



**Ibec
Management
Training**

Leading with Wellbeing

Masterclass with Dr. Mark Rowe

In this Masterclass, Dr. Mark Rowe uses design thinking principles to explore how Psychological, Emotional, Spiritual and Physical Wellbeing can enhance vitality. Using his 'Golden Rule' of Self-Care, underpinned by a strong sense of Purpose, he creates the neurobiology of elite executive performance and a biochemical blueprint for enhanced levels of life success.

**1 DAY
WORKSHOP**

October 5, 2018

Ibec, 84-86 Lower Baggot Street, Dublin 2

Key Learning Objectives:

- Leadership and your wellbeing
- Lifestyle as medicine
- Resilience and realistic optimism; why your mindset and psychological fitness really do matter
- How to harness habit and willpower for your benefit
- Inner happiness - what it is, why it matters and 'ten commitments' to more fulfilment
- Connecting to purpose, your 'transformer'

By looking at the outer environment you work and live in as well as the inner environment of thought and emotion, Dr. Mark Rowe uses design thinking as a starting point to create sustainable improvements in your wellbeing.

Biography:

Dr. Mark Rowe has been a family physician for more than 20 years and is a thought leader in the areas of Lifestyle Medicine and Corporate Wellbeing. His practice is based at the Waterford Health Park in Ireland, a primary care facility he founded as a new paradigm for community health. In 2013, the Waterford Health Park received the Global Health Improvement Award, 'A Place to Flourish.' He is among the first medical professionals globally to be certified as a Diplomate of the International Board of Lifestyle Medicine. Lifestyle Medicine is defined as an evidence-based 'lifestyle first' approach to prevention and treatment of chronic disease. By incorporating his philosophy of wellbeing with his extensive medical experience, he facilitates lasting positive change in people and their organisations. He has authored several books to date including 'A Prescription for Happiness' and 'The Men's Health Book'. He also writes the GoodHealthTimes, a free newsletter with seasonal positive health messages.

Approach:

Leading edge science, positive psychology, physiological based techniques and exercises are Dr. Mark Rowe's secret to unlocking your prescription for more vitality. Experiential learning equips the participants with practical tools to apply to their personal and working life with immediate effect. By embedding his wellbeing messages with his vast medical experience, Dr. Mark Rowe opens up the possibility of lasting change.

Cost: Member: €375 | Non-member: €425

Venue: Ibec, 84/86 Lower Baggot Street, Dublin 2

Time: 9.30 am-5.00 pm

**For further information, please contact raquel.delapena@ibec.ie
(01) 605 1667**

www.ibec.ie/0/leadingwithwellbeing

"Dr Rowe managed to make a room full of busy executives put their phones down for the day, pay attention and walk away with a desire to be better in their lives."

Jenabeth Ferguson
VP Symposium Director
Healthcare Facilities
Symposium & Expo

"As one customer said, it was the best talk and lessons learnt, ever. I would encourage any organisation, large or small, if given the opportunity to invite Dr Rowe to speak for a truly generative, inspiring event."

Heather Fennimore
Global President – Humanscale