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# LEAD WELL, LIVE WELL: **A HOLISTIC APPROACH TO LEADERSHIP HEALTH**

INTERACTIVE WORKSHOP BY  
**DR. MOHAMMAD  
AL SUWAIDAN**

 Al Dana Ballroom - Floor 7  
**St. Regis - Kuwait**

 Wednesday, December 3, 2025  
**9 AM - 1 PM**

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# WHO WE ARE

**The Kuwait Institute of Banking Studies (KIBS)** is a leading educational institution in the banking and financial sector in Kuwait since 1970. It offers a range of services, including accredited certificate programs, executive leadership development programs, and various training and development activities within ten main areas, in addition to measurement and testing services, English language training, e-learning, and research publications in the banking and financial fields.

**Our vision** is to be the leading banking studies institute in the region, empowering individuals with comprehensive knowledge and innovative skills to shape the future of banking and finance sectors locally and in the region.

**Our mission** is to empower individuals within banks and financial institutions to enhance their knowledge and skills through professional learning, fostering the advancement of the Kuwaiti banking and financial sector.





# MEMBER BANKS





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# OUR AFFILIATIONS

KIBS collaborates with leading international institutions and universities to provide world-class training and development programs. Through these prestigious partnerships, we deliver cutting-edge training locally, regionally, and globally, equipping banking and finance professionals with the technical and managerial expertise needed to stay ahead. Our programs align with the latest global standards, ensuring continuous professional growth and industry excellence.





# WHY WELL-BEING MATTERS FOR LEADERS

**The banking and finance sector's high-pressure demands can erode health, focus, and resilience.**

**Neglecting core well-being pillars—sleep, exercise, nutrition, and mental health—impacts decision-making and performance.**

**Leader well-being directly affects team morale, productivity, and long-term organizational success.**

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# WHY NOW?

- **Intensifying Pressures:** Economic uncertainty, rapid digital transformation, and regulatory demands are stretching leaders thin.
  - **Retention at Risk:** Burnout is a leading driver of managerial turnover—costly for both talent pipelines and institutional knowledge.
  - **Competitive Advantage:** Organizations prioritizing leader well-being outperform peers in engagement, innovation, and profitability.
  - **Immediate ROI:** Practical strategies implemented today can quickly improve focus, energy, and leadership effectiveness.
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# WHY MANAGERS SHOULD ATTEND

- **Shape Organizational Culture** – Managers influence workplace norms, setting the tone for resilience, balance, and well-being across teams.
  - **High-Impact Roles** – Leadership demands create greater risk of burnout and stress-related challenges.
  - **Decision-Making Power** – Equipped leaders can implement positive change and allocate resources for team well-being.
  - **Cascade Effect** – Manager habits and strategies trickle down, impacting overall staff morale and productivity.
  - **Retention & Engagement** – Investing in managerial wellness fosters loyalty and reduces turnover.
  - **Future-Proof Leadership** – Builds skills that prepare leaders for evolving workplace and industry challenges.
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# THE AGENDA

## Opening Remarks

### Welcome & introduction of Dr. Al Suwaidan

- Balance & Burnout – The Leadership Energy Equation
  - The Science of Sleep for Peak Leadership
  - Movement as Medicine
  - Food for Mood & Focus
  - Understanding Mental Health in the Workplace
  - Closing Reflections & Q&A
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# ADVANCE YOUR TEAM STRATEGICALLY

- **Boosted Performance & Productivity** – Resilient, well-balanced leaders make better decisions, manage stress effectively, and lead more productive teams.
  - **Stronger Employee Retention** – Investing in managerial well-being improves job satisfaction and reduces turnover.
  - **Healthier Work Culture** – Empowered leaders foster positive workplace environments that enhance morale and collaboration.
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# TICKETS

- **Member Banks** . . . . . **KD 100**
- **Non-Member Banks and Other Organizations:**
  - **Standard price** . . . . . **KD 150**
  - **Early bird registration BEFORE OCTOBER 21** . . . . . **KD 130**

