

LEADERSHIP EXCELLENCE ACADEMY

LIFE LESSONS LIFE COACHING



The photo above is Latoya Hazelwood-Carr, owner and founder of Life Lessons Life Coaching, LLC. Coach Latoya is a leadership coach specializing in increasing wellness in the workplace environment.

DID YOU KNOW...?

- 40% of workers report that their job is extremely stressful.
- 25% of workers view their jobs as the #1 stressor in their lives.
- 75% of employers believe that workers have more on-the-job stress than a generation ago.
- 29% of workers report feeling extremely stressed at work.

Digesting the Statistics of Workplace Stress. The American Institute of Stress (February 2021).

FOCUSED ON EMOTIONAL WELLNESS IN THE WORKPLACE.

The Leadership Excellence Academy was created to increase emotional wellness within a work environment. It is a five-day training for management and those in a leadership position. During the course of the program, management are trained on specific skills and strategies needed to improve emotional wellness within themselves. They will also learn value skills that will help to identify and improve the emotional wellness of their employees.

According to the statistics listed on the previous page, employees are reporting that they are experiencing work-related stress. In addition, employers are acknowledging that there is, indeed, stress in the workplace. Once an issue is brought to the light, a solution should then also be considered. As an employee the amount of stress that is experienced in the workplace has a direct correlation to the amount of productivity in the workplace. The more stress experienced, the less productivity a worker is capable of giving and vice versa.

What are potential factors that disrupt wellness in the workplace? Emotions in the workplace play a huge role in the communication within a workplace. Events that occur at work have the potential to have a huge impact on the employees.

Emotional wellness trainings are designed to change the impact of the events that occur at work. It is necessary to disrupt the effect of an event to achieve emotional wellness. Emotional wellness in the workplace should begin with individuals in leadership

positions. Leaders are tasked with ensuring compliance with facility policy and procedures *and* assuring staff wellness *and* maintaining their own wellness. Being in a position of leadership can become overwhelming especially when the balance between home and work life becomes unbalanced.

Some of the most effective characteristics of an effective leader include: ability to influence others, transparency, encouraging, values, ethics, integrity, decisive, optimistic. The above-mentioned characteristics are most effective when coupled with emotional wellness. “Leaders effectively lead when emotional wellness is achieved.” This statement encompasses the true nature of an effective leader. A leader can be thoroughly trained on effective leadership characteristics but if they are emotionally unable to cope with the stresses in the workplace, the skills are useless. This is why there are such huge variances in the implementation of leadership characteristics by leaders within the same organization that receive the same trainings.

The Leadership Excellence Academy is a customizable training that is made to fit the specific needs of an organization. Organizations can begin taking action now to work toward developing more effective leaders.

“Leaders effectively lead when emotional wellness is achieved.”

(Coach Latoya)

Life Lessons Life Coaching, LLC

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