



# HOW TO CREATE A WELLNESS CULTURE AND OPTIMIZED LEADERS?



PEOPLE COMPASS

ELEVATING LEADERS SINCE 2011.



# TODAY'S NEEDS

---

Feelings of physical and mental exhaustion, loneliness and burnout are common ground among leaders today. Prior to 2020, 1 out of 4 Americans struggled with mental health issues, but the last 2 years have exacerbated the issue. Compounded by the rise of chronic diseases, like type II diabetes, high blood pressure, etc..., it is no surprise that companies today are witnessing an increase in absenteeism, a decline in team morale and ultimately productivity, and high turnover costs. But are these issues outside of the company's control?

It is hard to find programs that address the whole person. We believe that Mental Health is an integral part of overall wellness. Physical health and Mental health should be addressed simultaneously. How do we maximize existing investments in benefits and leadership development for sustainable results?

Supporting employees' mental and physical wellbeing is crucial in retaining talent and nurturing healthy work environments. According to SHRM, 32% of employees state that a fully integrated wellness culture plays into their decision to stay with a company or accept a new position. How would your employees' rate your investment in their wellbeing?



# SOLUTION: THE OPTIMIZED LEADER

The Optimized Leader program offers a thoughtful, intentional and resonant framework for leaders to re-boot, re-calibrate, improve physical and mental health outcomes and further accelerate their impact on peers, teams and the organization.

Sessions are interactive, engaging, and customized; facilitated in real-time and delivered live.

The Optimized Leader program is based on sound business principles and evidence based research. Employees are empowered to make choices with sustainable results.

## Sample Sessions:

- Mental Health and Lifestyle - Mental Health and Physical Health are intertwined. How is my Lifestyle impacting my mental health and tips to boost mental health.
- Mental Health in the workplace, the example of Burnout - Recognize the signs of burnout and learn practical tips to cope.
- Depression: The way out - There is hope. Learn from the experience of a corporate executive.
- The Impostor Syndrome - What is it? How does it impact mental wellness? How to counter it?
- “Work Life Balance” - A stressful concept in today’s social/political/economic context. It is about one's life and one is in charge.





## TESTIMONIALS

---

"Celine and Kim emphasize the whole person in their work. This is really essential today in 2021" John owner of JB and Associates.

"The session was very helpful. I wish I had this information last week before entering a tricky situation. I would have probably handled it differently and more effectively than I did." (August 2021 participant)

"As an HR professional, some of the topics covered in Optimized Leader were similar to what I support team members with. However in going through the session myself, I realize I can do better in actually "walking the walk" myself." (Optimized Leader module 1 participant)

"learning and applying the recent research in high leadership performance and health is a big value add for me"

"Celine and Kim complement each other perfectly. The session felt both strategic and also nurturing to my soul at the same time." (Optimized Leader advisor)

# ABOUT US

---

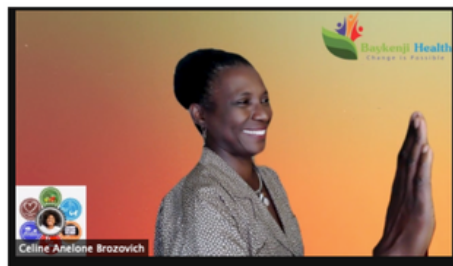
## OUR STORY

Baykenji Health and People Compass have decades of deep experience in team leadership, lifestyle medicine and understand what it takes to develop optimized leaders.

Our **Optimized Leader** offering is rooted in first-hand expertise as top performing executives, personal experience, and based on practical applications and development of exceptional leadership.

Our core belief is that **everyone** can develop and build their capabilities towards becoming an Optimized Leader.

## OUR TEAM



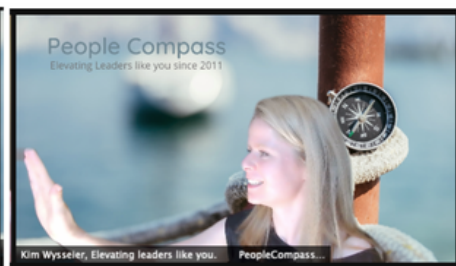
**Celine Anelone Brozovich**  
Team Optimizer

- 25 years of experience with Fortune 500 companies
- MBA Masters in Business Administration
- Ms. in Electrical Engineering
- People Change Management (Prosci) designation
- Recovered from a massive burnout and passionate about helping others improve mental wellness.

[celine@baykenjihealth.com](mailto:celine@baykenjihealth.com)

1(404) 307-3908

[Baykenjihealth.com](http://Baykenjihealth.com)



**Kim Wyseier**  
Organizational Strategist

- M.Sc in Organizational Development
- B.Sc in Psychology
- CPHR Chartered Professional in Human Resources, SHRM Senior Certified Professional, People Change Management (Prosci) designation
- Mother, spouse, friend to high-five advocate for equity and representation in leadership

[info@peoplecompass.ca](mailto:info@peoplecompass.ca)

1(604) 349-8977

[peoplecompass.ca](http://peoplecompass.ca)

# NEXT STEP

---

Contact us for your customized program and Create  
a Wellness Culture  
to Elevate your leaders.

**HELP THEM FEEL  
ENERGIZED AND VIBRANT  
ALL DAY!**

Optimized Leader program usually includes:

- Customizable one hour Optimized Leader team session\*
- Optimized Leader tangible and applicable tools.
- Access to lead facilitator for questions and booster session.

\* Recommended up to thirty participants per module.

