
15 Commitments Conscious Leadership Sustainable

Honest to Greatness

Conversation Secrets for Tomorrow's Leaders

8 Powerful Strategies for Remarkable Conversations

High Performing Investment Teams

Issues and trends in education for sustainable development

13 Guidelines for Effective Teams

Stop Guessing

Conquer Your Hidden Fear and Take Life to the Next Level

Liberating the Heroic Spirit of Business

A Neuroscience and Mindfulness Based Framework for Conscious Leadership

The 80/80 Marriage

The Surprising History of How We Are Born

PEAK

The Big Leap

Summary of the 15 Commitments of Conscious Leadership: a New Paradigm for Sustainable Success by Jim Dethmer, Diana Chapman, Kaley Warner Klemm

A New Model for a Happier, Stronger Relationship

How to Achieve Best Practices of Top Firms

Conscious Leadership in the Workplace

How Today's Greatest Leaders Use Brutal Honesty to Achieve Massive Success

Reboot

The Journey to Co-Commitment

The Breakthrough Process to End Negative Thinking and Live in True Creativity

HBR's 10 Must Reads on Managing People, Vol. 2 (with bonus article "The Feedback Fallacy" by Marcus Buckingham and Ashley Goodall)

The Manager's Handbook

Being Responsible for Humanity's Future
Leading Well from Within
A New Paradigm for Sustainable Success
Are You Ready to Reinvent Your Organization?
A Guidebook to Making a Difference One Person at a Time
A Journey from Ego to Heart
The Drama-Free Office
How Neuropsychology Is Catching Up to Buddhism
The World Bank's Secular Empire
The Genius Zone
How Norway Became an Environmental Pioneer for the World
How Great Companies Get Their Mojo from Maslow Revised and Updated
How Leading Organizations Are Upending Business as Usual
Five Essential Practices for Leaders to Multiply Leaders

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JADA WARD

Honest to Greatness John Wiley & Sons

You'll never see leadership the same way again after reading this book. These fifteen commitments are a distillation of decades of work with CEOs and other leaders. They are radical or provocative for many. They have been game changers for us and for our clients. We trust that they will be for you too. Our experience is that unconscious leadership is not sustainable. It won't work for you, your team or your organization in the long term. Unconscious leadership can deliver short term results, but the costs of living and leading unconsciously are great. Fear

drives most leaders to make choices that are at odds with healthy relationships, vitality and balance. This fear leaves a toxic residue that won't be as easily tolerated in an increasingly complex business environment. Conscious leadership offers the antidote to fear. These pages contain a comprehensive road map to guide you to shift from fear-based to trust-based leadership. Once you learn and start practicing conscious leadership you'll get results in the form of more energy, clarity, focus and healthier relationships. You'll do more and more of what you are passionate about, and less of what you do out of obligation. You'll have more fun, be happier, experience less drama and be more on purpose. Your team will get results as well. They'll be more collaborative, creative, energized and engaged. They'll solve issues faster, and once resolved the issues won't resurface.

Drama and gossip will all but disappear, and the energy and resources that fueled them will be redirected towards innovation and creativity. Any one of these commitments will change your life. All of them together are revolutionary. Leaders who practice the 15 commitments: - End blame and criticism - Speak candidly, openly and honestly, in a way that invites others to do the same - Find their unique genius - Let go of taking everything-especially themselves and their problems-so seriously - Create win for all solutions - Experience a new relationship to time and money where there is always enough What do you need to bring to the table? Be curious. Sounds so simple, and yet in our experience it's a skill few have mastered. Most of us are far more interested in being right and proving it, than we are in learning, growing and shifting out of our old patterns. By default we gravitate towards the familiar. We're asking you to take a chance and explore the unfamiliar. You'll get scared and reactive. We all do. So what? Just stay curious and let us introduce you to a whole new world of leadership.

