

VITALITY LEADERSHIP COACHING

Build Leadership Capacity. Prevent Burnout.
Sustain Performance.

In today's high-pressure environment, leadership success is not limited by strategy, it is limited by capacity.

Energy, focus, and resilience determine whether leaders perform consistently or stall under load.

Burnout is a business risk. Leadership vitality is a performance advantage.

The 12-Week Program

A targeted coaching experience, designed to help leaders **maintain clarity, composure, and effectiveness** during periods of demand and change.

Format: Individual Coaching

Delivery: Virtual (Zoom, Teams, secure platform)

Includes:

- Leadership capacity & burnout risk assessments
- Goal mapping and performance plan
- **Four 50-minute coaching sessions**
- Practical energy, focus, and resilience tools
- Completion summary with aggregate organizational insights

Who It's For

- New and emerging people leaders
- Leaders navigating growth, restructuring, or transformation
- High-potential leaders showing signs of overload



Outcomes For Leaders

- Consistent energy and sharper focus
- Faster recovery from stress
- Greater confidence and composure
- Sustainable high performance

What Leaders Develop

- Strategic decision-making under pressure
- Emotional intelligence and high-stakes communication
- Energy management and burnout prevention systems
- Sustainable habits supporting cognitive and leadership performance
- Confidence, presence, and transition readiness

Outcomes For Organizations

- Early **burnout prevention**
- More consistent leadership during change
- Healthier culture through role-modelled behaviours
- Pilot learnings to shape broader rollout

Delivery

Led by **senior, certified leadership coaches** integrating leadership development with high-performance lifestyle science.

Confidential: Individual coaching remains private. Organizations receive aggregate themes only.

Next step: Start with a small cohort

Email us to discuss a pilot cohort for your leadership team:
info@12weekstowellness.com

Learn more: <https://12weekstowellnesscoaching.com/vitality-leadership-coaching-pilot/>

