



Leadership Program

in

Health & Well-Being

at Duke University



“Our ability to lead into a future where all people have the capacity to live their healthiest lives requires leadership that embraces self-awareness, effectively influences system dynamics, and courageously innovates with business acumen.”

—**Lori Knutson** RN, BSN, HNB-BC

Associate Vice President for Duke Health and Well-Being and Director of the Leadership Program in Health and Well-Being

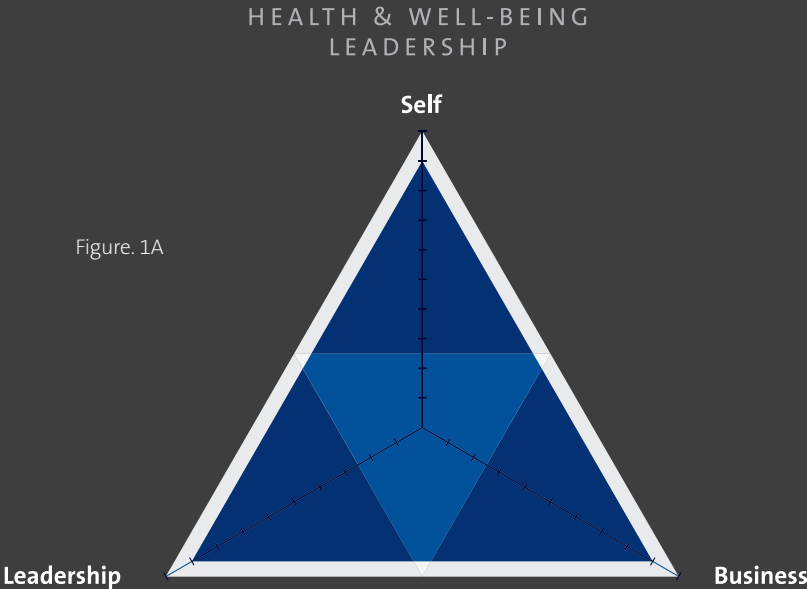


Healthcare is Changing.

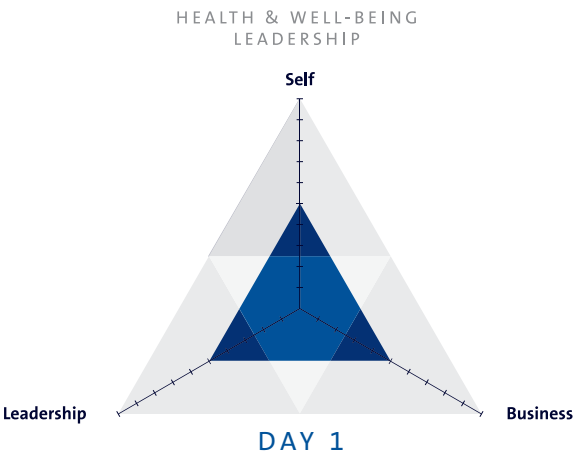
Lifestyle and well-being are now being recognized as critical drivers for optimal health. Duke has created a one-year program to answer this need for change. The Leadership Program in Health and Well-Being teaches the knowledge and skills necessary to plan, launch, and lead a health and well-being program.

One year.
Online Courses.
In-Person Immersions.
Unique Mentorship.

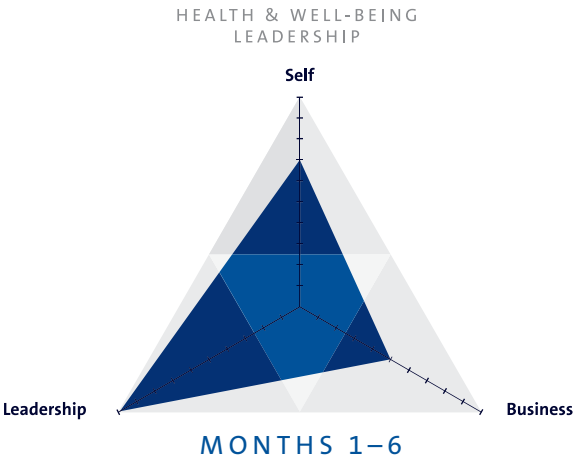
To lead a transformative program, we must live it first. This unique program focuses on the inner life of the leader. Participants complete a Health and Well-Being Self-Assessment prior to the start of the program and have the opportunity to work on self-care with a Well-Being Coach throughout the year.



