

CAPITAL-L LEADERSHIP – MENTAL HEALTH LEADERSHIP MODERN PROFESSIONALS

Modern leadership must include an innate and empathetic understanding of mental health issues both large and small. Mental health concerns in society are growing in both scope and severity, and this trend will not be reversing itself anytime soon.

The concept of CAPITAL-L Leadership is built on enhancing, or, if necessary, developing, skills and traits that today's leaders need to ensure that the mental well-being of those they lead is paramount. Ahead of profit margins, ahead of stock prices, ahead of the bottom line, the health and wellness of the team is the best barometer of how successful it is, regardless of whether your organization has two employees or two thousand.

During this session, Brian Knowler, the creator of the award-winning CAPITAL-L system, will lead you through core elements that leaders need to ensure both themselves and their teams successfully navigate the many impacts that mental health issues, from routine stress to suicide, can have in today's world.

List of learning objectives/outcomes

- When to act versus when to talk, and, sometimes, when to stay silent
- Making your 'open door policy' mean something
- Having difficult, but powerful, conversations in a timely fashion
- Recognizing when anger isn't really anger
- Building up your own personal suit of armour to increase your resilience
- How to truly look in the mirror and self-reflect
- Setting a strong example to get buy-in on mental health and wellness
- The importance of mentors for your own well-being
- The overwhelming need to know, support, and advocate for your team
- Your role in a mental health crisis, both immediate and long-term
- How admitting mistakes allows you to get in front of them and still build credibility
- Why the concept of 'career suicide' is overrated
- Creating a legacy as a CAPITAL-L Leader and leaving a trail for others to follow

Who should attend this program and why?

Attendance at this program would be suitable for professionals in leadership positions, or aspiring to move into a leadership role, who wish to further their understanding of the impact of mental health on their peers, their clients, and themselves. The material is applicable to virtually any field.



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