

# WorkLife and Wellness

## Proven Methods and Tools for Successful WorkLife Integration

Total Leadership aims to improve performance in all four domains of life—work, home, community, and self—by creating mutual value among them. Created by Dr. Stew Friedman, founding director of the U Penn Wharton School's Leadership Programs and author of "[Leading the Life you Want: Skills for Integrating Work and Life.](#)" TL is a proven method for producing sustainable change in all parts of life.

Principles include:

- BE REAL: act with authenticity by clarifying what is important
- BE WHOLE: act with integrity by respecting the whole person
- BE INNOVATIVE: act with creativity by continually experimenting

Following these principles will help you become a better leader, have a richer life, produce stronger business results, find clearer purpose, feel less stressed and more connected to people who matter most.

Check out the website [totalleadership.org](http://totalleadership.org), and take the assessments to prepare for our ADMAN sessions.

- [Take your TL Skills Assessment](#)
- [Explore your Four Circles](#) (Work, Home, Community and Self)