



The Grounded[®] Leader

Be a leader, not a skillset.

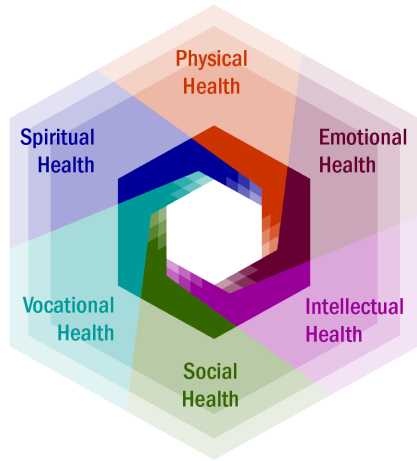
We view leadership as a deeply personal act that stems from an individual's distinct humanity and the essence of who they are.

Learn more [→](#)



The Grounded[®] Leader

Who you are What you do How you perform



Tap into a higher purpose.
Awaken people's passions and sense of meaning.

Forge a shared direction.
Paint a compelling future and enlist people's commitment and ownership.

Foster productive relationships.
Model and teach authenticity, connectivity, and reciprocity.

Unleash human energy.
Challenge people's minds and engage their hearts.

Seize new opportunities.
Embrace uncertainty and cultivate optimism, curiosity, and learning.

Drive high performance.
Promote a culture of excellence and accountability.

Great market reputation

Outstanding Shareholder Value

Profitable Growth

Renowned Talent Management

Positive Societal Impact

 Physical Health	<ul style="list-style-type: none"> • Body/Mind awareness • Energy management • Peak performance lifestyle
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 Social Health	<ul style="list-style-type: none"> • Authenticity • Mutually rewarding relationships • Nourishing communities
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 Emotional Health	<ul style="list-style-type: none"> • Self-awareness • Positive emotions • Resilience
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 Vocational Health	<ul style="list-style-type: none"> • Meaningful calling • Personal mastery • Drive to succeed
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 Intellectual Health	<ul style="list-style-type: none"> • Deep curiosity • Adaptive mindset • Paradoxical thinking
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 Spiritual Health	<ul style="list-style-type: none"> • Higher purpose • Global connectedness • Generosity of Spirit
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HEALTHY COMPANIES has spent more than 25 years culminating personalized, evidence-based solutions that succeed in transforming executives into leaders, staff into teams, and companies into healthy, sustainable, and high-performing ecosystems.

Get in touch.

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