



humanature

Turn Leadership Development Into Your Wellbeing Strategy

With the Science of Workplace Wellbeing



BOOST BUNDLE

Supporting leaders, staff and wellbeing simultaneously

The Boost Bundle is designed for organisations seeking a practical, evidence-based way to strengthen leadership capability *and* wellbeing at the same time without adding separate initiatives or unnecessary complexity.

Rather than treating leadership development and wellbeing as two separate spheres, this bundle integrates the science of human thriving (PERMA), directly into how leaders lead, communicate, relate and make everyday decisions. The result is leadership that actively supports wellbeing, engagement, retention and sustainable productivity, creating a ripple effect across teams and culture.

What's Included:

1. PERMA Leadership Training

Applied Positive Psychology for Leaders

Leaders receive evidence-based training in PERMA, the internationally recognised positive psychology framework for human thriving. This training strengthens relational intelligence across the five elements of wellbeing, equipping leaders to create healthier, more engaging work experiences through everyday leadership behaviours.

- Leaders enjoy their roles more because they are able to be more authentic and less burdened by corporate masking
- They lead with greater confidence and care because they feel more supported themselves
- They know they are contributing to the wellbeing of their people, not unintentionally eroding it, and that feels good

As leaders apply PERMA in practice, research shows a ripple effect across teams including **increased engagement, productivity and retention, alongside significant reductions in absenteeism, attrition and mental health strain.**

Delivery options and indicative investment:

- One-day PERMA Leadership Foundations
\$3,500 to \$5,000 + GST (up to 20 leaders)
- Two-day PERMA Leadership in Practice
\$6,500 to \$8,500 + GST (up to 20 leaders)



2. Self-Leadership Lab

Ongoing Support for Integration, Wellbeing and Impact

The Self-Leadership Lab ensures learning does not fade once leaders return to busy roles. It provides ongoing development and wellbeing support, helping leaders integrate what they have learned into real work and real life.

The Lab includes:

- Monthly facilitated leadership development gatherings - online
- Weekly positive psychology experiments to boost wellbeing and energy
- Confidential peer connection and support
- Expert solution-focused and strengths-based facilitation

Leaders feel personally supported, professionally developed and more capable of modelling wellbeing-centred leadership, making them significantly more effective in cultivating thriving teams.

Indicative investment:

Included as part of the Boost Bundle at a **reduced rate of \$59** per leader per month
Standalone rate is \$79 per leader per month.

Outcomes You Can Expect

- Increased leader confidence, authenticity and job satisfaction
- Higher engagement and intrinsic motivation across teams
- Improved wellbeing and psychological safety
- Reduced absenteeism, burnout and voluntary attrition
- Stronger retention and sustainable productivity

This is leadership development that changes how work is experienced.



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Ideal For Organisations That

- Want to support leaders and staff without running multiple initiatives
- Are looking for an evidence-based, low-friction wellbeing strategy
- Value human-centred leadership and sustainable outcomes
- Want change that lasts beyond a single workshop

An Invitation

If you are ready to move beyond disconnected initiatives and make leadership your wellbeing strategy, I would love to explore what this could look like for your organisation.

To book a complimentary Zoom conversation, please email me directly.



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