

LEADING & THRIVING HOLISTICALLY THROUGH 8 DIMENSIONS OF WELLNESS

6TH Annual EAP Behavioral Health Conference
Engage. Encourage. Empower
October 2, 2025

**BAKER
DONELSON**



WHAT THEY DIDN'T TEACH YOU IN SCHOOL



CORE MINDSETS FOR LEADING YOURSELF

Consistency and Discipline – **Physical Wellness**



Resilience – Emotional Wellness



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



Stay Curious – Intellectual Wellness



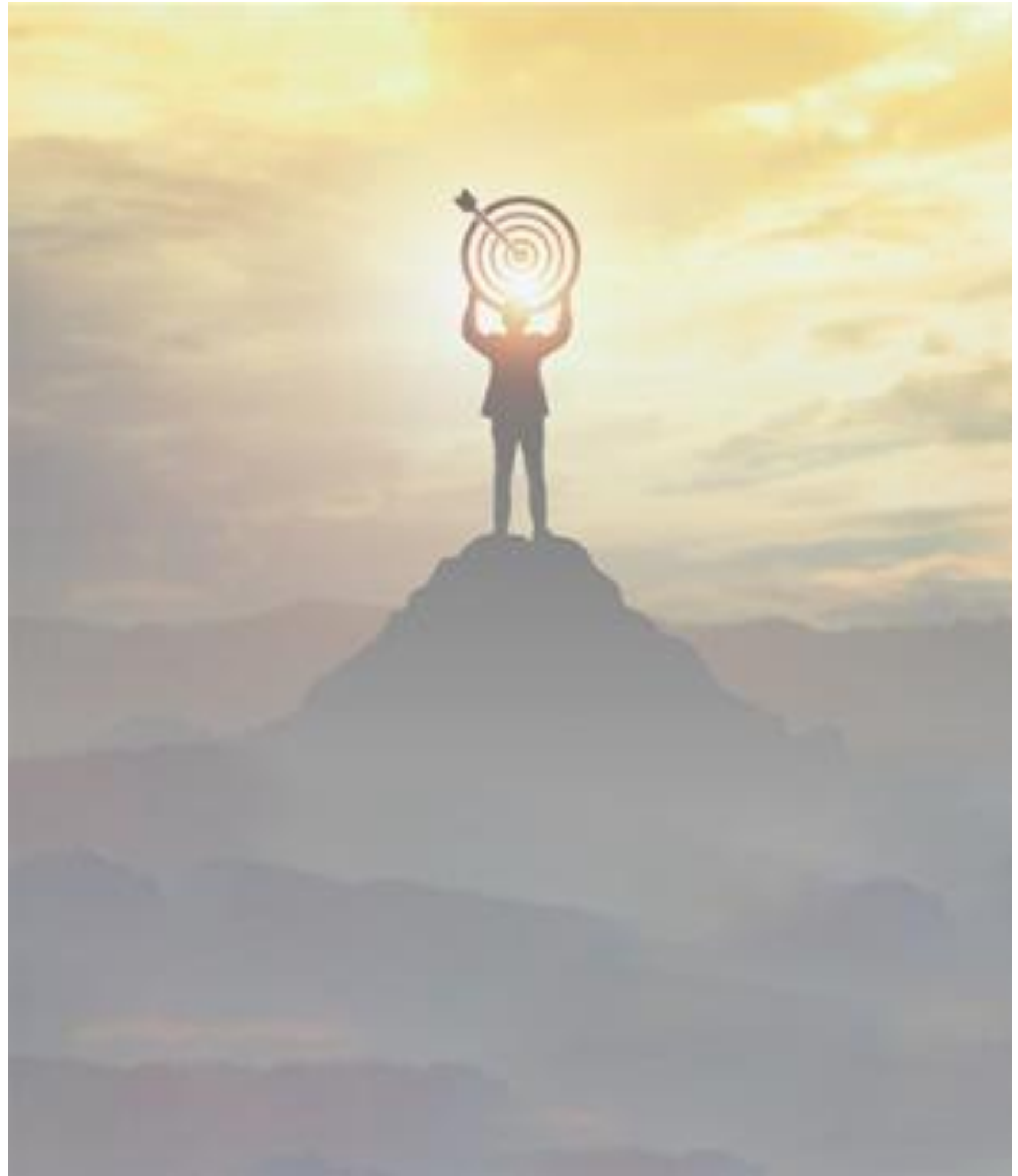
The Sacrament of the Present Moment – Occupational Wellness

Your North Star – **Spiritual Wellness**



Your Leadership Aroma – Environmental Wellness

Leadership Impact



How Can I Help?