Registration deadline: **November 26, 2025**

How to register: **[www.kibs.edu.kw/lead](http://www.kibs.edu.kw/lead)**

For questions: **[cs@kibs.edu.kw](mailto:cs@kibs.edu.kw)**

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# SPONSORSHIP PACKAGES

## WHY SPONSOR

- **Industry Leadership:** Position your organization as a thought leader by addressing key industry challenges and supporting leadership growth.
  - **Brand Visibility:** Gain prominent exposure through event promotion across multiple platforms.
  - **Networking:** Connect with decision-makers and industry professionals in the banking sector.
  - **Exclusive Participation:** Potential opportunities for speaking roles and case studies.
  - **Talent & Insights:** Engage with emerging leaders and gain fresh perspectives.
  - **CSR Commitment:** Demonstrate dedication to tackling industry issues like burnout and development.
  - **Custom Benefits:** Enjoy personalized sponsorship perks, including on-site presence and promotional items.
  - **Brand Loyalty:** Enhance your reputation as a supporter of workforce growth and well-being.
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# SPONSORSHIP PACKAGES

## GOLD WELLNESS SPONSOR: **KD 5,000**

### ■ **What you'll get:**

- **Event branding**
  - Exclusive branding on event materials including social media exposure and pre-event and post-event communication on the following channels:
    - **KIBS digital platforms**
    - **MindWellKW platform**
  - **Media outlets**
  - **Logo featured prominently during the event**

### ■ **During event spotlight**

- Acknowledgment by the speaker during the session
- Opportunity for sponsor to host a booth or distribute promotional materials

### ■ **Up to FOUR complimentary seats front row**

### ■ **DISCOUNT for services at Mind Well**

**This package is available on a first-come, first-served basis.**

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# SPONSORSHIP PACKAGES

## SILVER WELLNESS SPONSOR: **KD 3,000**

### ▪ **What you'll get:**

- **Event branding**
  - Exclusive branding on event materials including social media exposure and pre-event and post-event communication on the following channels:
    - **KIBS digital platforms**
  - **Logo featured prominently during the event**
  - **Media outlets**

### ▪ **During event spotlight**

- Opportunity for sponsor to host a booth or distribute promotional materials

### ▪ **Up to TWO complimentary seats front row**

**This package is available on a first-come, first-served basis.**

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# EXHIBITION SPONSOR

**COST: KD 2,000**

▪ **What you'll get:**

- Space for booth set up - 2x2
- Distribute promotional material
- Branding on event materials including social media exposure and pre-event and post-event communication on the following channels:
  - KIBS digital platforms
  - Logo featured prominently during the event

▪ **One complimentary seat**

# IN-KIND SPONSOR

▪ **What you'll get:**

- Space for booth set up - 2x2
  - Mention on our KIBS digital platforms
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# SPEAKER BIO: DR. MOHAMMAD AL SUWAIDAN

- **Dr. Mohammad Alsuwaidan** is a Consultant Psychiatrist and CEO/Clinical Director of MindWell Center, Kuwait.
- **Assistant Professor** of Psychiatry at the University of Toronto, in Neurosciences & Clinical Translation and Psychotherapy divisions.
- **Completed psychiatry residency** and fellowships in mood/anxiety disorders at the University of Toronto; trained at Stanford University and Tufts Medical Center; holds an MPH from Johns Hopkins.
- Fellow of the Royal College of Physicians and Surgeons of Canada, Diplomate of the American Board of Psychiatry, certified in public health by the National Board of Public Health Examiners, U.S.





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# SPEAKER BIO:

## DR. MOHAMMAD AL SUWAIDAN

- Past **leadership roles** include positions at Kuwait University, Mubarak Alkabeer Hospital, Kuwait Center for Mental Health, and Kuwait Board of Psychiatry.
- **Former President** of Kuwait Psychiatric Association and Kuwait's WHO mental health representative.
- International speaker, social media advocate for mental health literacy (**91K Instagram followers**), consultant for major organizations on mental health, burnout, and well-being.
- **MindWell** is a leading mental health care center in Kuwait, providing high caliber mental health assessments, counseling, services, and treatments through qualified professionals, in line with the highest international standards.





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## Previous workshop with Dr Mohammed Al Suwaidan

# INVEST IN RESILIENT LEADERS FROM BURNOUT TO BALANCE

- Sold out within only **2 weeks**
- **65+** seats filled, reaching full capacity
- **94%** satisfaction rate





# GET IN TOUCH

## Sayed Al Mousawi

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# SEE YOU SOON.

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