Hervella

Fitness & Well-being
Consultant,
Adjunct Professor IE Center
for Health & Well-being



Eva Herber

Clinical Psychologist and
Strengths Practitioner,
Certified Coach,
Adjunct Professor IE Business
School



Juan Luis Ramón

Partner & Founder in
Empathic Warriors
Adjunct Professor IE Center
for Health & Well-being



Mario Sebastian

Vice President of Customer
Experience EMEA at Cisco,
Adjunct Professor IE Center
for Health & Well-being



Ellen Buckland

Founder of Contemporary
Empathy,
Adjunct Professor IE Business
School



María Fernández Sabau

Director of Education and
Public Programs
Adjunct Professor IE Center for
Health & Well-being

MINDFULNESS SESSIONS



Rodrigo Aguirre de Cárcer

Peace Coach
Senior Advisor
Adjunct Professor IE Business
School

5 sessions in total.

- Highly rated session.

Quote from a student:

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

“I feel way more centered and balanced”.

PARTICIPANTS' REVIEWS

*"All was **sublime!!**"*

"10/10 perfect"

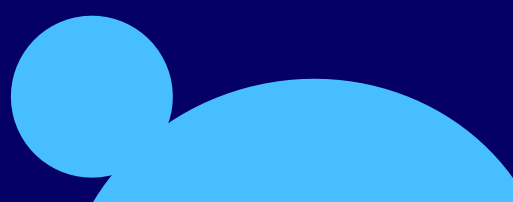
*"I absolutely loved the program. **Wouldn't change a single thing** about it.*

*"What a special and memorable week! I loved this course, and appreciated **how it was rooted in science**. I'm sad it's over already. Wish it was a bit longer, with individual coaching sessions. Thank you for your hospitality! Now I want to move to Madrid!"*

*"Would love to **join** virtual sessions and any **future programs**."*

*"I **cannot speak highly enough** of the program you all put together. It was an excellent experience, one that I would love to live repeatedly if I could. Thank you all for making our GNW so wonderful!"*

*"Still incorporating all the great things i learned- **truly amazing time!**"*



SELF-LEADERSHIP:

Empowering Performance & Growth

A holistic approach to leading self and others through the interconnection of body, mind, and soul.

For executives who want to become leaders with more meaningful and empowering impact on teams and companies.

With the participation of Arthur Brooks, a Harvard professor, PhD social scientist, #1 bestselling author, and columnist at The Atlantic.

