

# Mastering Work-Life Balance through Self-Discovery

*Self-help guide offers tips, inspirations, and activities to jump-start personal and professional growth.*

How many times have employees attended a professional development workshop, only to find the lessons fading and old habits returning once they're back at work?

Leadership coach Steve Morris calls this the “Monday morning back-to-normal phenomenon.” To counter it, he created a personal tune-up manual called ***Glorious Leadership! A Holistic Approach to Achieving Leadership Mastery and Worklife Balance*** (Lotus Bloom, \$23.95). This book, with companion flashcards, is designed to be used as a daily reference for adopting small yet significant changes that can be readily tried and tested in the workplace.

The idea behind ***Glorious Leadership!*** is that it gets you *doing something*—taking action and being proactive about self-development *on a daily basis*—rather than just thinking about change.

The book is chock-full of tips, stimulating questions, hands-on activities, and practical ideas that team, organizational, and community leaders of all experience levels can integrate into their professional lives to get them thinking about work and life in new ways.

Readers will find:

- More than 365 Daily Disciplines: practical suggestions, activities, and exercises to incorporate into daily work life
- Over 500 questions to help you brainstorm solutions
- Virtue and Vice cards to stimulate creative self-examination, with various ways to “play”
- Unique, new ways to pursue personal and professional development in the mental, physical, emotional, and spiritual realms

Using the time-tested strategies in this book, developed over the course of two decades, Morris has become the most sought-after leadership and employee development coach in Asia at such multinational corporations as AT&T, Citibank, Hewlett Packard, Nokia Asia Pacific, Philips Electronics, and Sun Microsystems.

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