Conversation Secrets for Tomorrow's Leaders HarperCollins

* Are you a high-performing executive, entrepreneur, healthcare provider, or professional secretly overwhelmed by stress or burnout?* Are you seeking inspiration, purpose, and meaning in your life?* Are you looking to gain an edge in your leadership performance?The solution is not just trying harder, or even trying to eliminate all the stress in your life. It's increasing your awareness and inner resources--including leveraging stress as an asset--to achieve the outcomes that matter most. In other words, it's to become a Conscious Leader.In *Leading Well from Within*, Dr. Daniel Friedland shares the compelling evidence and

neuroscience behind what makes Conscious Leadership so effective and how you can cultivate it through the practice of mindfulness. Then, building on this solid foundation, you'll discover the 4 in 4 Framework(tm)--a proven, four-step process to help you: *Experience greater control and composure under stress*Transform stress into an energy source to meet your greatest challenges*Focus your energy and attention to experience more vitality, deeper relationships, and greater success and significance at work and at home *Catalyze your growth as a leader and cultivate a more conscious, actively engaged, and high-performing culturePacked with real-life stories, tools, and practices, *Leading Well from Within* is your complete guidebook to flourishing in your life and multiplying your positive impact in your business, organization, family, community, and the world!

8 Powerful Strategies for Remarkable Conversations

HarperBusiness

One of the start-up world's most in-demand executive coaches—hailed as the “CEO Whisperer” (Gimlet Media)—reveals why radical self-inquiry is critical to professional success and healthy relationships in all realms of life. Jerry Colonna helps start-up CEOs make peace with their demons, the psychological habits and behavioral patterns that have helped them to succeed—molding them into highly accomplished individuals—yet have been detrimental to their relationships and ultimate well-being. Now, this venture capitalist turned executive coach shares his unusual yet highly effective blend of Buddhism, Jungian therapy, and entrepreneurial straight talk to help leaders overcome their own psychological traumas. *Reboot* is a journey of

radical self-inquiry, helping you to reset your life by sorting through the emotional baggage that is holding you back professionally, and even more important, in your relationships. Jerry has taught CEOs and their top teams to realize their potential by using the raw material of their lives to find meaning, to build healthy interpersonal bonds, and to become more compassionate and bold leaders. In *Reboot*, he inspires everyone to hold themselves responsible for their choices and for the possibility of truly achieving their dreams. Work does not have to destroy us. Work can be the way in which we achieve our fullest self, Jerry firmly believes. What we need, sometimes, is a chance to reset our goals and to reconnect with our deepest selves and with each other. *Reboot* moves and empowers us to begin this journey.

High Performing Investment Teams John Wiley & Sons
 A WALL STREET JOURNAL BESTSELLER! From Whole Foods CEO John Mackey and his coauthors, a follow-up to groundbreaking bestseller *Conscious Capitalism*—revealing what it takes to lead a purpose-driven, sustainable business. John Mackey started a movement when he founded Whole Foods, bringing natural, organic food to the masses and not only changing the market, but breaking the mold. Now, for the first time, *Conscious Leadership* closely explores the vision, virtues, and mindset that have informed Mackey’s own leadership journey, providing a roadmap for innovative, value-based leadership—in business and in society. *Conscious Leadership* demystifies strategies that have helped Mackey shepherd Whole Foods through four decades of incredible growth and innovation, including its recent sale to Amazon. Each chapter will challenge you to rethink conventional

business wisdom through anecdotes, case studies, profiles of conscious leaders, and innovative techniques for self-development, culminating in an empowering call to action for entrepreneurs and trailblazers—to step up as leaders who see beyond the bottom line.

