WELCOME!

Congratulations!

You are joining a group of influential professionals from some of the world’s top organizations in Enhancing Team Wellbeing, a Duke Corporate Education leadership development experience powered by ExecOnline. And for the many of you whose organizations are sponsoring your participation, this truly demonstrates their recognition of your accomplishments and impact, as well as their commitment to your professional development and career.

Through exclusive video lectures from a renowned Duke Corporate Education professor, practice and application you will leverage Duke Corporate Education’s proprietary approach to neuroleadership to optimize behaviors and support overall workplace wellbeing.

Orientation includes pre-experience information and preparatory activities. In the meantime, we will help you get ready by familiarizing you with what to expect.

The following Experience Guide provides an overview of Enhancing Team Wellbeing, as well as pointers to make the most out of your upcoming learning journey.

Thank you for your participation!
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## ABOUT EXECONLINE

10 Advanced Leaders Program, Applied Experience Platform & Manager Essentials Program
GET READY!

Your experience takes place entirely on the ExecOnline Learning Platform, which you can access on a computer, as well as on an iPhone and iPad using the ExecOnline App. Download the ExecOnline App for free from the iTunes App Store. With it, you can learn on-the-go by watching video lectures, accessing resources, and more. The two-way sync records your progress whether you make progress on your computer, iPad, or iPhone.

Your experience is divided into 1 unit called a Module. The Module is comprised of learning Segments—video lectures, action plans, and interactive exercises.
YOUR LEARNING EXPERIENCE

SELF-PACED LEARNING

Self-paced learning allows you to study when you have time and at the speed that is comfortable for you. The self-paced portion of the experience includes the following:

VIDEO LESSONS
Brief and compelling lectures produced exclusively for your experience featuring an engaging subject matter expert who will expose you to new ideas and best practices supported by real-world successes and relevant to your work and life.

ACTION PLAN
You will develop and submit an Action Plan targeting your own business challenge, thereby promoting the application of learning to real needs and new opportunities for yourself and your team.

PEER INTERACTION
Directed interaction with fellow participants to help one another by sharing valuable perspectives on the problems faced.

EXPERIENCE OBJECTIVES

When team members feel empowered to contribute freely to team activities and are greeted with a sense that their contributions are valued, the team thrives. However, common interpersonal challenges can hamper that sense of freedom at the expense of productivity, creativity and overall wellness.

In this experience, you will learn neuroscience-based techniques geared to navigate interpersonal tensions and overcome common challenges to team alignment. You will also learn the frameworks that can leverage how to manage your reactions to typical interpersonal challenges, in order to respond productively and enhance team harmony and wellness.

KEY LEARNINGS

- Why Psychological Safety Is Important for Mental Wellness
- Establish Psychological Safety through Authenticity
- Deal with Passive Aggression
- Avoid GroupThink
- Enhance Team Synchrony
- Balance Bottom-Line and Possibility Thinking

FOCUS AREAS

- Diagnose Threats to Your Team’s Psychological Safety
- Plan and Implement Behavioral Interventions to Combat Those Threats
MEET YOUR FACULTY

Dr. Srini Pillay

Leading you through the experience is a recognized expert in the global business community. Dr. Srini Pillay is the CEO of NeuroBusiness Group, a company that specializes in developing transformational leaders, voted one of the Top 20 “movers and shakers” in leadership development in the world by Training Industry.

Srini prepares and delivers top-rated leadership development courses and plenaries for clients such as Novartis, Lockheed Martin, Willis Group, Prudential, Pfizer, and other Fortune 500 companies and Fortune 100 consulting firms. He has also trained leaders at The MITRE Corporation, The Department of Defense, The Institute for Law Enforcement, the UN, World Bank, and the International Monetary Fund. An internationally recognized expert in applied brain science and human behavior, he addresses both specialists and general audiences on these topics throughout the world.

He is also on the Transformational Leadership Council and on the board of FRED Leadership, an organization dedicated to helping companies with ethical dilemmas. He is a fellow at The American Institute of Stress and a world-renowned expert in stress, anxiety and burnout, having run an Outpatient Anxiety Disorders Clinic at Harvard’s Mclean Hospital, and studied brains for 18 years at a brain imaging center at Harvard as well. He has been invited to a US think tank on managing people in disasters.

