



Welcome back!

¡Bienvenido de nuevo!

Trustworthy, creativity, honesty, future vision, guides, empathy, solution capabilities, communication, among others are required now-a-days for leaders worldwide to accomplish more and lead others to arrive to safe-port.

There are many ways to improve your leadership but also your followership. Do you know that being a good follower can put you on the right path to become a better leader?

Do you want to learn more about leadership and followership?

[Get your copy on Amazon](#)

Confianza, creatividad, honestidad, vision de futuro, guia, empatia, capacidad de resolución, comunicación, entre otros son requeridos actualmente para los lideres a traves del mundo para completar más y llevar a otros a puerto seguro.

Hay muchas formas de mejorar tu liderazgo y tu seguimiento. ¿Sabes que siendo un mejor seguidor te puede poner en el camino de ser un mejor lider?

¿Quieres aprender más sobre liderazgo y seguimiento?

[Obtén tu copia en Amazon](#)



Angelica Larios

@alarios02



"El liderazgo es el arte de influir en los demás para que trabajen con entusiasmo en la consecución de objetivos comunes"

💬 250

❤️ 17k

🔗 75



Are we getting happier?

According to a recent study from Gallup, reveals that negative emotions worldwide have finally decreased for the first time since 2014. Stress, sadness, and anger saw declines, while positive emotions like enjoyment and laughter have returned to pre-pandemic levels. However, global emotional well-being remains fragile despite these improvements, with negative feelings still higher than a decade ago.

Main Ideas

To succeed in AI new environment, we suggest having focus on the following key points:

- Negative emotions like stress, anger, and sadness decreased in 2023, showing a positive shift
- Positive emotions such as enjoyment, rest, and laughter returned to pre-pandemic levels, completing their rebound
- Countries in conflict still experienced a significant rise in negative emotions despite global improvements

People who feel enjoyment, rest, and respect are more engaged and productive. Gallup's data shows that 73% of people reported laughing or smiling a lot, and 85% felt treated with respect. This indicates that

emotional well-being should be a key part of any strategy for improving workplace culture and performance.

Newsletter

1. [Self Help Books](#). Libros de autoayuda.
2. [Learning How To Lead](#). Aprende a liderar.
3. [Non-fiction Fall](#). Libros de otoño.
4. [Finding Freedom](#). Encontrando libertad.

Visit My Blog!

Button

Angelica Larios

CDMX
México



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

