

HEALTHY
COMPANIES
INTERNATIONAL



WANT TO
KNOW MORE?

rand*

READ a complimentary copy of *Become an Authentic Leader* with Linda Rabbitt, Founder and CEO, rand* construction corporation.



SUBSCRIBE



EMAIL THIS



PRINT THIS



PAST ISSUES



OUR SERVICES

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



Who are you afraid of?

Leadership is personal. Your capacity to inspire, energize and influence others stems largely from who you are. Yet many leaders are afraid to show their true selves at work.

What Great Leaders Know

Great leaders know that leadership begins with being true to yourself. The best leaders are open and honest about their feelings, needs, and weaknesses—as well as their strengths. They readily admit they don't have all the answers.

When you are true to yourself, you:

- Courageously accept the vulnerability that comes with being authentic.
- Freely voice your passions.
- Encourage others to be true to themselves.
- Make deeply rewarding connections.

Read [Being Vulnerable at Work: Traps and Tips](#).

Will you show up?

We all have inner demons. Don't let yours hold you back. Face and resolve negative, harmful thoughts and feelings so you can constructively lead with the full force of your true self.

Ask yourself...

- Am I at ease being myself?
- Do I openly share my true beliefs?
- Do people at work know the real me?



How authentic are you?
[CLICK HERE](#) to find out.

"People are watching you every day. They notice what you say, what you don't say, and what you do. At the end of the day there are no secrets. All the truth comes out. I just want to make sure that my truth is pure, that I am being honest with myself."

— **Linda Rabbitt,**
CEO,
rand* construction corporation

Read [what others are saying](#) about authenticity.

You've been chosen to receive this email because of your previous interest in building healthier companies.

© Copyright 2011. [Healthy Companies International](#). All rights reserved.