



Coherence: The Secret Science of Brilliant Leadership

Alan Watkins

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Business leaders face challenges every day, each one taking a toll on energy levels and the ability to respond and react positively. *Coherence* recognizes the key factors that take their toll on a leader's effectiveness and ability to lead and provides solutions designed to improve physiological factors that impact on core competencies. Including detailed insights from neuroscience, cardiology and medical technology, Watkins identifies which commercial conversations add the most value to a leader and their business immediately, objectively identifying hidden secrets to a leader's success and uncovering any obstacles inhibiting performance, from workload to communication.

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