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Welcome back!

¡Bienvenido de nuevo!

We have a new issue of our newsletter. We have added a new block to our current blog, you can see at the top on New section. Not only that, but we also, include the recommended readings for the month below.

Tenemos un nuevo número para nuestro boletín. En esta ocasión incluimos una nueva sección a nuestro blog, que puedes consultar

dando click en New. También incluimos lecturas recomendadas para este mes, en las ligas de abajo.

1. [Newsletter](#). Lecturas recomendadas para este mes.
2. [Self-help Readings](#). Lecturas de autoayuda.
3. [Published articles](#). Artículos publicados.
4. [Learn about my books and where to find them](#). Conoce sobre mis libros y dónde encontrarlos.



Is Leadership Bad for Your Health?

Leadership positions often bring more stress than most people realize. In fact, many leaders exist in an environment of chronic stress for years and even decades. This quick blog post by Dr. Barbara Kellerman highlights the health risks associated with leadership and explores why being a leader today is more difficult than it was in the past.

Key Points

- Followers today are more demanding than in the recent past
- Leadership today requires greater levels of skill
- The rate of change is being fueled by technology and other seismic shifts

The Practical Wisdom

According to Kellerman, "Being a leader in 2024 is, by every account and every measure, more demanding and draining than it was a generation ago." Domain expertise alone will not suffice. Leaders need the requisite "soft skills" to navigate organizational life skillfully.

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