

***LEADING & THRIVING  
HOLISTICALLY THROUGH 8  
DIMENSIONS OF WELLNESS***

**6<sup>TH</sup> Annual EAP Behavioral Health Conference**  
**Engage. Encourage. Empower**  
**October 2, 2025**

**BAKER  
DONELSON**



# WHAT THEY DIDN'T TEACH YOU IN SCHOOL

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# CORE MINDSETS FOR LEADING YOURSELF

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# Consistency and Discipline – **Physical Wellness**



# Resilience – Emotional Wellness



# The Power of Encouragement and Appreciation - **Social Wellness**



**Stay Curious – Intellectual Wellness**



A person with long brown hair, wearing a light-colored long-sleeved shirt, is sitting in a meditative pose on the edge of a rocky cliff. They are facing away from the camera, looking out over a vast, deep canyon with layered rock formations. The sky is blue with scattered white clouds. The overall mood is peaceful and contemplative.

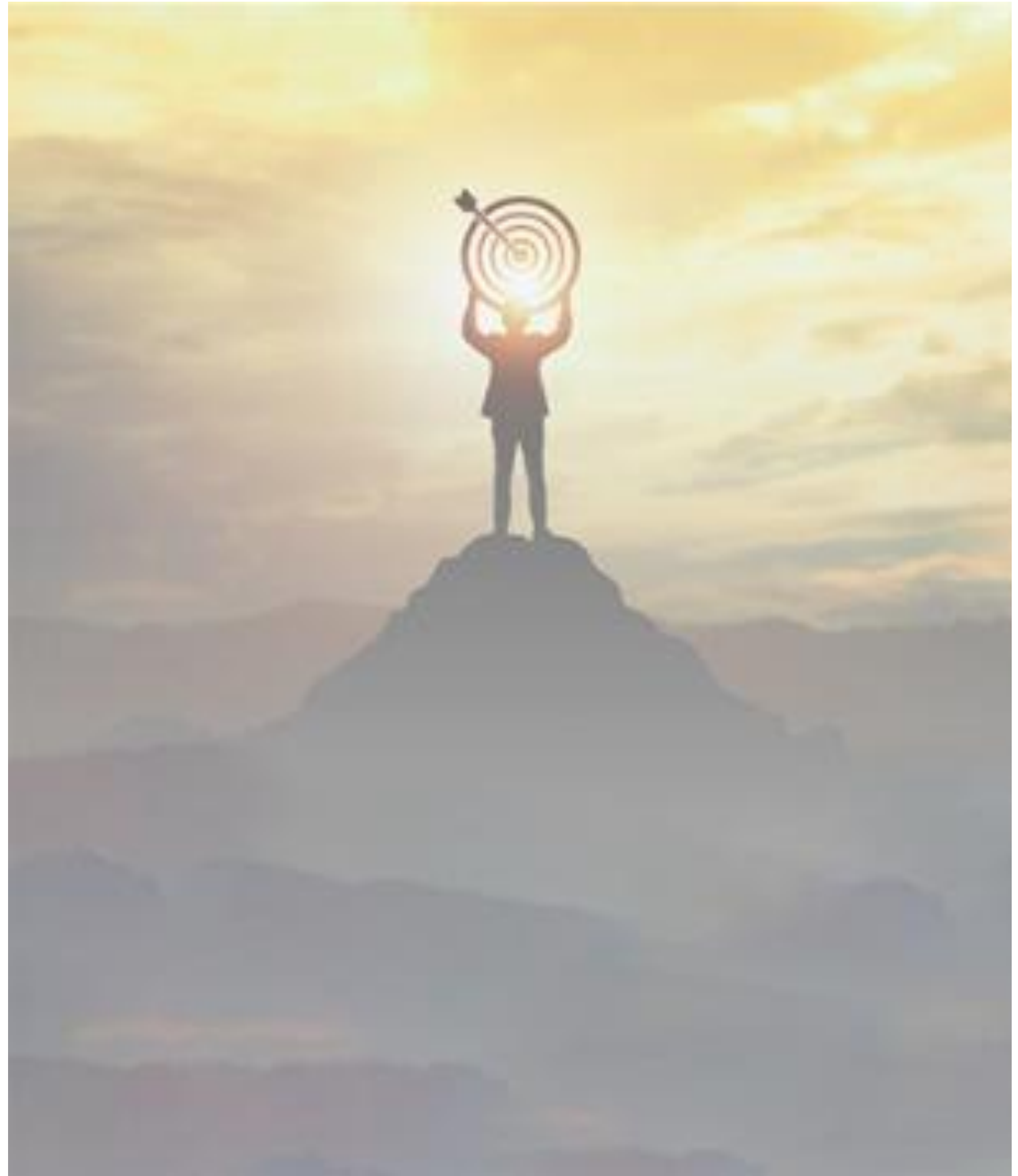
# The Sacrament of the Present Moment – Occupational Wellness

# Your North Star – **Spiritual Wellness**



# Your Leadership Aroma – Environmental Wellness

# Leadership Impact



# How Can I Help?