Dr. Pillay and his expertise have been widely featured in the media including on CNN, Business News Network, Fox, NPR, The Boston Globe, The New York Times and Money Magazine. He is a regular contributor to Harvard Business Review and has been featured in Forbes and The Wall Street Journal. He is also the award-winning author of “Life Unlocked: 7 Revolutionary Ways to Overcome Fear” and “Your Brain and Business: The Neuroscience of Great Leaders.” His new book is “Tinker, Dabble, Doodle, Try: Unlock the Power of the Unfocused Mind” (Ballantine Books, 2017). Srini has also presented a TEDx – “WIRED FOR SUCCESS: The Science of Possibility.”
COMPLETION CERTIFICATE & POST-PROGRAM EXPERIENCES

CERTIFICATE OF COMPLETION

After successfully completing the experience, you will receive Completion Certificates (.pdf) via email and on the platform. Accompanying the certificate is a congratulatory message, an invitation to post an achievement badge on LinkedIn, and indication of continued platform access.

ONGOING PLATFORM ACCESS

You will be granted access to experience content via the platform for 90 days after the designated experience end date. So even though the experience period ends, your learning doesn’t have to. You may re-watch video lectures, download presentation slides, further examine case studies and resources, and download your notes.

ALUMNI IMPACT SURVEYS

In the months following your experience completion, we send you surveys designed to highlight your post-experience learning application and professional contributions and allow us to report to organization experience ROI.

ALUMNI ENGAGEMENT

You can stay connected to ExecOnline long after experience completion. Our alumni are creating opportunities and making an impact in every corner of the world, and our invitation-only ExecOnline Alumni Group on LinkedIn keeps ExecOnline graduates informed about news from university faculty, accomplishments by their peers, and new ExecOnline learning offerings and events. They can also engage with fellow leaders to gain inspiration, find support, and collaborate.
PARTICIPANT SUPPORT

EXECONLINE SUPPORT CENTER
Participants can access information and support and receive support around-the-clock

Knowledge Base
Our searchable Knowledge Base provides answers to hundreds of common questions and displays other key information.

Support Desk
Inquiries submitted via the platform or support@execonline.com connect participants to our dedicated support agents.

KEEPING YOU INFORMED & MOTIVATED
We communicate important information to participants in a range of ways.

Email
We deliver messages noting participant progress, learning tips, action plan submission reminders, and live session promotion.

Platform Announcements
We post the latest information, learning recommendations directly to the platform so participants stay informed and motivated.

Telephone
If participants fall far behind, we will reach out to them via telephone to offer individualized encouragement and support.
TECHNICAL REQUIREMENTS

Access the ExecOnline Platform via an Internet browser on a computer or on iPhone or iPad using the ExecOnline App available in the Apple iTunes store.

Meeting the technical specifications listed below will allow you to have the best experience with the range of features on the Platform.

As participants may have internal restrictions or protocols set by their organization's policies, our Enterprise Support Team is available to work with your IT specialists to ensure a smooth experience with our platform. Email support@execonline.com with questions.

Required Software:
• Microsoft Office (including Word, PowerPoint, Excel)
• Adobe Acrobat Reader (recommended)

Minimum Hardware Requirements for PC users:
• Operating System: Windows 10, Windows 8, Windows 7 SP1 and above, Windows Vista SP2 and above, Windows XP SP3
• RAM: 4 GB
• 50MB of free space
• CPU Speed: Dual core 2.4 GHz+ i5 or i7 series Intel processor or equivalent AMD
• Internet Connection: Broadband +2Mbps

Minimum Hardware Requirements for Mac users:
• Operating System: Apple OS X 10.6
• RAM: 4 GB
• CPU Speed: Dual core 2.4 GHz+
• Internet Connection: Broadband +2Mbps

Supported Browsers:
• Google Chrome version 89 and above
• Mozilla Firefox version 45.0 and above
• Internet Explorer 11 and Edge
• Safari version 11 and above
• Mobile Safari on iOS devices
ABOUT EXECONLINE

ExecOnline is the leading provider of B2B leadership development solutions through partnerships with the world’s top business schools. Our programs accelerate careers and organizational impact for tens of thousands of executives from premier companies all over the world.

Deliver transformational growth today with programs developed by top business school. Leaders gain verifiable and relevant competencies through a career-focused curriculum that achieves specific learning outcomes and skill gains. Projects are chosen to progressively develop a solution that leads to organizational impact.

https://www.execonline.com/corporate-programs/

Empower your established leaders to engage in high impact learning and development with this curated collection of learning experiences to build the critical capabilities rising leaders need to drive impact and achieve the results their organizations require in a high stakes business environment.

https://www.execonline.com/aep/

Help the managers in your organization take their career to the next level by developing their leadership and management skills. Participants learn skill sets that will be critical to their success and the success of the teams they lead.

https://www.execonline.com/corporate-programs/