



FIRST RESPONDER LEADERSHIP COURSES

The Healthy Brain Leader

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

Instructor: Dr. Bernard Franklin

Module 5 — Healthy Relationships

Learning Objectives

Participants will:

- Recognize how relationships affect the brain.
- Identify unhealthy relational patterns.
- Strengthen healthy leadership relationships.

Key Concepts

- The brain is designed for healthy human connection.
- Positive relationships strengthen resilience and emotional health.
- Unhealthy relationships increase stress and impair brain function.
- Leaders create cultures through the quality of their relationships.
- Healthy communication, encouragement, and accountability strengthen both individuals and teams.

Module 5 — Healthy Relationships

Leadership Action Guides

Who energizes me? _____

Who drains me? _____

One difficult conversation I need to have: _____

One relationship I need to strengthen: _____

Leadership Reflection

Leadership is built on trust, and trust is built through healthy relationships. The quality of your relationships shapes the culture of your team.

Reflection Questions:

Am I creating an environment where people feel valued, respected, and heard? _____

Are there relationships I need to strengthen, repair, or establish healthier boundaries around? _____

What is one intentional step I can take this week to build trust with someone on my team? _____
