



HALLMARK UNIVERSITY

Km 65 Sagamu-Ore Express Way
P.M.B 2016
Ijebu-Ode, Ogun State

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Dear Sir,

THE HALLMARK UNIVERSITY LEADERSHIP WELLNESS RETREAT PROPOSAL FOR YOUR ORGANIZATION

In today's ever dynamic and challenging business and corporate environment, good health and energy are priceless assets for individuals, organizations, institutions, states and nations. Woven together, they are called Wellness.

Wellness, the world over, is linked to increased performance, enhanced productivity and happiness. The current research finding in leadership development and organizational management is that, enhanced and sustained leadership and human capital performance and productivity are no longer driven by time management, but rather by health and energy management.

A healthy and energetic leadership, management and workforce are the major contributors to organizational success, in terms of high performance and productivity.

It is in line with the above that we view the Hallmark University Leadership Wellness Retreat proposal, as the best possible gift for institutional and corporate leaders, as well as their senior management.

Furthermore, it is generally agreed that:

1. Healthy leaders are more Productive than unhealthy and energy depleted ones.
2. It is much cheaper, more effective and less traumatic to prevent diseases than to treat them.
3. Our Energy determines our Capacity and no leader can perform above their energy or capacity.
4. A strong immune system and not drugs is what stands between us, illness, trauma and death. And if for any reason you are on drugs, you are not healthy.

There is therefore an urgent need to change focus from curative to preventive health; shift emphasis from disease management to health creation, and start off positive group health behavior change to promote healthier, happier and more productive leaders, institutions, citizenry and nation.

We look forward to enhance the health and energy of your leaders and add value to your organization. The program is guaranteed to produce profound, evident and lasting outcomes.

To Our Excellent Health



Prof. Obatunde Bright ADETOLA

Statement of the Problem

What we globally learnt recently from the Covid-19 pandemic is that health is our most important asset worldwide; that we are responsible for its breakdown; and that the present concept, practice and state of our healthcare system is grossly inadequate.

Furthermore most leaders today are challenged with chronic health conditions like overweight, arthritis, High BP, diabetes, general weakness and poor sexual health. The truth is that, we are statistically more likely to be at some level of sickness than well. And regrettably, leaders tend to suffer from denial (the “it can’t happen to me syndrome”) with dire consequences of reduction in life expectancy, and high vulnerability to premature death.

Leaders are also characteristically usually domineering, self-driven and head strong; and they are inclined to drive themselves off the cliff with work and other social commitments. Many leaders put up with a wide range of health related disabilities, the mitigation of which will improve their quality of life.

It may not be wrong to say that a good number of our leaders indulge in sedentary lifestyle, drink alcohol and coffee. In addition, they probably take a variety of prescription drugs. Thus, they constitute a group with a higher rate of health issues than other groups. And unfortunately, the fact that executive life is relatively physically less demanding does not help matters.

Furthermore most leaders on account of age are past their natural prime; they are riding the descending curve of physical energy and capacity; and regrettably, their lifestyle does not seem to be very conducive to longevity: Endless meetings extending late into the night; frequent travels; late lunch, dinner and conferences; paperwork done largely out of office hours. All these add up to sleep deprivation, long weeks and short weekends.

Consequently, LEADERS ARE AT RISK, AND SHOULD HAVE THEIR HEALTH MONITORED, AND THEIR WELLNESS ATTENDED TO.

Leadership Health definitely is a critical subject that is in the best interest of the individual, their family, organization, institution and nation to attend to. It has tremendous potential impact on performance, productivity and sustainability, as well as the transformational outcomes on the family, organization, institution, state and nation.

And yet, very little or nothing is being said or done on Leaders' Health and Energy as the VEHICLE for Leadership, despite the fact that recent experience has shown us that leaders' poor health and dwindling energies can truncate Leadership Performance, wreck the Leadership Journey, and cause Leadership Failure. Furthermore, for the past few years now, leaders have continued to face increasing daily challenges to sustain health and prevent sickness, with increasing incidence of chronic degenerative diseases, and the recent global incidence of Covid-19...

