

**Leadership Development Program (LDP)
University of Colorado Law School, Rm 306
2450 Kittredge Loop Dr.
Boulder, CO**

**June 16, 2016
Leading Well – Katherine Sauer, Ph.D.
Leadership Case Study – Paul Myers, Ph.D.**

Learning Objectives

Leading Well: Leveraging Personal Wellness into Effective Leadership

- Define “wellness” in the leadership context
- Explain the importance of wellness in leadership
- Experience guided meditation and office yoga
- Formulate personal and team wellness goals

Leadership Case Study

- Analyze a leadership scenario, diagnose its key challenges, and explain their underlying causes
- Apply the concepts from previous LDP sessions to examine individual and team behavior
- Develop and discuss recommendations for addressing leadership and management challenges

Agenda

Time	Activity
8:15 – 8:30	Registration, Networking, and Continental Breakfast
8:30 – 10:00	Leading Well: Leveraging Personal Wellness into Effective Leadership
10:00 – 10:15	Break
10:15 – 11:45	Leadership Case Study
11:45 – 12:30	Closing activity and recognition

LDP website: <http://www.cu.edu/employee-services/leadership/ldp>

Driving Directions - <http://www.colorado.edu/law/about/visitus>

Parking Directions (pre-purchased pass) - <https://ucboulder.t2hosted.com/pnw2/selectevent.aspx>

Assignment for this session

Read Case Study: Diego Curtiz at Highland State University; Review questions
Readings from *HBR: On Managing Yourself* - “Manage Your Energy Not Your Time”