

Watkins

Coherence

The Science of Exceptional Leadership and Performance

Understand how to overcome the obstacles inhibiting performance and unlock the potential for brilliance that lies within every leader. Most leaders are operating nowhere near their optimal level of performance. In this book, Dr Alan Watkins helps leaders at every level understand how they can transform their output and unlock their true potential. He shares proven techniques that have helped thousands of leaders in FTSE 50 giants and SMEs across market sectors and geographies as well as the Olympic and Paralympic Rowing Team, resulting in them achieving their best ever medal haul in London 2012. Coherence shows how our ability to lead and deliver results is rooted in our biology. Dr Watkins explains the science of how to increase energy levels and become smarter, more resilient, happier, healthier and more successful in whatever we do. Drawing on case studies from prominent business leaders and insights from a diverse range of research fields, he reveals the secrets to exceptional leadership and how to be brilliant every day. Now in its second edition, this vital guide contains upgraded practical tools and new insights on how to transform productivity, manage complexity, accelerate innovation and drive greater commercial performance, all while becoming healthier and happier.



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