

A man with glasses, wearing a grey blazer and light-colored trousers, is sitting cross-legged on a grey rug in a modern living room. He has his eyes closed and a serene expression, with his hands resting on his knees in a meditative gesture. The background shows a contemporary interior with a wooden coffee table, a sofa, and a bookshelf.

Lead Without Sacrificing Your Wellbeing



Elevated training for leaders to help you

Harness the power
of flow, energy
management, and
peak productivity



Today's leaders are stressed, overwhelmed, and burnt out.

This leads to a whole host of negative outcomes for organizations:

- Disengagement
- Poor decision-making
- Decreased productivity
- Increased turnover
- Greater absenteeism
- Higher health costs
- Missed milestones
- Negative impact on team
- Poor performance and results

The average knowledge worker is interrupted every 11 minutes and takes an average of 23 minutes to fully get back on task.

(Mark, Gonzalez, & Harris, 2005)

The impact is also felt at a personal level with leaders feeling energy-depleted, managing mental health struggles, and feeling a strain on their work and relationships.

Bolster Leadership helps leaders transform how they use their time, energy, and focus.

We help organizations fuel their worthy work in two key ways:

Human Performance Immersion our flagship leadership development program.

Leadership Training custom-built to address your most pressing leadership challenges.



Bolster



Human Performance Immersion

our flagship program taking leaders from burnt out to engaged and rejuvenated by improving leaders' physical, mental, emotional, and spiritual health.



HPI is our flagship leadership development program

ROI FOR YOUR ORGANIZATION



Reclaim
5 Hours
Weekly

Leaders recapture time without added fatigue using a **digital reset**, an **AI upskill**, and effective **pruning and prioritization** strategies.



Increase
Focus and
Clarity

Leaders reground in their **values and purpose** and align their goals to supportive systems, while removing daily distractions.



Boost
Productivity
by 20%

Performance **neuroscience-backed methods** coupled with strategic replenishment unlock higher performance while reducing exhaustion.



Enhance
Energy
Management

Leaders gain tools for **sustainable well-being** and professional balance, plus resources to foster a healthier team culture.

For an average Twin Cities Director reclaiming 5 hours a week has an organizational value of roughly \$15K a year.

The HPI experience

KICK OFF WORKSHOP

Meet your amazing cohort, adapt to your chronotype, and begin designing days for optimal performance

PRE-INTENSIVE



30-minute intro 1:1 with your executive coach to outline goals for the experience



Leaders complete a questionnaire to ensure a tailored on-site experience

2-DAY INTENSIVE

AT THE OMNI VIKING LAKES HOTEL

DAY 1 (8AM – 8PM)

- Introduction
- Digital Reset and Dopamine
- Values + Purpose + Worthy Work
- Strategic Replenishment + Executive Athlete + Flow Cycle
- Your Body at Work + Nervous System Regulation
- Restorative Nordic Massage, Heat, and Cold Therapy
- Group Dinner + Networking

DAY 2 (8AM – 5PM)

- Morning Movement
- Mayo Clinic's Leadership Impact Index Assessment
- Leading in the Era of AI
- Guest Speaker from NASA
- High Flow Teams
- Saying No for Worthy Work
- Aligning Ambitions
- Setting Up Systems

HPI is unique – we guide leaders through real-time high-leverage Interventions and give personalized focus to create systems for healthy habits.

POST-INTENSIVE



60-minute 1:1 with your executive coach to address roadblocks to implementation



Leaders receive ready-to-lead resources to bring critical learning back to their teams

FOLLOW-UP WORKSHOP

Celebrate progress, check in on habits and interventions, and uplevel your leadership through networks



Habits Interventions



GAIN + RETAIN INSPIRATION

Expanded Local Network

- Join an **exclusive cohort of 8–12 Director-level** and above corporate leaders from the Twin Cities
- Build a meaningful peer network for **collaboration**, shared **insights**, and collective **experiences**
- Limited to 1–3 leaders per organization, per cohort to ensure a **rich and diverse** learning environment

A pre-work questionnaire will collect insights on topics like challenges, distractions, and AI that will be summarized and shared with leaders, giving each leader real-time and relevant benchmarking data and insights.



