



The Leadership Dojo: Build Your Foundation as an Exemplary Leader

Richard Strozzi-Heckler

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History is filled with accounts of great leaders, but how did they become so? Written for emergent leaders in any endeavor, this new work from renowned consultant Richard Strozzi-Heckler offers a new approach to leadership. The first book of its kind to base business and management strength on integral body awareness, the book presents key principles such as *shugyo*, or self-cultivation, as crucial in developing the individual responsibility, social commitment, and moral and spiritual vision required to lead with authority and efficacy. *The Leadership Dojo* is based on three questions: What does a leader do? What are the character values most essential to exemplary leadership? How do you teach these values? Drawing on the wisdom of ages from Plato to the Bhagavad-Gita, from Thucydides to the Abidharma, the book asserts that understanding and answering these questions holds the key to superior leadership skills. Strozzi-Heckler teaches with real-world examples based on his wide experience training decision-makers at companies like AT&T and Microsoft. The book's multifaceted approach helps readers establish a powerful Leadership Presence, a platform from which they can take ethical action with compassion and pragmatic wisdom.

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