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Nota di contenuto	Introduction -- Section A: Fundamentals -- 1. About ethics -- 2. About definitions -- 3. About constructs -- 4. About energy -- 5. About stories -- 6. About sciences -- Section B: Energy concepts -- 7. About affective energy -- 8. About material energy -- 9. About cognitive energy -- Section C: Interactions and exposures -- 10. About energy exchange -- 11. About collections -- 12. About activities -- 13. About management -- 14. About accountability and responsibility -- Section D: Humans and change -- 15. About human performance -- 16. About solutions -- Concluding remarks -- Glossary.
Sommario/riassunto	This book challenges the notion that extreme professional expertise is the only path to success, advocating instead for the concept of 'professional generalism' as a complementary approach. It brings together ideas from various disciplines, offering insights relevant to all professionals, regardless of specialisation. The chapters of the book explore concepts and frameworks that are not typically discussed together in a single work and challenge the reader to test and

contextualise them. The book aims to inspire professionals to explore principles beyond their usual scope and to recognise opportunities to integrate concepts from other disciplines into their practice. It encourages readers to consider how different approaches and perspectives can intersect and complement each other, breaking down professional silos and fostering a more interconnected way of thinking. Rather than promoting simplistic or middle-ground solutions, the book emphasises the value of considering diverse perspectives and approaches, recognising that different contexts may require different paradigms. It encourages readers to embrace complexity and diversity, fostering a holistic and nuanced perspective essential for navigating today's interconnected professional landscapes.
