



alrafah
Employee support
programs and services

Training proposal


Executive Program for Empowering Leaders and Managers Building Healthy and Resilient Leadership that Leads with Confidence and Balance

Prepared

**Employee welfare support programs
and services**



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About our programs

The "Empowering Wellness and Resilience in the Workplace" programs aim to provide practical techniques to support mental and emotional health, build resilience, and enhance professional performance. By the end of the program, participants will be better prepared to handle stress, recover from setbacks, and contribute to creating a positive, high-performance work environment



Who are we?

We believe that true investment begins with people, who are the primary driver of any sustainable institutional

We are a specialized entity in preparing work environments to be healthier and more prosperous, by promoting concepts of positive leadership and increasing employee engagement with their organizations, which is reflected in raising productivity and improving internal work culture. In our work, we rely on effective communication as a fundamental element to enable teams to perform in a comprehensive and harmonious manner. We are here to be partners in your journey toward building an integrated work environment that invests in human capital and supports sustainable growth and success

Our vision

We strive to build work environments where employees and organizations thrive together, by fostering a culture focused on health, growth, and functional harmony

We believe that

Individuals bring ideas to life, drive innovation, and foster collaboration. When you invest in talent, you're not investing in numbers, but in potential, creativity, and a brighter future



We evaluate

Current status of the institution



Monitoring and evaluation

We monitor and follow up on progress to ensure the effectiveness of training programs and the achievement of their desired objectives



We do the final evaluation

We conduct a post-assessment to measure the improvements achieved and provide additional recommendations to enhance performance



We train

We offer customized training programs to address identified gaps and develop skills tailored to the organization's need



Executive Program for Empowering Leaders and Managers Building Healthy and Resilient Leadership that Leads with Confidence and Balance

Program Introduction

In ever-changing work environments and increasing leadership pressures, having managerial skills alone is no longer sufficient. Today's leadership demands a high awareness of personal well-being, mental and emotional balance, and the ability to effectively motivate others

This program is designed to empower senior leaders to build their own resilience and establish a sustainable well-being culture that enhances institutional performance and supports the achievement of organizational excellence



Program Objectives

- Support the development of personal leadership wellness plans for each leader
- Provide specialized coaching that enhances performance and leadership awareness
- Develop resilient leadership skills to face pressure and change
- Strengthen and build a healthy work environment
- Enable leaders to practically transfer wellness concepts to their teams
- Contribute to achieving organizational excellence through leadership well-being and performance effectiveness



Program Components

01

High-Level Executive Workshops

Interactive and practical, covering topics such as mindful leadership, psychological balance, emotional management, and positive work environments

02

Individual Coaching Sessions

Professional and customized, helping leaders create realistic plans to balance responsibilities and personal well-being

03

Leadership Wellness Plan

An executive document for each participant to help them build a comprehensive balance and achieve their personal and professional goals

04

Organizational Consulting for Senior Leaders

Support in making strategic decisions that foster a wellness culture at the organizational level

05

Promoting a Healthy Work Environment Culture

By developing leaders' skills in creating a supportive, motivating, and psychologically stable work environment



Program Outcomes

- ★ More conscious, balanced, and resilient leadership
- ★ Reduced burnout and enhanced sustainable performance
- ★ Support for the organization's strategy toward institutional excellence
- ★ Creation of a healthy, motivating, and productive work environment
- ★ Institutional wellness culture spreading from the top to all levels

