



# Neuroscience for Leaders: A Brain Adaptive Leadership Approach

*Nikolaos Dimitriadis, Alexandros Psychogios*

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Modern science has shown that in order to behave more productively in complex business situations, we need to understand and alter the inner workings of our brain. Using the latest insights from applied neuroscience, behavioral economics and psychology, *Neuroscience for Leaders* demonstrates how to become a better leader through brain-based learning.

Nikolaos Dimitriadis and Alexandros Psychogios provide a step-by-step framework for fine-tuning brain functions in four key areas: enhancing the thought process, understanding and nurturing emotions, shaping automated brain responses, and developing dynamic relations. They explain the underlying science behind these steps, why they are important to the business environment, and how they can be improved.

With case studies, self-assessment tools and useful exercises, *Neuroscience for Leaders* is a valuable guide for managers and leaders looking to improve leadership effectiveness.

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