[Issues and trends in education for sustainable development](#)
 Lulu.com

While in grad school in the early 1990s, Chris Niebauer began to notice striking parallels between the latest discoveries in psychology, neuroscience, and the teachings of Buddhism, Taoism, and other schools of Eastern thought. When he presented his findings to a professor, his ideas were quickly dismissed as “pure coincidence, nothing more.” Fast-forward 20 years later and Niebauer is a PhD and a tenured professor, and the Buddhist-neuroscience connection he found as a student is practically its own genre in the bookstore. But according to Niebauer, we are just beginning to understand the link between Eastern philosophy and the latest findings in psychology and neuroscience and what these assimilated ideas mean for the human experience. In this groundbreaking book, Niebauer writes that the latest research in neuropsychology is now confirming a fundamental tenet of Buddhism, what is called Anatta, or the doctrine of “no self.” Niebauer writes that our sense of self, or what we commonly refer to as the ego, is an illusion created entirely by the left side of the brain. Niebauer is quick to point out that this doesn't mean that the self doesn't exist but rather that it does so in the same way that a mirage in the middle of the desert exists, as a thought rather than a thing. His conclusions have significant ramifications for much of modern psychological

modalities, which he says are spending much of their time trying to fix something that isn't there. What makes this book unique is that Niebauer offers a series of exercises to allow the reader to experience this truth for him- or herself, as well as additional tools and practices to use after reading the book, all of which are designed to change the way we experience the world—a way that is based on being rather than thinking.

13 Guidelines for Effective Teams Morgan James Publishing
If you only read one book on the future of work, *Work Disrupted: Opportunity, Resilience, and Growth in the Accelerated Future of Work* should be that book. The future of work swept in sooner than expected, accelerated by Covid-19, creating an urgent need for new maps, new mindsets, new strategies-- and most importantly, a trusted guide to take us on this journey. That guide is Jeff Schwartz. A founding partner of Deloitte Consulting's Future of Work practice, Schwartz brings clarity, humor, wisdom, and practical advice to the future of work, a topic surrounded by misinformation, fear, and confusion. With a fundamental belief in the power of human innovation and creativity, Schwartz presents the key issues, critical choices, and potential pitfalls that must be on everyone's radar. If you're anxious about robots taking away your job in the future, you will take comfort in the realistic perspective, fact-based insights, and practical steps Schwartz offers. If you're not sure where to even begin to prepare, follow his level-headed advice and easy-to-follow action plans. If you're a business leader caught between keeping up, while also being thoughtful about the next moves, you will appreciate the playbook directed at you. If you're wondering how Covid-19 will change how and where you will work, *Work Disrupted* has you

covered. Written in a conversational style by Schwartz, with Suzanne Riss, an award-winning journalist and book author, *Work Disrupted* offers a welcome alternative to books on the topic that lack a broad perspective or dwell on the problems rather than offer solutions. Timely and insightful, the book includes the impact of Covid-19 on our present and future work. Interviews with leading thinkers on the future of work offer additional perspectives and guidance. Cartoons created for the book by leading business illustrator Tom Fishburne bring to life the reader's journey and the complex issues surrounding the topic. Told from the perspective of an economist, management advisor, and social commentator, *Work Disrupted* offers hope--and practical advice--exploring such topics as: How we frame what lies ahead is a critical navigational tool. Discover the signposts that can serve as practical guides for individuals who have families to support, mortgages to pay, and want to stay gainfully employed no matter what the future holds. The importance of recognizing the rapidly evolving opportunities in front of us. Learn how to build resilience—in careers, organizations, and leaders—for what lies ahead. Why exploring new mental models helps us discover the steps we need to take to thrive. Individuals can decide how to protect their livelihood while businesses and public institutions can consider how they can lead and support workforces to thrive in twenty-first-century careers and work. "Jeff's marvelous book is a roadmap for the new world of work with clear signposts. His insights will help readers discover opportunities, take action, and find hope in uncertain times. The ideas are fresh, beautifully crafted, and immediately applicable. This is not only a book to be read, but savored and used." —Dave

Ulrich, Rensis Likert Professor, Ross School of Business, University of Michigan; Partner, the RBL Group; Co-author *Reinventing the Organization*

Stop Guessing Alex Maccaw

Examines how Norway has positioned itself as an alternative, environmentally-sound nation in a world filled with tension and instability.

