



# EXECUTIVE FORUM

2009/2010 Leadership Series®



## Advance Intelligence

Great Minds Are  
Gathering... Bring Yours

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### Program Location

Donald R. Seawell Grand Ballroom  
at The Denver Center for the  
Performing Arts

14th & Arapahoe, Denver, CO 80204

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## Leadership Renewal Day

Jumpstart Your Brain and Body

January 20, 2010

### *Fit to Lead – Make Wellness a Lifelong Commitment*

Todd Whitthorne — 1:00 p.m.–3:30 p.m.

In the constant juggle of work and personal life, do you give your body the attention it needs to stay in shape? Keeping fit can actually have a significant impact on your work performance, let alone your personal sense of well-being. Todd Whitthorne will convince you that the health of your work force affects the health of the business. Whitthorne reveals practical health habits that virtually anyone can follow, then uses bottom-line results from real-world case studies to show that focusing on wellness can result in huge savings. A former award-winning radio broadcaster, Whitthorne's presentation style is engaging and inspiring.



**Todd Whitthorne** is president and CEO of Cooper Concepts, Inc., specializing in teaching individuals how to take charge of their health and wellness. Whitthorne has degrees in Kinesiology and Exercise Physiology from UCLA. He is a member of the Governor's

Advisory Council on Physical Fitness in Texas.

#### LEADERSHIP COMPETENCIES

Gain skills and enhance the following capabilities:

##### PROBLEM SOLVING ORIENTATION

- **Work/Life Balance:** Is not one dimensional. Maintains a conscious balance between work and personal life so that one doesn't dominate the other. Knows how to attend to both, and is able to obtain what he/she wants from both.

##### PEOPLE LEADERSHIP

- **Productive Work Habits:** Accurately scopes out the work, creates efficient workflows and processes, and assign resources properly. Very productive and efficient in planning and executing work. Consistently outperforms most other people or groups because of excellence at planning, priority setting, and execution.
- **Self Development:** Is personally committed to and actively works to continuously improve him/herself. Understands that different situations and levels may call for different skills and approaches.

Leadership Competencies are adapted from: Lombardo, Michael, and Eichinger, Robert. *For Your Improvement: A development and coaching guide for: learners, supervisors, managers, mentors, and feedback givers.* Minneapolis: Lominger Limited, Inc, 2000.