

Grounded : how leaders stay rooted in an uncertain world

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Abstrak

Summary:

"A provocative, personal approach to leadership based on in-depth research with hundreds of executives around the world. Confronted by disruptive change and economic turbulence, many of today's leaders find themselves ill-equipped to manage the hazards they now face. They must contend with chronic uncertainty, cynical employees, and personal burnout. Most are poorly served by the prevailing paradigm that obsessively focuses on what we do to produce short-term results while sabotaging who we are as healthy human beings. Few have seen alternatives, until now. Grounded proposes a new approach that's designed for actual humans who must grapple with these forces. This new paradigm speaks to our better selves. Based on the author's Healthy Leader model, it focuses on the six personal dimensions that fuel--and refuel--the world's top leaders: physical, emotional, intellectual, social, vocational, and spiritual health. The book argues that leaders at every level can be more self-aware, develop their untapped potential, and drive significantly better results--for themselves, their teams, and their organizations. Shows readers how to build a personal leadership model that works with their values, goals and capabilities. Features fresh stories from leaders in a variety of organizations including the New York Fire Department, PricewaterhouseCoopers, The Lego Group, and Medstar Health. Gives leaders practical tools to face their toughest challenges with greater skill, confidence, and impact. By developing themselves and mastering the six dimensions, readers can gain the stamina and strength to not only weather tough times but to achieve much, much more."