



FIRST RESPONDER LEADERSHIP COURSES

The Healthy Brain Leader

How Brain Health Shapes Leadership, Decision-Making, and Team Wellness

Instructor: Dr. Bernard Franklin

Bonus Lesson: Purpose & Spiritual Wellness

Learning Objectives

Participants will:

- Understand the role of purpose.
- Reconnect leadership with calling.
- Develop personal practices that renew the spirit.

Key Concepts

- Leadership is sustained by purpose, not just performance.
- A healthy brain is connected to a healthy spirit.
- Purpose provides resilience during adversity.
- Gratitude and wonder renew perspective and reduce stress.
- Leaders who nurture their spiritual lives are better equipped to serve others with compassion and hope.

Bonus Lesson: Purpose & Spiritual Wellness

Leadership Action Guides

Why did I become a first responder? _____

Who benefits when I lead well? _____

What gives me purpose outside of work? _____

Leadership Reflection

Leadership is more than accomplishing tasks—it is serving people with purpose. Leaders who stay connected to their "why" are better equipped to navigate adversity and inspire others.

Reflection Questions:

What is the deeper purpose behind my leadership? _____

How do I intentionally renew my spirit outside of work? _____

In what ways can I lead with greater purpose, compassion, and hope? _____

