



# H.E.A.R.T. of Leadership – Essentials

Each session blends **reflection, application, dialogue, and leadership practice**, grounded in the Permission to Pause book written by Dr. Denise Wynn, and the H.E.A.R.T. framework.

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## Module 1: H — Healing | Understanding Grief in the Workplace

Participants will broaden their understanding of grief beyond bereavement, examine how leaders experience and respond to loss, and connect personal healing to authentic, values-driven leadership.

### Learning Objectives

- Define grief and loss beyond bereavement
- Recognize how leaders experience and respond to loss
- Explore the connection between healing and leadership authenticity

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## Module 2: E — Empathy | The Foundation of Compassionate Leadership

Participants will strengthen their ability to communicate with empathy, clearly distinguish empathy from sympathy, and apply emotional intelligence skills to navigate workplace challenges with compassion and effectiveness.

### Learning Objectives

- Identify empathetic communication styles
- Differentiate sympathy vs. empathy
- Apply emotional intelligence to workplace challenges

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## Module 3: A — Awareness | Recognizing Hidden Grief

Participants will learn to recognize hidden forms of grief, identify behavioral signs of distress, and practice intentional awareness strategies to respond with clarity, compassion, and informed leadership.

### Learning Objectives

- Identify hidden forms of grief (role loss, burnout, identity shifts)
- Recognize behavioral indicators of distress
- Develop awareness practices (pause, notice, name)

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## Module 4: R — Resilience & Transformation | From Coping to Growth

Participants will develop practical resilience strategies, learn to reframe adversity as an opportunity for growth, and model transformational leadership that strengthens and inspires their teams.

### Learning Objectives

- Apply resilience strategies to sustain leadership energy
- Reframe adversity into lessons for growth
- Model transformation for teams