



Happier Leaders A How-To Guide

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efficiency

effectiveness

the happiness challenge

**capitulation
or
gracious perseverance**

Fundamental Shifts

Power → Collaboration

Opinions → Facts

Expecting Courage → Fostering a Sense of Safety

Paranoid → Confident

leadership courage

find your moments

delegate efficiency

focus on effectiveness

be a happy leader

happiness tools

process

create a happy place for opinions

be consistently intentional

think out loud

slow things down