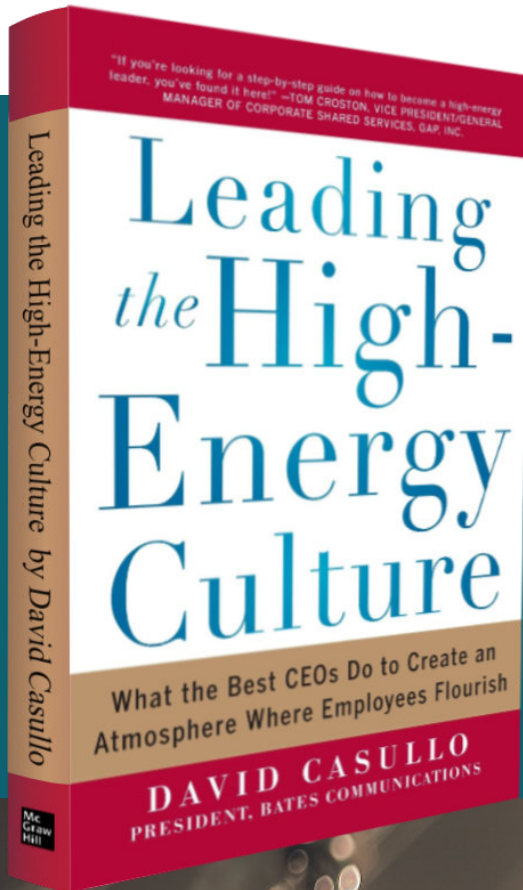


COMPANION WORKBOOK



Leading the High-Energy Culture:

What the Best CEOs Do to Create an Atmosphere Where Employees Flourish

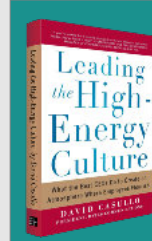
by David Casullo

“Energy emanates from one extraordinary leader and resonates through other leaders, permeating the entire organization.

Be that leader.”

Leading the High-Energy Culture:

What the Best CEOs Do to Create an Atmosphere Where Employees Flourish



Chapter 1

A close-up photograph of a person's hand holding a black circular object, possibly a lid or a small container. A metal tuning fork is held over the object, with its two prongs pointing towards it. The background is blurred, showing a person's arm wearing a gold bracelet and a white shirt cuff.

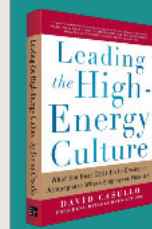
Chapter 1: The Power of Resonance

Considerations & Thought Starters

- Think of times that you have found yourself bursting with energy. What specific activities triggered that feeling?
- Reflect on past situations where you sensed something was missing. What was it?
- Consider a few defining moments in your career, whether they were great accomplishments or significant setbacks. What did you learn about what was important to you in the process?
- When you've talked with close friends and family over the last six months, what stories were you most eager to share? What are those stories really about if you think about the themes, lessons, and values they convey?
- Think of the best leaders you've known over the years, whether they were in an office, classroom, or some other setting. What did those leaders stand for? What values did they espouse in their words and deeds that energized you deeply?

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Exercise 1.1

Make as many copies as you need.

Personal Truth and Deepest Belief	Source
<i>Ex. Real learning is a major investment, but pays out lifelong dividends</i>	<i>Ex. Mr. Grover's eleventh-grade term paper class</i>