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Sustaining Executive Performance: How the New Self-Management Drives Innovation, Leadership, and a More Resilient World

Steven P. MacGregor

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Sustaining Executive Performance: How the New Self-Management Drives Innovation, Leadership, and a More Resilient World Steven P. MacGregor
Better executive health drives business performance and a stronger society. For the experienced manager as well as manager in training, business school professor and executive coach Steven P. MacGregor helps you leverage this truth in your life and your business.

MacGregor shares breakthrough insights and techniques he's honed through seven years of pioneering the world-renowned Sustaining Executive Performance (SEP) program and working with thousands of top executives worldwide. He reveals the profound connections between living a healthier, happier, and more productive life, and improving your organization on metrics ranging from innovation to resilience.

MacGregor addresses core business themes including design thinking, continuous innovation, and corporate social responsibility, linking these to the five elements of the SEP program: MOVE, RECOVER, FOCUS, FUEL, and TRAIN. He shows how the logic of individual action drives value at the business and societal levels, value that can be attained through small change.

Throughout you'll find interviews with leading executives and experts, and deep insights that connect the old and new world - from Ancient Chinese and Greek philosophy to the founding of the Modern Olympic Games, and contemporary visionaries such as Buckminster Fuller and Peter Drucker. Cutting edge research and contemporary business cases complement such timeless wisdom, and make it actionable for the modern-day manager.

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