



ALIGNED 360
— TOTAL WELLNESS —

LEADERSHIP WELLNESS PROGRAMS

Stronger Leaders.
Healthier People.
High Performing Teams.

Empowering leaders to thrive personally and professionally through holistic wellbeing, self-awareness and sustainable high performance.



“ When leaders prioritise their wellbeing, they create a ripple effect of positivity, resilience and performance. ”

LEAD YOURSELF

LEAD OTHERS

LEAD WITH PURPOSE

LEAD WELL

WHY LEADERSHIP WELLNESS MATTERS

Improves resilience & emotional intelligence

Enhances decision making & focus

Builds stronger, more engaged teams

Reduces stress & prevents burnout

Drives performance, productivity & results

Creates a positive, values driven culture

OUR APPROACH

We take a holistic approach to leader development – integrating mind, body, emotions and purpose.

Personal Wellbeing

Leadership Capability

Sustainable Habits

Measurable Impact

We don't just develop leaders. We empower people to lead well, live well and inspire others.

OUR LEADERSHIP WELLNESS PROGRAMS

Comprehensive programs designed to support leaders at every level.



EMOTIONAL INTELLIGENCE

- Self-awareness & self-regulation
- Empathy & relationship building
- Effective communication
- Managing emotions under pressure



HIGH PERFORMANCE LEADERSHIP

- Strategic thinking & decision making
- Energy management
- Productivity & prioritisation
- Focus & goal achievement



LEADING THROUGH CHANGE

- Managing uncertainty
- Change leadership
- Building resilient teams
- Leading difficult conversations



BUILDING HIGH PERFORMANCE TEAMS

- Trust & psychological safety
- Team communication
- Coaching & feedback
- Recognition & motivation



LEADER HEALTH & WELLBEING

- Stress management
- Sleep optimisation
- Nutrition & healthy habits
- Movement & vitality

PROGRAM DELIVERY

Workshops & Seminars

1:1 Coaching & Mentoring

Leadership Retreats

Onsite, Virtual & Hybrid



Great leadership starts from within. We help you lead with clarity, energy and purpose.

PROGRAM BENEFITS

- ✓ Stronger self-awareness & confidence
- ✓ Better decision making under pressure
- ✓ Improved team engagement & collaboration
- ✓ Greater resilience & stress management
- ✓ Sustainable performance & wellbeing
- ✓ Positive culture & employee retention

EXPERIENCES THAT TRANSFORM

Leadership Retreats

Nature Immersion

Mindfulness & Meditation

Adventure & Challenge

Strategy & Purpose

LET'S DEVELOP HEALTHY LEADERS TOGETHER

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HEALTHY LEADERS • STRONGER TEAMS • THRIVING ORGANISATIONS