Executive Directors Wellness Cohort

Strengthening Leaders. Sustaining Wellness. Building Community.

Who supports the leaders who support our communities?

Nonprofit executive directors carry tremendous responsibility—navigating uncertainty, managing competing expectations, supporting their teams, and sustaining their organizations, often while putting their own well-being last.

Mental Health America of Wisconsin's **Executive Directors Wellness Cohort** offers nonprofit leaders a unique opportunity to invest in themselves while connecting with peers who understand the challenges of executive leadership.

Through eight engaging topics, participants will explore leadership resilience, healthy boundaries, organizational politics, identity-based challenges, mission alignment, leadership isolation, and burnout prevention.

More than traditional leadership development, this cohort provides a supportive space for honest conversations, meaningful connections, and practical strategies that strengthen both personal wellness and professional effectiveness.

Because sustainable organizations need supported, healthy leaders.

Lead with purpose. Connect with peers. Prioritize your wellness.

Apply for Nonprofit Management Fund's second Executive Directors Cohort

Meets every **third Thursday** starting **January 21, 2027, 12–1:30 pm** — 8 sessions total.

Open to Executive Directors of nonprofits located in the Greater Milwaukee Area. Space is limited to 15 participants.

Apply by November 13

What previous cohort members are saying:

"It's the monthly reset I didn't know I needed."

"Executive leadership is lonely; I look forward to being able to talk openly with my peers."

"I appreciated the feedback from my peers and the tools that I could use right away."