

An Introduction to LeadWell

Join a live discussion with Learn to Live's Chief Clinical Officer, Dr. Russ Morfitt, to learn about LeadWell - a mental health resource designed specifically to support managers and leaders.



In this session, Dr. Russ will walk you through Learn to Live's leadership resources, including the digital LeadWell toolkit, its objectives and various interactive activities. You'll learn how leaders can use it for both personal and professional growth.

Dr. Russ will also introduce you to Learn to Live's *Reflective Leader Model* and show you how it's woven throughout. To wrap up, there will be a live demo of the member dashboard including steps to access the toolkit.

Employees on the Blue Cross and Blue Shield of Texas health plan have free access to Learn to Live. Attend to discover how LeadWell can support your organization's managers and leaders.



Wednesday, April 22nd | 12-12:30pm CT

Scan and register with access code: **BETTERME**

Or click [here](#)

All registrants receive a link to the full recording — sign up even if you can't join live.