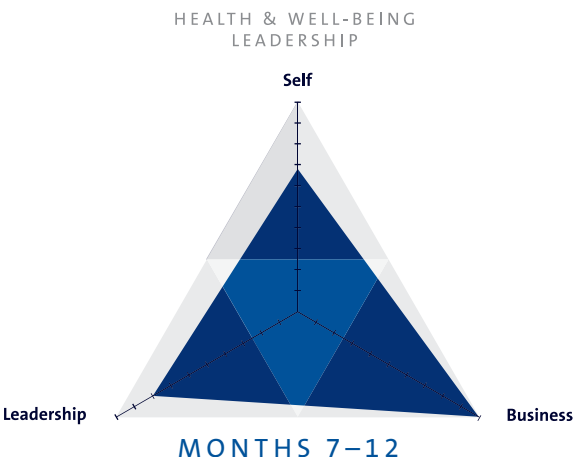
Our leadership program is characterized by three factors derived from our health and well-being principles of self, leadership, and business. Our world must reflect each of these aspects. Figure 1A above illustrates a leader's ideal state, fulfilling all three principles upon completion of the program.



The journey begins with you.
All three principles are essential but unrealized.



The first six months of the program focuses on self and health and well-being as a leader. It encapsulates a deep dive into health behavior, lifestyle practices, and methodologies of well-being.



The second half of the program pairs you with your business mentor allowing you to learn in collaboration with unique business leaders.



MONTHS 1–6

Online Program with Immersive Experiences.

The Leadership Program in Health and Well-Being is specifically focused on your unique needs. The first six months of online coursework and in-person Immersions equip you to be paired with your world-class business mentor.

Immersions

During the three Immersions at Duke University, participants will have the opportunity to learn first-hand from nationally-recognized leaders in health and well-being. Participants will study current models of health and well-being delivery as well as deepen their understanding of who they are as leaders and increase their ability to inspire others and influence change.

Throughout the program, participants work closely with and receive professional support from the Program’s Core Faculty – global leaders in the field who share their expertise in well-being approaches to healthcare.

Core faculty include:

Lori Knutson
RN, BSN, HNB-BC

Associate Vice President for Duke Health and Well-Being and Director of the Leadership Program in Health and Well-Being

Benjamin Kligler
MD, MPH

National Director, Integrative Health Coordinating Center Office of Patient Centered Care and Cultural Transformation, Veterans Health Administration

Melinda Ring
MD, FACP, ABOIM

Executive Director of the Osher Center of Integrative Medicine at Northwestern University



Online Curriculum

The curriculum for The Leadership Program in Health & Well-Being includes courses on the following content areas:

- Leadership Styles
- Mindfulness
- Healthcare Policy
- Healthcare Finance
- Strategic Planning
- Technology and Emerging Models of Care
- Marketing Health and Well-being
- Health Behavior and Lifestyle
- Project Management
- Exemplar Well-being Models
- Human Resources
- Confidence and Influence for Impact
- Work Culture
- Well-being of the Leader
- Social Determinants of Health
- Current Landscape of Health and Well-being

The international faculty – renowned experts in health and well-being, leadership, and business – are dedicated to each participant’s success.



MONTHS 7–12

The Leadership Program in Health & Well-Being



Collaboration That Transcends the Classroom.

This is the only healthcare leadership program in collaboration with Duke’s world-class Fuqua School of Business. The second six months of in-person Immersions combined with the business mentorship program will provide you with the tools to shape the course of healthcare.

Mentorship

After the online coursework is completed, in collaboration with Duke’s Fuqua School of Business, participants work one-on-one with a business mentor. In this co-creative process, participants craft a business project for integrating or evolving health and well-being at their institution or organization.

On-Campus Immersions

Upon being paired with a world-class business mentor, two in-person Immersions allow you and your business mentor to collaborate, innovate, and cultivate actions around health and well-being thinking. These on-campus immersions are invaluable to the participant and play a key role in what differentiates the program.

Ruth Blodgett

Leadership Program Class of 2016

“My experience with my mentor has been incredibly helpful. He has shared many critical resources, offered so many invaluable insights, and given incredible advice and counsel. It is amazing to have someone so talented and present on my team as I work on the project for my organization.”



Apply Today

wellbeingleaders.org

Program Schedule

September

First 3-day Immersion at Duke

September-March

Online Course Work

March

Second 3-day Immersion at Duke

March-September

Mentorship Experience and Business Project Creation

September

Business Project Presentation and Graduation at Duke

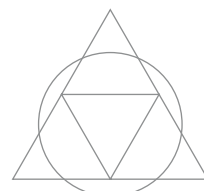
[The application for September enrollment is now open.](#)

Who Should Apply

This program is designed for healthcare leaders planning to implement a health and well-being program and those seeking to improve or expand existing health and well-being programs. In the admission process, the applicant's prior demonstration of leadership and his or her current sphere of influence are important considerations.

Tuition is \$15,000

Imagine
What's
Possible
When
You Can
**Lead the
Future.**





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