Conquer Your Hidden Fear and Take Life to the Next Level

The 15 Commitments of Conscious Leadership
A New Paradigm for Sustainable Success
You'll never see leadership the same way again after reading this book. These fifteen commitments are a distillation of decades of work with CEOs and other leaders. They are radical or provocative for many. They have been game changers for us and for our clients. We trust that they will be for you too. Our experience is that unconscious leadership is not sustainable. It won't work for you, your team or your organization in the long term. Unconscious leadership can deliver short term results, but the costs of living and leading unconsciously are great. Fear drives most leaders to make choices that are at odds with healthy relationships, vitality and balance. This fear leaves a toxic residue that won't be as easily tolerated in an increasingly complex business environment. Conscious leadership offers the antidote to fear. These pages contain a comprehensive road map to guide you to shift from fear-based to trust-based leadership. Once you learn and start practicing conscious leadership you'll get results in the form of more energy, clarity, focus and healthier relationships. You'll do more and more of what you are passionate about, and less of what you do out of obligation. You'll have more fun, be happier, experience less drama and be more

on purpose. Your team will get results as well. They'll be more collaborative, creative, energized and engaged. They'll solve issues faster, and once resolved the issues won't resurface. Drama and gossip will all but disappear, and the energy and resources that fueled them will be redirected towards innovation and creativity. Any one of these commitments will change your life. All of them together are revolutionary. Leaders who practice the 15 commitments: - End blame and criticism - Speak candidly, openly and honestly, in a way that invites others to do the same - Find their unique genius - Let go of taking everything-especially themselves and their problems-so seriously - Create win for all solutions - Experience a new relationship to time and money where there is always enough What do you need to bring to the table? Be curious. Sounds so simple, and yet in our experience it's a skill few have mastered. Most of us are far more interested in being right and proving it, than we are in learning, growing and shifting out of our old patterns. By default we gravitate towards the familiar. We're asking you to take a chance and explore the unfamiliar. You'll get scared and reactive. We all do. So what? Just stay curious and let us introduce you to a whole new world of leadership.
Conscious Leadership
Elevating Humanity Through Business

A detailed social history of childbirth examines the physical, political, social, religious, and anthropological factors that influence how women bring new life into the world, examining such topics as why birth can be difficult, how women have handled pain, the role of men during childbirth, and other important topics. Reprint.

Liberating the Heroic Spirit of Business Grove Press

Most of us believe that we will finally feel satisfied and content with our lives when we get the good news we have been waiting for, find a healthy relationship, or achieve one of our personal goals. However, this rarely happens. Good fortune is often followed by negative emotions that overtake us and result in destructive behaviors. "I don't deserve this," "this is too good to be true," or any number of harmful thought patterns prevent us from experiencing the joy and satisfaction we have earned. Sound familiar? This is what New York Times bestselling author Gay Hendricks calls the Upper Limit Problem, a negative emotional reaction that occurs when anything positive enters our lives. The Upper Limit Problem not only prevents happiness, but it actually stops us from achieving our goals. It is the ultimate life roadblock. In *The Big Leap*, Hendricks reveals a simple yet comprehensive program for overcoming this barrier to happiness and fulfillment, presented in a way that engages both the mind and heart. Working closely with more than one thousand extraordinary achievers in business and the arts—from rock stars to Fortune 500 executives—whose stories are featured in these pages, the book describes the four hidden fears that are at the root of the Upper Limit Problem. *The Big Leap* delivers a proven method for first identifying which of these four fears prevents us from reaching our personal upper limit, and then breaking through that limitation to achieve what Hendricks refers to as our Zone of Genius. Hendricks provides a clear path for achieving our true potential and attaining not only financial success but also success in love and life.

