



Senior Leader Development & Resiliency (SLDR) Resources to Share

For more information contact SLDR (717) 245-4511



“The Power of Personalized Lifestyle Changes”

Dean Ornish, M.D.

Focuses on how leaders can implement personal lifestyle changes to meet the demands of senior leadership.

- Founder, Preventive Medicine Research Institute
- Clinical Professor at the University of California

USAWC YouTube Link: <http://www.youtube.com/watch?v=hPq9EUhLUY4>



“Strategic Eating: Being Proactive, Selective, and Informed”

Leslie Bonci, M.P.H., R.D.

Using nutritional strategies to optimize daily performance and stamina.

- Nutritionist, Health and Fitness Consultant and Speaker

USAWC YouTube Link: <http://www.youtube.com/watch?v=B4ZvAxwUEtc>



“Senior Leader Development & Resiliency”

Thomas J. Williams , PhD.

Addresses the complex interplay between leadership, resiliency, and fitness in senior leaders.

- Director, Senior Leader Development & Resiliency (SLDR)

USAWC YouTube Link: <http://www.youtube.com/watch?v=5X5VxmDxWjg>



“Post Traumatic Stress Awareness and Education”

Mr. Bob Delaney

Describes the relationship between PTSD, personal resiliency, and organizational effectiveness.

- Motivational Speaker
- Former N.J. State Trooper & NBA Referee

USAWC YouTube Link: (coming soon)
