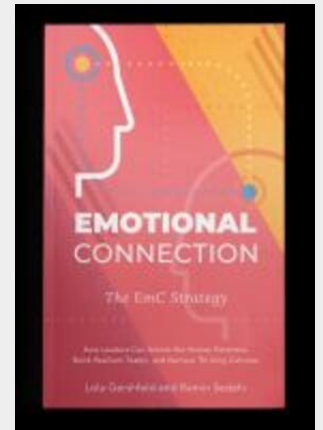


## Emotional Connection

The EmC Strategy: How Leaders Can Unlock the Human Potential, Build Resilient Teams, and Nurture Thriving Cultures

This book will be written for leaders and teams desiring to understand and improve team dynamics, performance and effectiveness in order to improve their chances of achieving success in set goals. Emotion is what directs our interaction. It literally moves us to action. To properly manage it requires one to be self-aware of emotions, understand emotions of others and know how to use the Emotional Connection process or EmC. Emotional connection is the most powerful motivational force in our brain. Research shows that when teams are emotionally connected they work better, collaborate, and solve challenges together. No matter what the goal is, the execution becomes much easier, better, and more effective if it is done with an emotionally connected team. This book outlines the process, skills, and techniques one needs to master to maintain and nurture the emotional connection. Secure bonds help people to grow and achieve amazing goals because as human beings, we thrive in secure bonding environments.



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