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a captivating blend of cutting edge scientific evidence and real world stories providing leaders and managers with proven and practical strategies and tools for navigating today s emotionally taxing workplace broad changes have dramatically disrupted our workplaces and increased the emotional demands on leaders everywhere leaders now must support their teams mental health and burnout while managing their own build trust with and motivate a remote and diverse workforce allay employee fears of obsolescence while driving the integration of new technologies like ai and demonstrate bottomless sensitivity and compassion while still delivering results at a relentless pace no wonder leaders are burning out emotional labor is a daily unrecognized burden leaders carry and can have significant costs for their health and performance over time however achieving high performance and fulfillment without compromising your well being is possible and emotionally charged shows you how dina denham smith and alicia a grandey debunk myths and equip you to handle emotionally loaded work events from preparing for high stakes scenarios to managing curveballs and conflicts supporting distressed employees and recovering effectively after being drained at work blending real world cases from leaders and evidence based insights emotionally charged will help all leaders from front line managers to c suite execs manage the new work landscape anchored in the science of emotions emotionally charged will equip you with practical strategies and tools to lead successfully and thrive in the new age of work

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