



## Wellness Coaching: Empowering Leaders

Prepare for the highest levels of leadership in this highly interactive online live program that accelerates personal and professional growth. Wellness Coaching skills can help counteract cultures of apathy and despair, which can be perpetuated by the unintentional actions of leaders. This program progresses sequentially from essential coaching skills, to the process of coaching through a wellness lens, and closes with practice in the use of cognitive reframing as a powerful coaching tool. Cognitive reframing assists participants in helping others move past thinking and action patterns that perpetuate burnout. As a result, leaders help others find their own solutions to problems, build personal agency, increase their engagement, and achieve better results.

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### Program Faculty

**Dave Logan**

*Lecturer in Management and Organization*

**Dave Logan** brings over two decades as an executive, consultant and professor to his role as Senior Lecturer in the Management & Organization department of USC's Marshall School of Business. His work focuses on creating personal and organizational alignment by developing and mobilizing leaders.

**Ashleigh Rodriguez**

*Accomplished clinician and senior healthcare leader*

**Ashleigh Rodriguez** brings over a decade of leadership experience to her role as Co-Founder and Head of Innovation and Strategy at Care4th. A teacher at heart, she has taught at the University of Arizona and the University of Southern California, delivering leading edge coursework on leadership. Ashleigh is co-author of the industry shaping articles "Wellness-Centered Leadership" (*Academic Medicine*, 2021) and "Well Leaders Lead Well" (*Social Science Research Network*, 2020).

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### Key Takeaways / Curriculum:

- Greater self-awareness
- Ability to set and accomplish goals
- Stronger team bonds and collaboration skills
- Performance improvements – self and other
- Improved self-confidence
- Healthy habits and general well-being
- Enhanced work-life integration
- Overall better mental health

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### Who Should Attend:

Those who have responsibility for or aspire to lead people and teams. The content is as appropriate for senior executives as well as early-career managers. The techniques and practices apply to any leader who desires a healthy workplace culture, engaged and energetic team members, and the best from their.

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### DATES

June 25, 2022, 9am-1pm PDT

### TIME REQUIREMENT

4 hours, with breaks

### TEACHING METHODS

Live, Online: This 4-hour live program is delivered online. The program is highly interactive. Participants engage, practice and receive feedback on the skills they learn in real time.

### DIGITAL BADGE AND CERTIFICATE

An important aspect of our programs is the ability to share your accomplishment with important stakeholders. Upon completing Wellness Coaching, you will earn a digital badge recognizing your new proficiency. Share and showcase your achievements by posting your digital badge to online resumes and social networks such as LinkedIn.

### PROGRAM COST

\$989

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**Executive Education**  
**Marshall School of Business**  
**University of Southern California**  
**1150 S. Olive St., Ste. 2900**  
**Los Angeles, CA 90015, USA**

**Contact us:** [exeducation@marshall.usc.edu](mailto:exeducation@marshall.usc.edu)