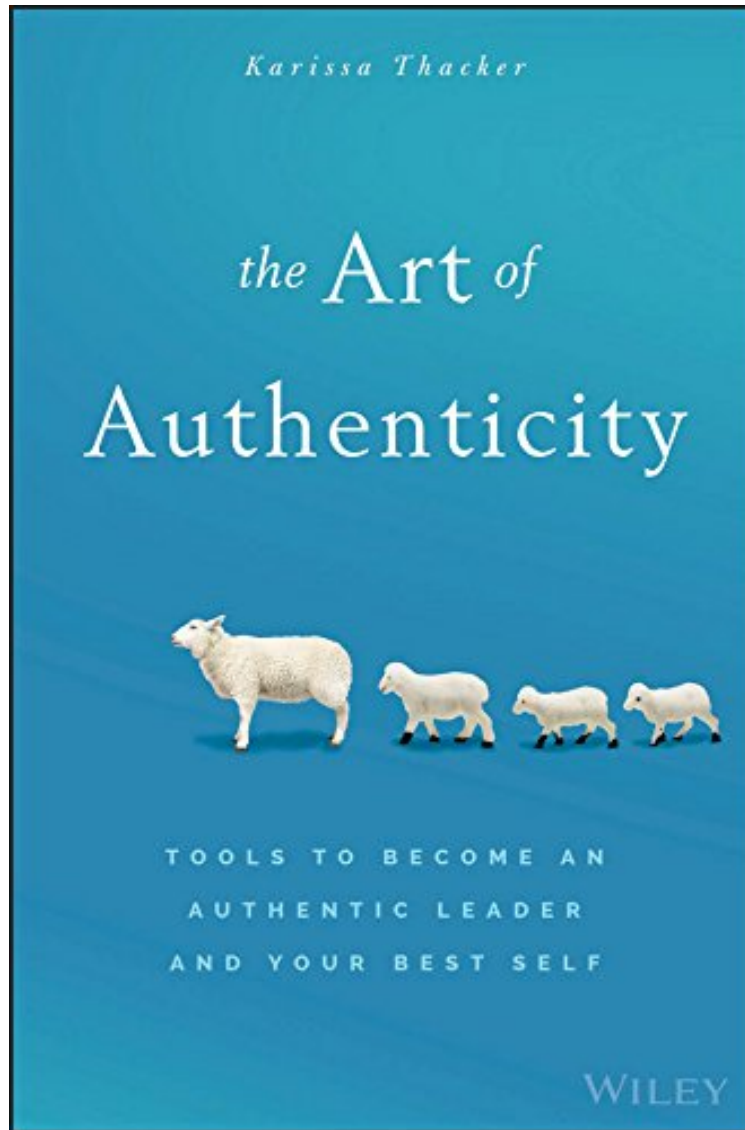


[Ebook pdf] The Art of Authenticity: Tools to Become an Authentic Leader and Your Best Self

# The Art of Authenticity: Tools to Become an Authentic Leader and Your Best Self

*Karissa Thacker*

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**Karissa Thacker : The Art of Authenticity: Tools to Become an Authentic Leader and Your Best Self** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Authenticity: Tools to Become an Authentic Leader and Your Best Self:

3 of 3 people found the following review helpful. Very approachable book on a very challenging and necessary topicBy vicki cotterThis is my new favorite book on and for Leaders, and really for anyone who desires to show up really real in the world. There are many books on leadership, and since I've been doing this work for many many

years, I sometimes find after the first few chapters that the ideas are not new, or that while I'm fascinated, I'm challenged to find the 'being' of an authentic leader. Karissa Thacker's book is all that and more. She shares both the being and doing of leadership in a way that I find is like having a conversation with her. And this is, in my experience, unique. I am an Executive Coach and have already started using this book with my clients. The book is very approachable. I recommend this book to ... well, everyone!vicki cotter3 of 3 people found the following review helpful. Great book old pros and new leaders alikeBy D FennellKarissa Thacker speaks with wisdom and practicality. Through stories, scholarship and her own experience as an executive coach, she shows how leaders can be both authentic and effective. Being true to yourself makes you a better contributor, not only at work, but in every part of your life. This is a terrific book for both seasoned pros and people just starting to find their way as leaders. This book is on the gift list for some leaders I know and care about.2 of 2 people found the following review helpful. I've already begun using a number of her perspectives and strategies in helping clients move toward an appreciation of how theyBy maria siroisTeaching authenticity is a challenge...it's complicated to help others understand that the benefits of leading authentically far outweigh the risks of being vulnerable or being seen as somehow different. Karissa Thacker's book is a godsend. I've already begun using a number of her perspectives and strategies in helping clients move toward an appreciation of how they can become more of who they are at their best and how they can lead from that place. Her experience speaks volumes and her own capacity to model this art form brings to mind some of the best leader models we have today: Susan Cain, Amy Cuddy, Brene Brown, Kelly McGonigal.

