



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 4 — Managing Stress Through Movement & Mindfulness

Learning Objectives

Participants will:

- Understand the role of movement in stress recovery.
- Learn how breathwork and mindfulness regulate stress.
- Recognize wellness as a daily leadership discipline.
- Build a sustainable personal wellness plan.

Key Concepts

- Wellness Is More Than Fitness
- Recovery is Trainable
- Yoga is a Tool
- Healthy Leaders Build Healthy Teams

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Leadership Action Guide

This week:

- ❑ Practice one breathing exercise each day.
- ❑ Complete one beginner yoga or stretching session.
- ❑ Spend 10 uninterrupted minutes in quiet reflection.
- ❑ Identify one wellness habit you'll maintain over the next month.

Leadership Reflection

- What area of wellness needs the most attention?
- Which practice surprised me the most?
- How will improving my own wellness influence those I lead?
- What commitment will I make beginning today?