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Leadership Styles: Stress in the Workplace

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Leadership Styles: Stress in the Workplace

Carolyn Chute-Festervan
MS in Leadership
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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

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Leadership Styles = Stress

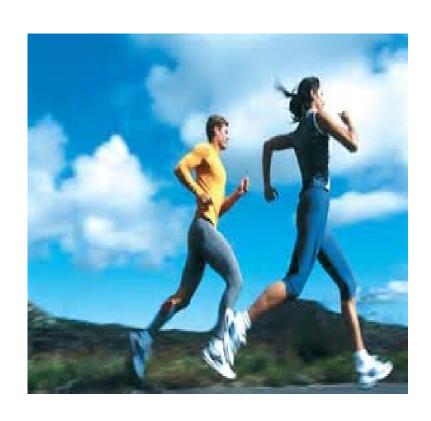
- Best leadership style to prevent stress
- Leadership Traits
- Toxic Leadership





How To Manage Stress

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



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