



Managing Leadership Stress

By Michael Campbell

Pfeiffer. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.7in. x 5.8in. x 0.2in. Everyone experiences stress, and leaders face the additional stress brought about by the unique demands of leadership: having to make decisions with limited information, to manage conflict, to do more with less . . . and faster! The consequences of stress can include health problems and deteriorating relationships. Knowing what signs of stress to look for and having a strategy for increasing your resources will help you manage leadership stress and be more effective over a long career. Table of Contents
The Stress of Leadership 7
Why Is Leadership Stressful 8
Stress Assessment 13
When Stress Is Who, Not What 17
Handling Your Leadership Stress 20
Less Stress, Better Leadership 28
Suggested Readings 29
Background 29
Key Point Summary 31
This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

[DOWNLOAD](#)



[READ ONLINE](#)

[6.06 MB]

Reviews

Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication I have got read inside my own lifestyle and might be the very best ebook for possibly.

-- **Dr. Meta Smith**

Most of these ebook is the perfect publication accessible. It is written in easy terms and not difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Anastasia Kuhn**