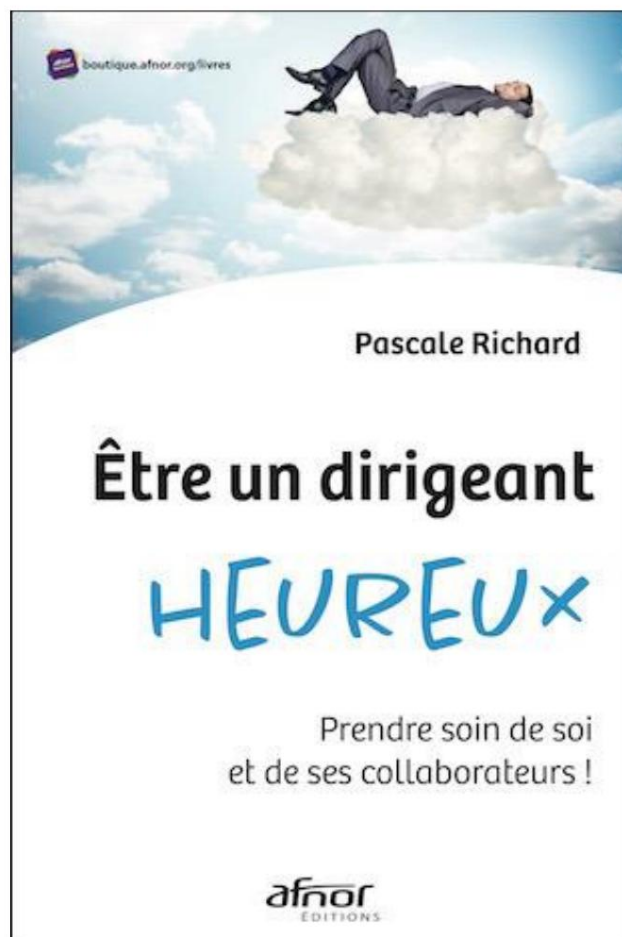


Press release - November 9, 2020

New book



**Well-being at Work & Management**

***Being a happy leader: taking care of yourself and your collaborators!***

**has just been published by AFNOR Éditions**

**The Covid-19 crisis and confinement are disrupting the organization of work and forcing company management to reflect. How can you, as a manager, reconcile your own happiness and the well-being of your employees, while contributing to a better world? How can altruistic management also benefit the performance and sustainability of the company? These are the two questions this book answers.**

In this book, Pascale Richard explores the altruistic management approach and offers managers and business *leaders* concrete avenues for reflection and action to combine success and personal fulfillment.

The author invites the reader to follow this path of openness and to review their daily posture in order to:

- fully cultivate its presence to optimize its efficiency;
- letting go to open the field of possibilities;
- integrate interdependence into a global vision to find the right solutions;
  
- act with confidence in uncertainty to overcome obstacles;
- assume its responsibility as an actor in the world to contribute to the challenges of common good.

By combining concepts and pragmatism, derived from approaches from neuroscience, positive psychology and Buddhist wisdom, this book invites the reader to dare to be an altruistic leader.

Testimonials from managers enrich the author's thinking and offer concrete examples of solutions for managing effectively with altruism.

A book to put in the hands of those who wish to undertake and lead differently...

## **The author**

**Pascale Richard** started her career as a business manager at the age of 21 and managed businesses for 25 years. Since 2011, she has supported entrepreneurs and *managers* on the human dimension of their mission. She is trained, among other things, in *executive coaching*, psychology and NLP. It draws in particular on Buddhist wisdom to help leaders create wealth which has sense.

- > ISBN: 978-2-12-465753-7 – 328 pages – €21.80 excluding tax
- > Publication: October 2020
- > [Access the online store](#)

For any questions, receive the books in PDF or printed form, communicate with an author:

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