

# The Power Of Transforming Your Leaders With Coaching

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Even if you have amazing leaders in your company, how can be sure you'll hold on to them for the long haul? If they do stay, how can you optimize them to make them even better?

One simple but effective ways to optimize your leaders is by investing in them. Employees who feel valued enough to be invested in will find even more fulfillment in the work they do. By taking charge of their overall wellbeing, you'll be creating a masterful team from the inside out.

Corporate wellness coaching is an easy and effective way to invest in your team. By taking care of your employees physical, mental, and emotional health, you'll be ensuring you have the best team possible.

Prioritizing your leaders' wellness is the best investment you can make for your business. Here are some of the effective ways your team will benefit from wellness coaching.

## Cultivating mindfulness

You and your employees brains do not work best when they run at full speed all day long. Therefore, it's extremely beneficial to take short but effective mindfulness breaks throughout the day.

What can these mindfulness breaks look like?

They can be as simple as taking a walk outside or setting aside 10 minutes to meditate. Anything that helps bring calm, awareness, and clarity to your day can be a mindful activity.

For many high achieving leaders and employees, this can be a difficult habit to get into. There is a near constant stream of emails, deadlines, and projects that need to be attended to. At first, it may be hard to take time away from urgent tasks to get a breath of fresh air or take a stretch break.

But the benefits of mindfulness are immeasurable. [Companies who prioritize mindfulness](#) in the workplace often find that productivity increases, while stress related injuries decrease. The company culture also improves due to increased levels of awareness, compassion, and calm among its employees.

Showing your team that mindfulness is a priority in your workplace will demonstrate that you value their overall wellbeing. They will feel valued for what they contribute, not just for what they produce.

READ: [How to Declutter Your Mind for Optimal Productivity](#)

## Preventing burnout

Burnout in the workplace is at near epidemic levels in our current climate. In fact, the World Health Organization determined "burnout" to be an occupational phenomenon in 2019.

Burnout isn't merely a feeling, it's a [psychological syndrome](#). It creates feelings of exhaustion, depletion, cynicism, and irritability around one's work. It lowers an employee's productivity and job satisfaction.

Burnout can be prevented by keeping a careful pulse on your team. It begins by addressing issues and asking insightful questions to get the real story of how they're feeling about their projects, workload, and sense of control over their work.

Taking some time to hit pause, regroup, and prioritize community for your team members will help guide you away from burnout, or get them out of burnout if they are already experiencing it.

Avoiding and preventing burnout is absolutely essential to mold your company's leaders. It takes time to develop well-rounded leaders, but if they experience burnout too often, they won't feel like their needs are being met from their workplace. Take drastic action to prevent burnout, so you can hang on to the phenomenal leaders your company needs.

## Optimized physical health

Our physical and psychological health are deeply connected. Prioritizing the physical health of your team is a powerful way to increase their effectiveness as leaders.

Taking care of your employee's physical health is how you sharpen their mind and skills at work. It helps them feel connected and energized throughout their bodies, which in turn improves productivity and effectiveness.

Prioritizing physical health through exercise, massage, nutrition, and mindfulness activities is an ideal way to prevent long term disease or injuries. You'll save on the cost of employee healthcare by creating an environment that encourages them to take the best care of themselves.

One of the ways to develop the best leaders you can is to invest in making your people healthier overall. You can't neglect physical well-being if you want well-rounded leaders.

## Building camaraderie

Whether your team has been remote, in person, or a combination of the two, a sense of camaraderie is essential to building good leadership within your organization.

People will be more inclined to invest in something long term if they feel there is a sense of purpose behind it. No one will be obliged to do their best if they feel like they are doing it alone.

Building a sense of community in your organization can be tricky if it isn't already there. This is where coaching comes in to help you out. Learning how to offer support, set an example, and cultivate camaraderie is essential for effective leaders. Your team will feel more grounded and dedicated to the company purpose when they see [you are in the trenches with them](#).

## Improve productivity and performance

Overall, investing in the wellness of your team will improve the productivity and performance of your leaders. Along the way, you'll likely experience a rise in creativity, positive company culture, and ingenuity from the leaders you are building.

Work on eliminating the distractions of mental health issues that can come from proximity differences. Due to the pandemic, this may be a priority for those wishing to optimize their teams. A positive company culture will be essential for the productivity of your team.

READ: [Eliminate Proximity Bias by Cultivating a Results-Oriented Corporate Culture](#)

### **The bottom line**

Prioritizing your leaders' wellness is the best investment you can make for your business.

When your team members feel like they are made a priority, it makes them much more inclined (and happy) to stay in their current position. Employees that you invest in will want to invest right back into their company. It's easy to take pride in your work when you know it also takes pride in you.

The power of wellness coaching can truly transform your organization. Even if every leader in your organization only experiences a small amount of the benefits of coaching, the whole company will have exponential improvements.

Not sure where to start? Fill out our [intake form](#) to talk to our executive coaching team. Start working on a plan that fits your team perfectly!