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Leadership Styles: Stress in the Workplace

Carolyn Chute-Festervan

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GRADUATE STUDIES
Granite State College
UNIVERSITY SYSTEM OF NEW HAMPSHIRE

Leadership

- What is leadership?
- What are the different leadership styles?
 - Transformational
 - Charismatic
 - Transactional
 - Lassiez-faire

“Leaders must be close enough to relate to others, but far enough ahead to motivate them.”

John C. Maxwell

Leadership Styles = Stress

- Best leadership style to prevent stress
- Leadership Traits
- Toxic Leadership



How To Manage Stress

- Coping Skills
 - Exercise
 - Talk to your boss
 - Meditation
 - Don't multi-task
 - Set boundaries
 - Employee resources



References

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