



ALIGN & THRIVE

Foundations for Thriving Leadership and Wellbeing

The Align & Thrive bundle is designed for organisations ready to move beyond generic leadership development and take a more intentional, tailored approach to wellbeing, leadership and culture.

This bundle begins with deep listening and insight. It recognises that leadership behaviour powerfully shapes how people experience work, and that wellbeing is created or eroded through everyday conversations, relationships and decisions. By aligning leadership development with the real wellbeing dynamics at play in your organisation, this work creates change that is relevant, practical, and sustainable.

What's Included

1. Leadership Wellbeing-influence Assessment

Human-Centred Diagnostics

This diagnostic process explores how leadership practices are currently influencing wellbeing, engagement and psychological safety across the organisation.

Drawing on my background as a former EAP Counsellor, Manager and Wellbeing Specialist, this assessment goes beyond surface-level surveys or data to understand lived experience, patterns and pressures within the system.

Using facilitated focus groups, and expert interviewing with a solution-focused lens, the outcome is clarity.

Leaders and organisations gain insight into what is supporting wellbeing, what is unintentionally eroding it, and where leadership development will have the greatest impact.

2. Tailored PERMA Leadership Training

Applied Positive Psychology, Designed for Your Context

Using insights from the diagnostic phase, PERMA leadership training is tailored to your organisation's realities, challenges and strengths.

Leaders are supported to strengthen relational intelligence across the five elements of wellbeing in ways that feel authentic and practical for them.



Embedding Wellbeing Science into Leadership

Positive Psychology-Based Leadership & Wellbeing



As a result:

- 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

This tailored approach supports long-term behaviour change, while creating a strong ripple effect across teams.

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

3. Leadership Lab Membership

Integration, Support and Sustained Impact

The Leadership Lab provides ongoing support to ensure learning is integrated into daily leadership practice.

Leaders are supported through:

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

This ongoing layer supports leaders to care for their own wellbeing while becoming more effective in cultivating thriving, psychologically safe teams.

Outcomes You Can Expect

- Increased leader confidence, authenticity and job satisfaction
- Stronger wellbeing, trust and psychological safety across teams
- Reduced absenteeism, burnout and voluntary attrition



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- A more aligned and resilient leadership culture

This is where insight and science meet practical application, and where wellbeing becomes embedded rather than aspirational or tokenistic.

Indicative Investment

Leadership Wellbeing-influence Assessment

From \$3,000 to \$7,000 + GST

Pricing depends on organisational size and scope

Tailored PERMA Leadership Training

One day from \$5,500 + GST

Two days from \$8,500 + GST

Leadership Lab Membership

Included as part of the Align & Thrive bundle at \$59 per leader per month

Standalone rate is \$79 per leader per month.

Final pricing is confirmed following an initial conversation to ensure fit and value.

An Invitation

If you are ready to align leadership development with the real wellbeing needs of your organisation and create conditions where people can genuinely thrive, I would love to explore this with you.

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



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