



FIRST RESPONDER LEADERSHIP COURSES

The Leader's Wellness Blueprint

Discover practical strategies to manage stress, build resilience, improve recovery, and lead with greater clarity, purpose, and longevity.

Instructor: Vance Row

Lesson 3 — Sleep: Your Most Powerful Recovery Tool

Learning Objectives

Participants will:

- Understand why sleep is essential for leadership performance.
- Recognize the effects of sleep deprivation.
- Learn practical ways to improve sleep quality.
- Build a personal recovery plan.

Key Concepts

- Sleep is Performance
- Recovery Cannot Be Replaced
- Better Sleep is Built
- Recovery Begins with One Honest Conversation

Lesson 3 — Sleep: Your Most Powerful Recovery Tool

Leadership Action Guide

Choose three habits to practice this week.

- ☐ No caffeine within 6–8 hours of bedtime.
- ☐ No phone 15 minutes before bed.
- ☐ Cool, dark sleeping environment.
- ☐ Practice a 30-minute guided relaxation.
- ☐ Track your sleep for one week.

Leadership Reflection

- How has fatigue affected my leadership?
- Which sleep habit will have the greatest impact?
- What obstacles keep me from prioritizing recovery?
- How can better sleep benefit those I lead?