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HOT YOGA, COCONUT WATER AND EUSTRESS 10 STRATEGIES FOR BRINGING INTENTION TO YOUR LEADERSHIP PRACTICE



Shared Pen LLC. Paperback Book Condition: New. Paperback. 66 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. This book includes excerpts from some of my most popular blog posts, presentations and other writing, along with new ideas and material. It is meant to stimulate your thinking about each strategy then give you structured guidance on how to incorporate the strategy into your intentional leadership practice. I use the term leadership practice as analogous to a yoga practice, or pursuit of excellence in...

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