A Neuroscience and Mindfulness Based Framework for Conscious Leadership UNESCO Publishing

Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions. Through their own marriage and through twenty years' experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy, creativity, and happiness of each individual. You will learn how to: Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the "microscopic truth"; Communicate in a positive way that stops arguments; Make agreements you can keep; Allow more pleasure into your life. Addressed to individuals as well as to couples, *Conscious Loving* will heal old hurts and deepen your capacity for enjoyment, security, and enduring love.

The 80/80 Marriage Hierophant Publishing

"Makes a provocative case that you should put customers second, close open offices, and ditch performance appraisals."—Adam Grant, best-selling author of *Originals* "Under New Management is a lively, provocative must-read."—Whitney Johnson, author of *Disrupt Yourself*. Why accepted management practices don't work—and how innovative companies are changing the rules Should your employees know each other's salaries? Is your vacation policy harming productivity? Does your hiring process undermine your team? David Burkus argues that the traditional management playbook is full of outdated, counterproductive practices, and he reveals how the alternative management revolution has already started at companies like Netflix, Zappos, Google, and others. Burkus investigates behind their office doors to show how these companies are reevaluating

and reinventing the most basic management principles, like hiring, firing, vacation policy, and even office floor plan, and enhancing their business's success as a result. "Is your company ready for a radical departure from twentieth-century management standards? David Burkus has collected the stories of dozens of companies that are standing the old rules on their heads. Even better, Burkus shows how you can do it, too."—Daniel H. Pink, best-selling author of *Drive* and *To Sell Is Human* ? "If you are going to read one book on being a better manager in the next year, start here. David Burkus has assembled the most practical research and provocative ideas into an incredibly quick read."—Tom Rath, best-selling author of *StrengthsFinder 2.0*

Penguin

High Performing Investment Teams "Although most leaders agree teamwork is important, few businesses effectively build collaborative, synchronized teams. *High Performing Investment Teams* is an excellent guidepost for any manager striving to create a winning team and develop bench strength for the future." —John W. Rogers Jr., Chairman and Chief Executive Officer, Ariel Capital Management, LLC "Turning individual talent into team performance is the ultimate challenge for an investment organization, but also the key to building a sustainable investment franchise. Focus Consulting has captured the essence of how to leverage your intellectual capital for maximum and enduring success." —Michelle R. Seitz, CFA, Principal, Head of Investment Management, Executive Committee Member, William Blair & Company, LLC "Focus Consulting's work on behaviors of top teams is clear, effective, and practical. We

recommend it highly for investment firms that are serious about world-class collaboration." —Terry Toth, President, Northern Trust Global Investments "Focus Consulting really understands that attracting and motivating talented people makes all the difference for asset managers. Their work is based on years of experience helping investment firms build strong cultures with productive behaviors." —Scott Powers, Chief Executive Officer, Old Mutual Asset Management "Focus Consulting understands the people aspect of the investment business. They know the investment business and how to make collaboration work."

—Harin de Silva, PhD, CFA, President, Analytic Investors

The Surprising History of How We Are Born Harper Collins

The authors compare the ideologies of the free-market with religious faith, giving the World Bank the role of a secular church setting out to convert the world's underdeveloped economies to the consumer capitalist way, and so to create an enormous secular empire. This book is published in September 1994 to coincide with the World Bank's 50th annive

PEAK Oncourse Publishing

Take Care of Your Customers--or Someone Else Will! Legendary Service Great customer service is a concept organizations love to be known for. Yet most people consider the service they receive to be average, at best. Successful companies make the connection between legendary customer service and a thriving business--they recognize that the way employees treat customers is directly related to the way managers treat employees. Kelsey Young is an optimistic but disillusioned sales associate working her way through college. Her world opens up when one of her professors challenges her to create a culture of service at her

