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Nota di contenuto	1. Root constructs of mindfulness and authentic leadership -- 2. Positive psychological capacities -- 3. Empathy and mindfulness -- 4. The psychobiology, physiology, and neuroscience of mindfulness for authentic -- 5. Leadership development -- 6. Follower mindfulness -- 7. Individual development process -- 8. Leader self-perceptions -- 9. Diversity and inclusion -- 10. Workplace innovation -- 11. Influence of work -- 12. Remote work -- 13. Artificial intelligence teams -- 14. Proactive customer service performance -- 15. Entrepreneurship, mindfulness, and authentic leadership -- 16. Coaching for mindfulness

authentic leadership practical steps.

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## Sommario/riassunto

This book explores the notion of authenticity in leaders and examines how authentic leadership is supported by emotional intelligence (EI), resiliency, and mindfulness. In identifying mindfulness as a key to developing self-awareness along with sincere and transparent relationships with others, the author argues that mindfulness allows leaders to achieve greater authenticity and moral perspective in their leadership journey. As authentic leadership increases empowerment and inclusion, this work pays particular attention to how mindfulness can help support leaders from historically marginalized communities and women leaders to lead in a way that is more congruent with their identities and values. Understanding the antecedents of authentic leadership in mindfulness and other related psychological constructs will extend research on leadership development. Based on empirical studies, as well as theoretical constructs, this book will appeal to researchers with expertise in organizational change, diversity and inclusion, strategy, workplace spirituality, and other topics related to leadership. Louise Kelly is Professor of Management and Leadership at the University of La Verne. She is a nationally recognized expert on strategy, leadership, and entrepreneurship. Dr. Kelly has a passion for helping people and organizations unleash their management, leadership, and innovation potential. .

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