

EXECUTIVE DEVELOPMENT PROGRAM

OCTOBER 2, 2014

1:00 PM – 4:00 PM (HALF-DAY)

PUBLIC \$995 (FULL-DAY), \$580 (HALF-DAY)

UD ALUMNI \$945 (FULL-DAY), \$580 (HALF-DAY)

PARTNER \$870 (FULL-DAY), \$580 (HALF-DAY)

WELLBEING: THE FIVE ESSENTIAL ELEMENTS IMPACTING PERFORMANCE AND SATISFACTION

When striving to improve our lives, we're quick to buy into programs that promise to help us make money, lose weight, or impact us in some other way. While it might be easier to treat these critical areas in our lives as if they are independent, they're not. Wellbeing captured the findings of a study of people in more than 150 countries and revealed five universal, interconnected elements that shape our lives: Career Wellbeing, Social Wellbeing, Financial Wellbeing, Physical Wellbeing, and Community Wellbeing.

While 66% of people are doing well in at least one of these areas, just 7% are thriving in all five. If we're struggling in any one of these domains, as most of us are, it damages our overall wellbeing and wears on our daily life. When we strengthen our wellbeing in any of these areas, we will have better days, months, and decades. But we're not getting the most out of our lives unless we're living effectively in all five. There are many ways to create thriving Career, Social, Financial, Physical, and Community Wellbeing. Because these critical elements are within our control, we have the ability to improve them. However, the single biggest threat to our own wellbeing tends to be ourselves.

This program will examine the differences between what people in all walks of life think will improve their wellbeing compared to what actually drives wellbeing when these data are examined across countries, cultures, ages, and genders. You will also leave this session with new strategies for focusing on methods for improving the wellbeing at the individual, team, and organizational levels.

THIS PROGRAM WILL HELP EXECUTIVES:

- Clearly define what makes up the five universal areas of wellbeing.
- Determine what is getting in the way of wellbeing for your organization, your team and yourself.
- Understand how you may contribute to the wellbeing of not only yourself, but your team and organization.



Tom Rath

*Tom Rath is one of the most influential authors of the last decade. Tom has written several international bestsellers including the #1 New York Times bestseller *How Full Is Your Bucket?* In 2012, his book *StrengthsFinder 2.0* was the top-selling nonfiction book worldwide.*

*Tom's most recent release, *Eat Move Sleep: How Small Choices Lead to Big Changes*, is already receiving critical acclaim as a "transformative work." He studies the role of human behavior in health, business, and economics. Tom writes and speaks on a range of topics, from wellbeing to organizational leadership.*

*Tom's most recent New York Times bestsellers are *Strengths-Based Leadership* and *Wellbeing: The Five Essential Elements*. In total, his books have sold more than 5 million copies, been translated in 16 languages, and made over 250 appearances on the *Wall Street Journal's* bestseller list.*

Tom serves as a senior scientist and advisor to Gallup, where he previously spent 13 years leading the organization's work on employee engagement, strengths, and wellbeing. Tom also served as vice chairman of the VHL cancer research organization. He earned degrees from the University of Michigan and the University of Pennsylvania, where he is now a regular guest instructor.