

HEALTHY LEADERSHIP

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How to **Thrive**
in the New World of Work
an actionable guide for leaders

From the bestselling authors of
Sticking to It: Mastering the Art of Adherence

Lee J. Colan
Julie Davis-Colan

COLAN
DAVIS-COLAN

Leadership is the Best Predictor of Growth



Shift in Worker Focus

Past	Today
My Paycheck	My Purpose
My Boss	My Coach
My Weaknesses	My Strengths
My Job	My Life



LOVE

Do what is in the best interest of others



POSITIVITY

Manage negative emotions and increase positive ones



GROWTH

Seek new insights, knowledge, and skills



CLARIFY

Crystallize a desired future and motivation to get there



CONNECT

Build ties between work and human needs



COACH

Unlock the potential in others





SM

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for Healthy Growth**

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