The Proposed Solution

Obviously, we cannot continue with business as usual. There is an urgent need to salvage and remedy this situation. Therefore, Hallmark University is picking up the gauntlet, and proposing a weekend Wellness retreat for chief executives of Nigeria's institutions and organizations, as well as their senior management. At Hallmark University, we are passionate about leadership health and wellness, as well as development programs that are relevant to the needs of our immediate community, and the entire Nigerian society. This resonates well with the vision and mission of our university.

Our fundamental objectives are to:

- a) Offer quality insight to the participants on Wellness Values to enhance personal Fitness and Energy for effective performance and productivity.
- b) Develop their Health Consciousness, and provide them with actionable Wellness Information and Education.
- c) Empower them to take responsibility over the improvement of their personal Health, and to contribute positively to the enhancement and sustenance of their Wellness.
- d) Enable them to make informed decisions about their Wellness, engage in Preventative Health practices and adopt a Healthful Lifestyle, for a more meaningful and rewarding life and effective service to their institution.
- e) Get a quick snapshot of their Health Risks and Threats Profile, and design a bespoke personal road map to return them to optimal health.
- f) Encourage a paradigm shift to Preventive Maintenance, Healthy Living and Health Leadership by example.
- g) Partner with the sponsoring institutions, for the Healthier Living of its Human Capital.

Overall, the proposed Wellness Retreat Program will inform, educate, motivate and enhance Delegates' awareness, as well as their practice of a variety of positive health behaviors, with an emphasis on preventing disease, promoting and sustaining health, enhancing fitness, improving energy and vitality levels, and developing resilience to positively impact performance, leadership, effective service, and personal fulfillment.

Retreat Participants

This program therefore, is a special package designed both for its relevance and value to executives and leaders. It is believed that when the health of leaders/CEOs is attended to appropriately, it will positively impact their organizations' culture and bottom line, as well as their leadership ability, output, energy and competitiveness.

The Retreat Resource Personnel

The retreat will be led by Dr. Jack MBOM - a seasoned Wellness Leadership lead consultant, supported by a team of highly experienced Performance and Energy Management experts and Leadership Development specialists. Selected short profiles are attached hereunder.

Retreat Modalities

Participants are expected to indicate their interest by registering online through: https://docs.google.com/forms/d/e/1FAIpQLSevBUR0cVJpE8VaPhd7_eUDgARVxxw2TzbPJf2gWCTrXuWAZw/viewform?usp=sf_link

The interest should be backed up effectively with the payment of the sum Four Hundred and Seventy-Five Thousand Naira (N475, 000. 00) per person into the university account at **UNITED BANK FOR AFRICA (UBA) Account No: 1019950061**. All receipts of payment should also be sent to Prof Adetola @ 080-3555-0187 through WhatsApp for administrative purpose.

NOTE: Each season can only accommodate twenty (20) executives. Group payment is allowed. However, each person is expected to complete the Google Form for administrative purpose. A five-star hotel accommodation and treat awaits all participants with maximum security guaranteed.

Services to Participants to include

1. Comfortable Accommodation
2. Healthy Diet
3. Expert-led Exercises and Physical Activity Prescription
4. Guide to good Rest, Renewal and Restoration
5. State of the art research findings sharing on Disease Prevention, Health Creation, Healthy Living and Aging
6. Guide to Effective Stress Management
7. Introduction to Behavior Modifications for Optimal Health & Wellness
8. Health and wellness Lectures
9. Health and Wellness Personal Consultations
10. Health and Wellness Assessments, Evaluations and Reports.
 - (a) Biometric Assessment
 - (b) Fitness Assessment
 - (c) Functional Capacity Evaluation
11. Post-stay Roadmap for Health Creation& Disease Prevention
12. Expert-guided Physical Therapy, Psychoanalysis & Mental Reprogramming
13. Electronic IEC health and wellness materials/E-books.

