

# FLOURISH

Unleash Potential  
Inspire Excellence

*"Nowhere in my career, management training or business education was I ever shown the extraordinary impact on performance and results when people were led by an emotionally talented manager"*

— Harjeet K Virdee

Most organisations have a wealth of unused potential lying dormant in their people, and they don't know it. They also don't know how to unleash it. This book introduces an extraordinary level of human potential called flourishing – a dynamic fusion of mind and emotion propelling people to give their best, proactively and passionately. When people flourish, they thrive, managers excel and organisations gain.

'Flourish' thrusts managers into the forefront of this transformative process when they arm themselves with emotional talent—an advanced capacity for self-awareness and genuine concern for others.

In this essential guide for managers who lead people, Harjeet K Virdee shows how world changes are forcing an urgent reassessment of people management skills and how emotionally talented managers can navigate these unprecedented changes successfully. She outlines the three-part process for developing emotional talent and the six key factors crucial for creating conditions that foster flourishing.

Based on proven experience, 'Flourish' offers practical tools, real-life examples, and published research. It arrives at a critical juncture, challenging the status quo of low employee engagement in the face of rapid transformation, and a world where people demand professional and emotional enrichment in work more than ever.



**Harjeet K Virdee** is an expert on human potential in the workplace, focusing on the power of positive emotions to optimise people management skills and team performance. With an international corporate management background, she has also dedicated over two decades to exploring and studying human potential and emotional fulfilment. As the Founder of Beyond Bounds, Harjeet leads workshops on these themes for both personal and professional growth. Explore more at [www.livebeyondbounds.com](http://www.livebeyondbounds.com)

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How Emotionally Talented Managers  
Elevate People, Boost Performance and  
Drive Exceptional Results