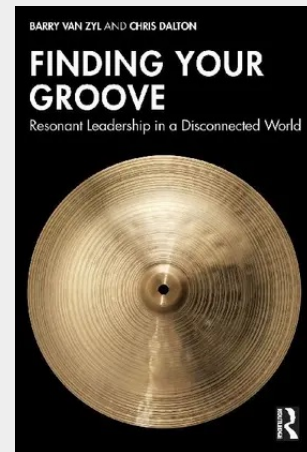


Finding Your Groove

Finding Your Groove is an inspiring guide that challenges you to rediscover your innate rhythm amid today's disjointed, fast-paced world. Drawing on the timeless language of music and the universal patterns of nature, this book reframes everyday challenges as opportunities for creative transformation and genuine connection. Author Barry van Zyl, a veteran drummer and creative thinker from South Africa, and his co-author, UK business school academic Dr Chris Dalton, invite you to explore the profound impact of aligning your personal and professional lives with natural rhythms. Their insights blend personal narrative with practical reflection, offering a fresh perspective on leadership, collaboration, and self-awareness. By embracing the principles of Groove – from the beat of an individual's heart to the synchrony of a well-led team – you can foster resilience, spark innovation, and build more harmonious relationships at work and beyond. Whether you are seeking to enhance your creative potential or to inspire collective change in your organisation, this book provides a compelling, entertaining, and thought-provoking realignment with the pulse of life. Finding Your Groove is a call to reclaim the joy of connection, balance, and mindful presence. It invites you to lead with authenticity in an increasingly complex world.



50,30 €

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