For additional information contact: 0803-555-0187 or 0805-305-1154 @ Hallmark University.

SHORT PROFILE OF THE TEAM LEADER

Jack MBOM, PhD; FIL, is a Training Consultant of repute, with 43 years of experience in consulting nationally and internationally, for Government, Institutions and Organizations.

He was the first National Karate Coach and one of the first Nigerian Lecturers at the National Sports Institute; and directed national and international courses and workshops at the Nigeria Police Academy; the Nigerian Prisons Academy; the Universities of Lagos, Ibadan, Ife, Benin and the University of Nigeria.

He has also directed courses at the Police College Ikeja-Lagos, the Nigerian Prisons Training School Kirikiri-Apapa, organized seminars and workshops on Wellness/Fitness, Physical Skills Development, Unarmed Combat, Defense Tactics Training and Security Use of Force for Public Law Enforcement and Private Security in Nigeria and abroad. He has trained and certified trainers for the Nigeria Armed Forces, the Nigeria Police, the Nigerian Prisons Service, the Nigeria Customs Service, the State Security Service and the Brigade of Guards; implemented executive wellness programs for Shell Petroleum Development Company of Nigeria (SPDC), and directed Worksite Health Promotion Programs for Cornerstone Insurance Plc.; African Reinsurance Corporation; GlaxoSmithKline; Oando Plc.; Total E & P Nigeria Ltd.; NIMASA; Apapa Local Government Council; Rotary District 9110; Lagos Business School; universities, churches, institutions and associations.

Dr. MBOM is a Black Belt 10th Degree in Karate-Do. He was Secretary General of the African Karate Federation (UFAK); UFAK Coordinator for the Northern African Region; the first President of the Nigerian Karate Association; and Technical Director of the Karate Federation of Nigeria (KFN). He is currently the Secretary General, United World Karate Federation for Africa (UWKF-Africa), and the Secretary General, Japan Karate Association World Federation (JKA WF), Africa Sub-Sahara Region; he is the Chief Instructor of the Nigerian Karate Association (NKA) and the Chairman, Grading Committee of the Karate Federation of Nigeria (KFN). He is an International Karate Grandmaster.

He is also a Fitness, Defense Tactics and Use of Force Consultant and Trainer for Government, Private Security, and the Oil and Gas Industry. A member of the American Society for Industrial Security (ASIS Intl.), he was founding member of the Nigerian chapter, (ASIS Chapter 206), its Vice-Chairman for two years and Chairman of the Chapter's ASIS Foundation for 6 years. He is a member of the American Academy of Security Educators and Trainers (ASET).

He designs and implements worksite fitness/wellness programs for organizations, and has trained and certified security personnel in Physical Skills, Fitness, Unarmed Combat and Use of Force for companies like SHELL, CHEVRON, MOBIL Producing, Mobil Oil, Total Fina Elf, National Oil and Chemicals, Schlumberger, DBN, ABB Lumus Global, MTN, Protea Hotel, etc.

Dr. MBOM speaks English, French and Spanish fluently. He is Principal Partner, International Training Consultants and Managing Consultant, Dr. Jack's Wellness Center. He was the first President, Institute of Registered Exercise Professionals (IREP), the first Chairman, Guild of Exercise Professionals (GEP) and the National Coordinator, Physical & Health Education Values, FOPPEV. He is an Oak Seed & Facilitator, Institute for National

Transformation (INT); a Fellow and Faculty Member, International Institute of Leadership and Governance (INILAG); a member of the Nigerian Society of Lifestyle Medicine (SOLONg), and an international Leadership Health Educator, Researcher and Coach.

SHORT PROFILE, ASSISTANT TEAM LEADER 1 - 2023

Obatunde Bright ADETOLA Ph.D, trained as a Sociologist at the University of Ibadan, Nigeria. He has conducted (with other researchers) empirical social and health related researches that enjoyed support from both local and international donor agencies such as Family Health International (FHI) Lagos; Pathfinder International (PI) Lagos; Liverpool Associates in Tropical Health (LATH) UK, African Development Foundation (ADF), Washington DC.