Leverage your authentic self into a valuable leadership strategy The Art of Authenticity is a guide to becoming a better leader by achieving your best self. All people bring different sides of themselves to various situations. This book will show you how to broaden and deepen your effectiveness by presenting the most appropriate side of yourself. Dr. Karissa Thacker is the management psychologist called on by over two hundred Fortune 500 companies to work with high potential leaders. This book provides you with her expert guidance, based on validated psychological research and artful application of psychological principles to actual business situations, to help you become an authentic leader. You'll learn how to lead through reflection, action, and conscious choice, and how to maintain your guiding principles while effectively leading your team. By replacing habitual reactions with authentic ones, you'll find that you're modeling good behavior and effective decision-making;and that authenticity is contagious. This guide equips you with the tools and skills you need to be the catalyst of positive change your organization needs. How do you remain authentic while being an effective leader? This book argues that the question isn't a duality. Authenticity is the best way to lead, and the only way to maintain sustainable success as an organization. This insightful guide shows you how to find your authentic self, and leverage that into an effective, executable leadership strategy. Become authentic in a way that befits your values Show loyalty, honesty, ethics, and consideration Maintain authenticity in leadership roles Make conscious choices instead of blind reactions Some are born to lead, other must be taught, but all leaders must work to retain their own values and basic sense of self. A simple pause can mean the difference between a knee-jerk reaction and an authentic decision, and the effects ripple throughout your organization. The Art of Authenticity is your guidebook to finding the true authentic leader within, and leading from the inside out for the long haul. nbsp;

From the Inside FlapBeing more authentic may be the key to reaching your external dreams and achieving internal well-being. But, being an authentic leader is more than making the right ethical decision. It is a daily choice to do the work to fully be yourself so, when the pressure is high, you are in shape to step up and say the unique contribution that will produce success. The Art of Authenticity is the meaningful guide to becoming a better leader by achieving your best self. Written to inspire everyone in the shared struggle to be true to oneself and meet business goals, this research-based guidebook sheds light on an action plan for making more mindful and conscious choices that open up possibilities for being both authentic and successful when making small, everyday decisions. Insightful examinations into the value of being authentic reveal an immediately useful psychological model of authenticity that enables you to replace habitual reactions with authentic ones that stand by your personal values, while still making effective business decisions. Illustrative case studies of real-world companies bring the psychological theories to life, and motivating "workouts" at the end of every chapter mentor you through purposeful exercises that transition you into using the framework in your real-world leadership role. Conveniently organized to be an effective learning tool as well as a quick reference, this complete resource equips you with the hands-on techniques and psychological finesse to be the influencer of positive change your organization needs. In today's globalized world, being authentic is a powerful, adaptive trait all of tomorrow's top leaders will possess, and this book prepares you to be one by: Providing a reliable checklist of red flags to look for when determining if a leader is authentic or just charismatic Offering concrete steps and guidance for developing greater self awareness Detailing successful strategies for blending two different thought processes without bias toward your point of view Examining why it matters that morality is primarily driven by gut reactions and not cognition And more The Art of Authenticity shows you the way to broaden and deepen the potency of your leadership by presenting your most authentic self in every decision you make.From the Back CoverAn effective, executable leadership strategy based on the real you "Today's employees value a strong company culture of

honesty, transparency, and collaboration more than ever, and the connection between leadership behaviors and a company's culture is in- extricable. Karissa's book provides insight into the leadership qualities needed to create a great work environment and to build a strong culture of employee engagement that leads to success." mdash;MARY LASCHINGER, Chairman and CEO, Veritiv "Karissa's take on authenticity is both thought provoking and practical. She demystifies what authenticity is, and importantly what it is not, relative to leadership. This is a straightforward book about the hard work it takes to become a true authentic leader, but it's also about the rewards of making that investment." mdash;MARK SUTTON, Chairman and CEO, International Paper "Leaders need to get wiser about authenticity. Karissa gets it, and her book *The Art of Authenticity* will help you get it, too! She is one of the best story tellers of our time and brings the learnings from data-driven research to life, using real stories about real leaders in a conversational tone that has you on the edge of your seat, grasping for how each example applies to your own experiences and leadership style." mdash;KEN FENOGLIO, VP, ATT University "In *The Art of Authenticity*, Karissa Thacker does not only write about authenticity, she artfully exemplifies it. Science, storytelling, theory, and practicemdash;this book has all the ingredients to help you become a better leader, and a better person." mdash;TAL BEN-SHAHAR, Serial entrepreneur and co-founder of The Wholebeing Institute, Potentiallife, Maytiv, and Happier TV and bestselling author "A conceptual understanding of authenticity lacks the impact of authenticity in action. In *The Art of Authenticity*, Dr. Karissa Thacker keeps it real, weaving together broad and deep science, relatable case studies, and thought-provoking exercises to create a practical path for genuineness. Rather than vague notions and lofty platitudes, this book dives deep into the complex nuances of true authenticity. Read it if you want to be who you aremdash;and then grow into even more." mdash;MEGAN McDONOUGH, co-founder and CEO, Wholebeing InstituteAbout the AuthorKarissa Thacker is the founder and president of Strategic Performance Solutions, Inc., a management-consulting firm focused on creating innovative solutions in the space of human performance and satisfaction at work. She is a widely respected management psychologist who has served as a consultant for over 200 Fortune 500 companies including UPS, Best Buy, and ATT. She also serves as adjunct faculty at the Lerner School of Business at the University of Delaware.