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Healthy Companies is a global management consulting and research firm dedicated to driving the CEO's Agenda.

THE HEALTHY LEADER

Prescriptions for growing a healthy company



Is your mind falling behind?

The world today is disturbingly volatile. Numbingly complex. Utterly unpredictable. Everything, it seems, is getting harder. To keep pace, you must do more than adjust your methods. You must become an inherently more adaptive person.



How's your intellectual health? **FIND OUT.**

What Great Leaders Know

Great leaders know that even mature adults are capable of extraordinary mental growth. That's very good news, because you and your people must get smarter to adapt to the world as it is. You can and you will... *if* you are intellectually healthy.

What does intellectual health look like?

- **Active engagement.** Current studies show that the brain does not automatically deteriorate as we age. Rather, the axiom "Use it or lose it" seems to apply. Intellectually healthy people exercise their cognitive abilities to stay mentally sharp.
- **Open mind.** We come into this world with insatiable curiosity, but over time we tend to close ourselves off to new ideas. Intellectually healthy people readily perceive and willingly embrace fresh possibilities.
- **Lifelong learning.** Closely related to an open mind is the drive to understand, explore and learn. As a lifelong learner you accept

"Leadership is all about encouraging a spirit of intellectual ferment and constructive dissent so that people are not bound by the status quo and mavericks are given free play."

— **Kumar Birla,**
Chairman, Aditya Birla Group
(India)

uncertainty, seek out (rather than resist) new experiences, and energetically push the boundaries of conventional thinking.

Where can you grow?

Albert Einstein said: "Intellectual growth should commence at birth and cease only at death." Perhaps you've thought of yourself as "a finished product" with little potential for further development. In a fast-changing, risk-filled world, few beliefs are more dangerous.

Ask yourself...

- What am I doing to stretch my mind and keep it sharp?
- Have I set clear goals for my intellectual growth and development?
- Am I cultivating the intellectual health and ambitious development of my people?

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