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Descrizione fisica	1 online resource (239 pages)
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Nota di contenuto	Where there's smoke, there's fire : recognizing the signs of burnout -- Show up : managing multiple fires -- The hulk with heart : holding people (and yourself) through rage -- Real talk : release your hungry ghost -- Hang in there : leading through the diversity, equity, inclusion, and belonging firestorm -- Find awe at work : how to turn your work nightmares into epic adventures -- Get right within : becoming a manager every team deserves -- Beyond burnout.
Sommario/riassunto	A timely and incisive resource for business leaders and people managers struggling with complacency and burnout in this rapidly evolving world of work Facing the challenges of global cultural, commercial, political, and technological shifts, managers are in dire need of strategies to move from survival to revival. Burnt Out to Lit Up: How to Reignite the Joy of Leading People by Daisy Auger-Dominguez illuminates the often overlooked and difficult aspects of management

and offers a lifeline for managers struggling to adapt and thrive. Crafted by a seasoned executive with experience at companies like Disney, Google, and VICE Media, this book delivers a rich blend of inspiration and practical tools for today's managers. Through a compelling mix of personal anecdotes, research-backed insights, and actionable strategies, Auger-Dominguez walks business leaders and people managers down a path designed to reignite the passion and drive necessary for effective leadership. This book is for you if your work life leaves you seeking: Rest, inspiration, and a renewed enthusiasm for your work

Techniques to help managers understand themselves, each other, and the members of their teams

Strategies for dealing with, and helping your teams deal with, unexpected and dramatic workplace upheavals - be they layoffs, organizational shifts, financial restructurings, global health crises, and more

Tactics to reignite your own passion for your role and share your enthusiasm with your teams in an approach that motivates and uplifts

Whether you're leading a small team or an entire organization, this book is the roadmap you need to overcome obstacles, re-energize your leadership, and achieve new levels of success. Discover how to transform your approach to management and create a more engaged, motivated, and thriving workplace with *Burnt Out to Lit Up*.
