



The Positive Leader: How Energy and Happiness Fuel Top-Performing Teams

Jan Mühlfeit, Melina Costi

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Discover how to banish stress and negativity, rediscover your best self and become an inspirational leader – starting now.

Inspirational leaders:

- Target strengths, not weaknesses
- Have a dream
- Manage energy, not time
- Put happiness before success

Based on cutting edge research, and with truly actionable advice, *The Positive Leader* shows you how.

Former Chairman of Microsoft Europe, Jan Mühlfeit, turns the lessons he's learnt from his years at the coalface of leadership into a 'how to' guide for busy managers.

Academic studies have shown that a positive mind-set results in 31% higher levels of productivity.*

The Positive Leader gives you a four-point approach to becoming a happier and more inspirational leader.

- Discover and work to your strengths
- Identify your mission and vision
- Become a 'Chief Energy Officer'
- Lead yourself to happiness

* 'Positive Intelligence', Shawn Achor, *Harvard Business Review*, Jan/Feb 2012

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