His areas of interest include Executive and Leadership Health; the Impact of Disease and Disability on Human Performance and Productivity; Healthy Living and Aging. As a gender specialist, his research interest covers the impact of gender issues on health and wellness of both sexes collectively and independently and their significant others within the immediate family. In this regard, he has been Sociologist/Consultant to organisations within and outside Nigeria on matters of HIV/AIDs, Female Genital Mutilations (FGM), sexual reproductive health, domestic violence and other related behavioural matters within families and communities.

He is very passionate and currently engaged in lessening the Social Burden of Disease, through working to develop and implement public awareness programs and activities at community and institutional levels, on prioritizing health and appreciating our wellness and energy as the necessary foundation for individual, family, community, institutional, state and national vitality, engagement, and development.

He is in collaboration with social, religious, institutional and political stakeholders to spread the value of wellness, fitness and energy to the youths and general public for improved performance ability and greater productive capacity. He is involved in advocacy programs to alert our local communities and all our social stakeholders on the benefits of sound health and energy, through social awareness and sensitization, and empowering the local communities with regular wellness, health information and education materials, activities and programs.

He is an active member and Executive at the Dr Jack's Wellness Center where he is dedicated to training, educating and coaching leaders and individuals, to value their body as the vehicle for leadership, performance and productivity, and practice preventive maintenance aimed at developing and sustaining wellness and energy for a long, healthy, happy and fruitful life.

Dr Adetola is a Bioethicist and Professor of Sociology at the Olabisi Onabanjo University, Ogun State, Nigeria. He is the author of Entropy at 50, and is presently editing "5 Systemic Secrets of Health and Wellness" in conjunction with Dr. Jack MBOM. He is a Health Researcher and Coach, and a member of the Society of Lifestyle Medicine of Nigeria (SOLONg). He belongs to the Nigerian Anthropological and Sociological Association (NASA) as a Sociologist. In addition to that, he also enjoys membership of other professional bodies

like the Institute of Registered Exercise Professionals (IREP); Bioethics Association of Nigeria (BESON) and Parenthood Foundation International (PFI).

He is currently a Visiting Professor and Dean, Faculty of Management and Social Sciences at Hallmark University, Ijebu Itete, Nigeria.

SHORT PROFILE, ASSISTANT TEAM LEADER 2 - 2023

Dr. Billy Usani, MBChB, PGD SEM, is a Medical Doctor with about 28 years practice who is passionate about integrative medicine, sports medicine, human performance development and sustenance and Public Health.

He is highly skilled in design and implementation of bespoke Lifestyle and Human Performance /Precision Medicine strategies/programs for individual and corporate health and wellness initiatives, as well as elite athletic performance intervention programs. His coaching provides guidance, education, support, and clarity for people who need the motivation and help to commit to what needs to be done to succeed.

He is Co-Founder/COO at Penergia Ltd., an Integrative Wellness, Lifestyle and Human Energy Consulting Company with a unique vision to positively impact public health through propagation of a Prevention Lifestyle among corporate executives and their employees, educating and coaching them in the art of enhancing physical energy for resilience and sustained high performance and subsequent life/business goals achievement.

Also as Founder/CEO of Billyone Performance Systems Ltd., his areas of focus include: Performance Nutrition, Functional Fitness Plans, Sleep Optimization, Performance Optimization, Nutrigenomics/Nutrigenetics, Weight Management (Fat Loss/Body Composition restructuring), Stress Resiliency/Peak Performance, Workspace/Station Ergonomics and Flow State Hacking.

He is an avid lifetime athlete, resident in Lagos, Nigeria and married with four children.

A seasoned serial entrepreneur, he is visionary, sensitive to clients' desires, needs and aspirations, and intrinsically wired to solve problems that make life better for the people he serves. He'll work with you to find the nutrition, exercise, and stress-management strategies that fit easily into your lives.