



Leading Mindfully (Paperback)

By Pete Burden

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This short book is about leading. About being a new kind of leader. Our businesses and our society sorely need new models of leadership. Leadership has, for far too long, been only for those who think they know . The authors reject many conventional ideas about leading, and instead show that it is something we can all do. They show how awareness, mindfulness and noticing can change the way we appreciate the complex situations we find ourselves in. As we understand that complexity, we can change what we notice and pay attention to. Including the often invisible forces of power that constrain how we think we should behave. It turns out we re not powerless; far from it. Drawing on the science of complexity, this book will show you how to make a difference: by learning to enquire, to speak up, and to respond more effectively to what is happening in the groups and teams you belong to.

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