YOUR INVESTMENT

The **Human Performance Immersion** is an all-inclusive program. Your investment **includes everything** – hotel, meals, 1:1 coaching sessions, workshops, intensive – at \$5000. One expense, no surprises.

We are currently offering an **exclusive pilot rate of 30% off** – register now for \$3500.

HPI goes beyond a standard conference building **meaningful local peer connections**. It also integrates coaching, consulting, and productivity interventions aligned with the **personalized and high-touch** nature of executive coaching experiences for half the cost.

THE STATISTICS

Backed by Research

60% of leaders reported feeling “used up” at the end of the workday according to The Global Leadership Forecast.

A study of General Electric employees found that the stress associated with pursuing professional success can lead to a shorter lifespan for executives.

Cardiovascular health is particularly affected. High-level leaders face increased risks due to chronic stress, sedentary lifestyles, and poor dietary habits. Stress contributes to elevated blood pressure and heart rate, which, over time, can lead to hypertension and an increased risk of heart disease.

Furthermore, nearly 70% of C-suite executives report feelings of burnout, a rate higher than that of mid-level (55%) and first-level (45%) management personnel. Additionally, 53% of executives are struggling with mental health issues, compared to 45% in the wider workforce.

HPI addresses these concerns through **improving focus and flow**, while enabling leaders to strengthen their physical, mental, emotional, and spiritual health.

McKinsey found a **500% increase in productivity** by executives who regularly access flow states.

Center for Creative Leadership found purpose-driven leaders who help their teams find meaning, have a better chance of attracting, engaging, and **retaining talent.**

Bolster



Your challenges. Our tailored solutions.

Your challenges. Our tailored solutions.

1 / Peak Performance Leadership Workshops



We help you take your leaders from average knowledge workers to workplace athletes with solutions backed by performance neuroscience.

2 / 1:1 Executive Development Coaching



We know some challenges require deep personalization. Communication, confidence, capacity, capability - our coaching services consistently leave people better than we found them.

3 / Tailored Leadership Development Training



This isn't our first rodeo. From requests for high-performing teams, effective conversations, coaching for leaders, to peak performance and well-being at work - we love hearing about your needs and ensuring we exceed expectations!



Bolster

At your service



Dr. Lisa Wocken
founder and
facilitator

- 15+ years developing hundreds of leaders at **Fortune 500**
- Developed **award-winning** leadership solutions for 1,100+ leaders across 70 countries while leading Cargill's Leadership Development portfolio
- Adjunct professor** at University of Minnesota teaching Strategic Planning and Decision-Making and Facilitation Skills
- Executive Coaching Certification
- MA Leadership Development
- PhD Organizational Leadership**
- Trained Performance Neuroscience Coach**



David Simmons
health practitioner
and facilitator

- 15+ years supporting hundreds of patients **specializing in acupuncture and integrative medicine**
- Serving as an Acupuncturist at Mercy Hospital balanced with **running his own private clinic**
- Possesses a deep grasp of both Eastern and Western approaches, with **10+ years of study in Traditional Chinese Medicine**
- Survived near-death experiences** to now having a life devoted to extending the lives of others
- Certified nutrition specialist, navigating his own personal experience with severe food allergies
- Masters in Acupuncture**
- Licensed Acupuncturist (LAc)**

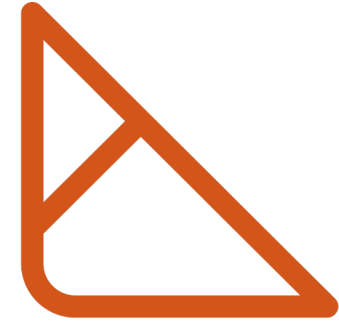
“Learning from David and Lisa is life-altering and life-extending!”

Get in touch

For additional details and FAQ, please visit our site.
To connect with someone from our team, please send an e-mail.

Site: www.bolsterleadership.com

E-mail: contact@bolsterleadership.com



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LEADERSHIP

helping you reclaim time, energy,
and focus to fuel your worthy work



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