



The Art of Authenticity: Tools to Become an Authentic Leader and Your Best Self

By Karissa Thacker

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Leverage your authentic self into a valuable leadership strategy

The Art of Authenticity is a guide to becoming a better leader by achieving your best self. All people bring different sides of themselves to various situations. This book will show you how to broaden and deepen your effectiveness by presenting the most appropriate side of yourself. Dr. Karissa Thacker is the management psychologist called on by over two hundred Fortune 500 companies to work with high potential leaders. This book provides you with her expert guidance, based on validated psychological research and artful application of psychological principles to actual business situations, to help you become an authentic leader. You'll learn how to lead through reflection, action, and conscious choice, and how to maintain your guiding principles while effectively leading your team. By replacing habitual reactions with authentic ones, you'll find that you're modeling good behavior and effective decision-making—and that authenticity is contagious. This guide equips you with the tools and skills you need to be the catalyst of positive change your organization needs.

How do you remain authentic while being an effective leader? This book argues that the question isn't a duality. Authenticity is the best way to lead, and the only way to maintain sustainable success as an organization. This insightful guide shows you how to find your authentic self, and leverage that into an effective, executable leadership strategy.

- Become authentic in a way that befits your values
- Show loyalty, honesty, ethics, and consideration
- Maintain authenticity in leadership roles
- Make conscious choices instead of blind reactions

Some are born to lead, other must be taught, but *all* leaders must work to retain their own values and basic sense of self. A simple pause can mean the difference between a knee-jerk reaction and an authentic decision, and the effects ripple throughout your organization. *The Art of Authenticity* is your guidebook to finding the true authentic leader within, and leading from the inside out for the long haul.

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Editorial Review

From the Inside Flap

Being more authentic may be the key to reaching your external dreams and achieving internal well-being. But, being an authentic leader is more than making the right ethical decision. It is a daily choice to do the work to fully be yourself so, when the pressure is high, you are in shape to step up and say the unique contribution that will produce success. *The Art of Authenticity* is the meaningful guide to becoming a better leader by achieving your best self.

Written to inspire everyone in the shared struggle to be true to oneself and meet business goals, this research-based guidebook sheds light on an action plan for making more mindful and conscious choices that open up possibilities for being both authentic and successful when making small, everyday decisions. Insightful examinations into the value of being authentic reveal an immediately useful psychological model of authenticity that enables you to replace habitual reactions with authentic ones that stand by your personal values, while still making effective business decisions. Illustrative case studies of real-world companies bring the psychological theories to life, and motivating "workouts" at the end of every chapter mentor you through purposeful exercises that transition you into using the framework in your real-world leadership role. Conveniently organized to be an effective learning tool as well as a quick reference, this complete resource equips you with the hands-on techniques and psychological finesse to be the influencer of positive change your organization needs. In today's globalized world, being authentic is a powerful, adaptive trait all of tomorrow's top leaders will possess, and this book prepares you to be one by:

- Providing a reliable checklist of red flags to look for when determining if a leader is authentic or just charismatic
- Offering concrete steps and guidance for developing greater self awareness
- Detailing successful strategies for blending two different thought processes without bias toward your point of view
- Examining why it matters that morality is primarily driven by gut reactions and not cognition
- And more

The Art of Authenticity shows you the way to broaden and deepen the potency of your leadership by presenting your most authentic self in every decision you make.

From the Back Cover

An effective, executable leadership strategy *based on the real you*

"Today's employees value a strong company culture of honesty, transparency, and collaboration more than ever, and the connection between leadership behaviors and a company's culture is in- extricable. Karissa's book provides insight into the leadership qualities needed to create a great work environment and to build a strong culture of employee engagement that leads to success."

—**MARY LASCHINGER**, Chairman and CEO, Veritiv

"Karissa's take on authenticity is both thought provoking and practical. She demystifies what authenticity is, and importantly what it is not, relative to leadership. This is a straightforward book about the hard work it takes to become a true authentic leader, but it's also about the rewards of making that investment."

—**MARK SUTTON**, Chairman and CEO, International Paper

"Leaders need to get wiser about authenticity. Karissa gets it, and her book *The Art of Authenticity* will help you get it, too! She is one of the best story tellers of our time and brings the learnings from data-driven research to life, using real stories about real leaders in a conversational tone that has you on the edge of your seat, grasping for how each example applies to your own experiences and leadership style."

—**KEN FENOGLIO**, VP, AT&T University

"In *The Art of Authenticity*, Karissa Thacker does not only write about authenticity, she artfully exemplifies it. Science, storytelling, theory, and practice—this book has all the ingredients to help you become a better leader, and a better person."

—**TAL BEN-SHAHAR**, Serial entrepreneur and co-founder of The Wholebeing Institute, Potentiallife, Maytiv, and Happier TV and bestselling author

"A conceptual understanding of authenticity lacks the impact of authenticity in action. In *The Art of Authenticity*, Dr. Karissa Thacker keeps it real, weaving together broad and deep science, relatable case studies, and thought-provoking exercises to create a practical path for genuineness. Rather than vague notions and lofty platitudes, this book dives deep into the complex nuances of true authenticity. Read it if you want to be who you are—and then grow into even more."

—**MEGAN McDONOUGH**, co-founder and CEO, Wholebeing Institute

About the Author

Karissa Thacker is the founder and president of Strategic Performance Solutions, Inc., a management-consulting firm focused on creating innovative solutions in the space of human performance and satisfaction at work. She is a widely respected management psychologist who has served as a consultant for over 200 Fortune 500 companies including UPS, Best Buy, and AT&T. She also serves as adjunct faculty at the Lerner School of Business at the University of Delaware.

Users Review

From reader reviews:

Russell Belcher:

Reading a reserve tends to be new life style in this era globalization. With looking at you can get a lot of information that will give you benefit in your life. Having book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. Lots of author can inspire their very own reader with their story or perhaps their experience. Not only situation that share in the ebooks. But also they write about the knowledge about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors on earth always try to improve their ability in writing, they also doing some exploration before they write to the book. One of them is this *The Art of Authenticity: Tools to Become an Authentic Leader and Your Best Self*.

Blanche Ball:

This *The Art of Authenticity: Tools to Become an Authentic Leader and Your Best Self* is great e-book for you because the content that is full of information for you who all always deal with world and still have to make decision every minute. This kind of book reveal it details accurately using great organize word or we

can point out no rambling sentences in it. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but tough core information with wonderful delivering sentences. Having The Art of Authenticity: Tools to Become an Authentic Leader and Your Best Self in your hand like having the world in your arm, details in it is not ridiculous just one. We can say that no publication that offer you world throughout ten or fifteen tiny right but this book already do that. So , this is good reading book. Hi Mr. and Mrs. busy do you still doubt this?

Nancy Maxfield:

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Robert Hansen:

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