



EXECUTIVE SUMMARY

Leadership from the Inside Out: Becoming a Leader for Life Second Edition

Leadership from the Inside Out, Second Edition illuminates seven practical pathways to connect personal growth to professional contribution. In a revised and expanded second edition of his business best-selling classic, leadership development authority Kevin Cashman substantiates that a more effective approach to leadership hinges not on external “charm school” approaches, but on enduring principles of human development and life effectiveness. His trademarked message of “growing the whole person to grow the whole leader” vividly comes to life both for leaders seeking personal growth and organizations looking to improve their ranks in the increasingly talent-starved global marketplace.

Through a deluge of new insights, research and case studies, Cashman demonstrates how leaders whose actions are purposefully aligned to their core values are more energetic, resilient, effective and interpersonally connected – a 21st century formula for individual and organizational success.

The book offers a virtual coaching experience addressing seven fundamental “mastery areas” of work and life in individual chapters. *Personal Mastery* extols the importance of leading with self-awareness and authenticity and provides tools for discerning leading by coping from leading through character. *Purpose Mastery* shows leaders how to find the high-performing intersection of core talents and core values to maximize one’s contribution. *Interpersonal Mastery* provides pragmatic techniques to strengthen effectiveness by balancing personal power with relational power. *Change Mastery* teaches how to lead with agility, openness and trust to proactively navigate change. *Resilience Mastery* delivers essential practices to maximize energy by shifting focus away from the clock and onto quality of activities. *Being Mastery* equips leaders with techniques to achieve a heightened level of “presence” that improves effectiveness and results in genuine balance. *Action Mastery* touches on the continuous growth process of coaching oneself and others to new levels of effectiveness.

Available through 800CEOREAD.com as well as other favorite booksellers, *Leadership from the Inside Out* spans 240 pages in soft cover and retails for \$16.95

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