workplace by putting the five components of Legendary Service into practice. Although Ferguson's, the store where Kelsey works, certainly isn't known for service excellence, Kelsey believes she can make a positive difference. She quickly learns that culture change isn't easy--and that her role as a frontline employee is more significant than she ever could have imagined. In characteristic Blanchard style, *Legendary Service: The Key Is to Care* is a quick and entertaining read for people at all organizational levels in every industry. When applied, its lessons will have a profound impact on the service experience your customers will receive. Whether a CEO or a part-time employee, every person can make a difference--and customer service is everyone's job. PRAISE FOR LEGENDARY SERVICE: "Read this book and establish a service culture in your organization." -- Horst Schulze, Chairman/CEO, Capella Hotel Group "Legendary Service has great learnings for people at all organizational levels: for executives and managers, the value of a service culture; and for frontline staff, the reality that they are the face of the company and can make a difference. Legendary service--it's everyone, always." -- Mark King, CEO and President, TaylorMade Golf "Everything I know about service I learned from my career at Hilton Hotels, Marriott International, The Walt Disney Company, and Ken Blanchard. The One Minute Manager dramatically changed my thinking 32 years ago. *Legendary Service* will teach the next generation how to deliver sensational service. Buy it, study it, implement it." -- Lee Cockerell, Executive Vice President, Walt Disney World (Retired & Inspired), and author of *Creating Magic* and *The Customer Rules* "Kathy Cuff and Vicki Halsey have created a fantastic customer service model called ICARE. When

you add their voices to that of the master storyteller Ken Blanchard, you have a masterpiece entitled *Legendary Service*. It is a must-read for everyone who, like me, has a passion for service." -- Colleen Barrett, President Emeritus, Southwest Airlines, and coauthor of *Lead with LUV* "Ken Blanchard has done it again and delivered the right book at the right time. *Legendary Service* provides the essentials of hospitality and servant leadership in a way that everyone can adopt--right now--today!" - John Caparella, President and COO, The Venetian, The Palazzo, and Sands Expo "Ken, Kathy, and Vicki show us how to change everyday service events into memorable experiences. Their book is a must-read for anyone unwilling to accept mediocrity." -- Leonardo Inghilleri, coauthor of *Exceptional Service, Exceptional Profit*

The Big Leap Harvard Business Review Press

Conscious Leadership in the Workplace is a guidebook for individuals and leaders to lead more effectively and to support and create dynamic, successful, and inclusive environments, by taking a deeper dive into the importance of addressing individual unconscious bias. Unconscious bias can impact the diversity of the workforce and the success of an organization in a global marketplace. *Conscious Leadership in the Workplace* gives helpful tips for leaders to consider how they currently lead, address their unconscious biases and behaviors, and transform their leadership to effectively lead themselves and others.

Summary of the 15 Commitments of Conscious Leadership: a New Paradigm for Sustainable Success by Jim Dethmer, Diana Chapman, Kaley Warner Klemp ReadHowYouWant.com

"This is the management book of the year. Clear, powerful and

urgent, it's a must read for anyone who cares about where they work and how they work.” —Seth Godin, author of *This is Marketing* “This book is a breath of fresh air. Read it now, and make sure your boss does too.” —Adam Grant, *New York Times* bestselling author of *Give and Take*, *Originals*, and *Option B* with Sheryl Sandberg

When fast-scaling startups and global organizations get stuck, they call Aaron Dignan. In this book, he reveals his proven approach for eliminating red tape, dissolving bureaucracy, and doing the best work of your life. He’s found that nearly everyone, from Wall Street to Silicon Valley, points to the same frustrations: lack of trust, bottlenecks in decision making, siloed functions and teams, meeting and email overload, tiresome budgeting, short-term thinking, and more. Is there any hope for a solution? Haven’t countless business gurus promised the answer, yet changed almost nothing about the way we work? That’s because we fail to recognize that organizations aren’t machines to be predicted and controlled. They’re complex human systems full of potential waiting to be released. Dignan says you can’t fix a team, department, or organization by tinkering around the edges. Over the years, he has helped his clients completely reinvent their operating systems—the fundamental principles and practices that shape their culture—with extraordinary success. Imagine a bank that abandoned traditional budgeting, only to outperform its competition for decades. An appliance manufacturer that divided itself into 2,000 autonomous teams, resulting not in chaos but rapid growth. A healthcare provider with an HQ of just 50 people supporting over 14,000 people in the field—that is named the “best place to work” year after year. And even a team that saved \$3 million per year by cancelling one

