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Alexia Michiels

RESILIENCE QUOTIENT

FAVRE

Alexia Michiels

Foreword by Dr Ilham Kadri / Afterword by Thomas Buberl

RESILIENCE QUOTIENT

Leadership with heart and purpose

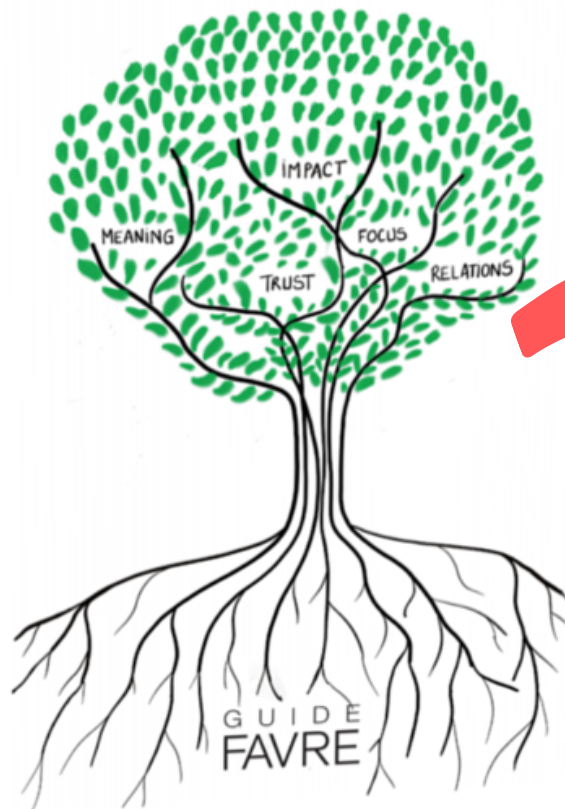


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Whether you run a small business, a multinational corporation, a hair salon, a construction site, a law firm, a shop, a school, or manage apprentices and interns, this book is for you.

The recent evolution of the world and the massive use of technology have changed the way we work. The unknown and the doubts have given rise to salutary realizations that allow us to grow beyond the ordeal. The climate emergency also requires major transformations.

This book invites you to rethink the way you lead a team by valuing and cultivating resilience skills. It encourages you to refocus on your priorities, insists on the importance of relations and the quest for meaning. The impact of the resilient leaders will be proportional to the strength of the bonds they manage to create with themselves, others and the environment at large.

A practical menu enables you to convert these ideas into actions and thus develop a leadership with heart and purpose, for the benefit of all stakeholders.

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Belgian-born, Alexia Michiels is the co-founder of The Resilience Institute Europe. After a degree in economics and consular sciences, she works for ten years in the marketing and media fields. She goes on to live in China for five years, where she becomes a certified professional coach and yoga instructor. There she meets Dr. Sven Hansen - founder of the Resilience Institute - and joins his team. In today's complex environment, Alexia helps people and organizations wanting to develop their resilience skills and be ready to face the challenges of a rapidly changing world, with joy and success. In 2017 she published L'élan de la résilience (Ed. Favre), which became a bestseller and has been translated into English (The Resilience Drive).



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