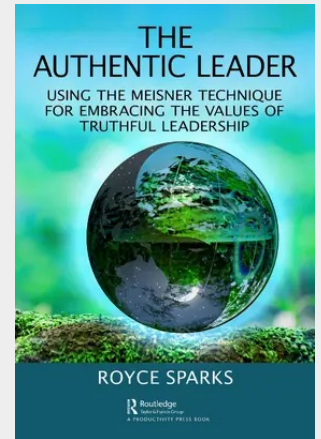


Sparks

The Authentic Leader

Using the Meisner Technique for Embracing the Values of Truthful Leadership

Using clear and simple exercises adapted for leadership development from the world-renowned Meisner Technique, The Authentic Leader will help you discover first-hand what it means to build your authentic leadership skills in a clear, technical way. This book presents a version of the Meisner technique that has been thoughtfully modified for the purposes of leadership training. It aims to train leaders to be fully authentic in their responses in the most efficient way and to let their responses be filtered by their abilities to deeply interpret and thrive within the psychological realities of the circumstances they are entering, be it their own or other people's. The exercises in this book teach that effective leadership skills are about getting the attention off of oneself and allowing for a type of interpersonal determinism to bring out a leader's truthful responses. This text breaks open the conversation on leadership and business skills in a whole new way using an established, although largely unknown method in the business world that will help leaders engage in the values of great leadership and train their own abilities to have presence, be dynamic, be magnetic, and know how to read any situation and thrive within it. Whether you are green in your career or at the head of a nation, an aspiring leader or an educator looking to use this material, this work develops and nourishes powerful leadership in unconventional, effective, and dynamic ways.



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