monthly meeting. Their stories may sound improbable, but in *Brave New Work* you’ll learn exactly how they and other organizations are inventing a smarter, healthier, and more effective way to work. Not through top down mandates, but through a groundswell of autonomy, trust, and transparency. Whether you lead a team of ten or ten thousand, improving your operating system is the single most powerful thing you can do. The only question is, are you ready?

[A New Model for a Happier, Stronger Relationship](#) BenBella Books

This handbook is the practical guide to becoming a great manager. It covers all the major topics including hiring, coaching, feedback, one-on-ones, and decision making. It also covers some of softer, but equally important, topics like conflict resolution and mental health. Great management changes lives. In fact, it's one of the most single overlooked pieces of leverage in the world. Great managers are remembered like great teachers, inspirations who help others soar. That's why it's such a shame management training is so often overlooked. Successful individual-contributors are rewarded with a 'promotion' into management and then, more often than not, left to sink or swim. If you're a new manager, this book will shine a friendly light on the road ahead. And if you're an old dog, perhaps it'll teach you a trick or two. This handbook was written by Alex MacCaw and stress-tested at a company called Clearbit.

How to Achieve Best Practices of Top Firms Berrett-Koehler Publishers

Matt Mochary coaches the CEOs of many of the fastest-scaling technology companies in Silicon Valley. With *The Great CEO Within*, he shares his highly effective leadership and business-

operating tools with any CEO or manager in the world. Learn how to efficiently scale your business from startup to corporation by implementing a system of accountability, effective problem-solving, and transparent feedback. Becoming a great CEO requires training. For a founding CEO, there is precious little time to complete that training, especially at the helm of a rapidly growing company. Now you have the guidance you need in one book.

[Conscious Leadership in the Workplace](#) John Wiley & Sons

The 15 Commitments of Conscious Leadership (2014) teaches you how to become a conscious leader - a leader who inspires positive change, creates a great work atmosphere and builds close relationships in their personal life. Because leading is about a lot more than just giving orders. **DISCLAIMER:** This book is a SUMMARY. It is meant to be a companion, not a replacement, to the original book.

How Today's Greatest Leaders Use Brutal Honesty to Achieve Massive Success Routledge

Are you an entrepreneur and ready for a new way of engaging with your team and your company? Do you yearn to feel more alive, passionate, and connected? You started your business with a desire to create a lifestyle you love. One that includes more freedom for yourself while working on something truly fulfilling.

Related with 15 Commitments Conscious Leadership Sustainable:

- Read 180 Answer Keys : [click here](#)

But that dream of freedom and purpose has yet to become a reality. Instead of leading a life filled with inspiration, you find yourself: Working longer hours than ever before Struggling to manage and engage your team Constantly feeling frustrated, overwhelmed, and stressed When Sarah started her first company in 2009, she felt all these things. Despite reading book after book on best practices for business leadership, Sarah found herself loathing her team and feeling that everyone around her was incompetent. She had fallen out of alignment, and 40 hours a week had suddenly turned into 80+ and a lot more stress! Fortunately, entrepreneurship and leading a team don't have to be all hustle and no play. Sarah's journey from ego to heart reveals how to create a life of absolute freedom. She ditched everyone else's way of doing things and embraced deep inner work to connect with her unique way of leading. It was the key to creating an empowered and engaged team of people she loves working alongside and an abundant lifestyle she'd always imagined. For Sarah, that lifestyle includes everything important in her life-working remotely with a global team, doing something she's incredibly passionate about, traveling frequently, and waking up naturally each day (no alarms and rushed mornings!). Sarah's story will inspire you toward discovering your unique heart-centered existence as an entrepreneur, leader, and human.