



## BrainWise Leadership

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With all the current changes and uncertainty going on, in and around the public service, this book is particularly timely. *BrainWise Leadership* is about teaching people to thrive in today's ever changing world.

The first part of this book covers why it is important to be a BrainWise leader. It provides the latest research in neuroscience around behaviours, attitudes and motivations.

Research now highlights that some traditional leadership approaches are not appropriate in turbulent times. Instead, science is now providing new ways of leading that work with the brain to create sustainable change, while allowing people to thrive, not just survive.

The authors have paired the science with practical actions for leaders. For example, Part 1 of the book covers the three key elements of BrainWise leadership: individual brain fitness, cultivating healthy relationships and creating conditions for optimal performance. Each of these elements is covered in separate chapters and includes practical ways to improve these skills in order to become a BrainWise leader.

The second part of the book, comprising four chapters, covers how to effectively undertake complex problem solving. Many will find this extremely helpful as it highlights ways to ensure great decision-making through being aware of individual tendencies and biases when

making decisions. It also provides practical strategies for each of the four steps needed to ensure great problem solving in complex situations.

The final section covers the science behind being a BrainWise leader. So for those of you who would like to understand that, it will provide you with an in-depth, up-to-date understanding of how the brain works.

The two authors, both psychologists, work with organisations to assist their leaders to thrive in complex times – to become BrainWise leaders. What I love about this book is that it covers not only the latest research findings in neuroscience but, because of the authors' practical experience, also includes practical tools and case studies to assist leaders in applying their concepts.

This book is a fabulous resource for leaders who want to improve their leadership skills. Science is only just starting to understand how the brain works and this book provides leaders with practical information that, if applied, will make them better leaders able to thrive in these complex, turbulent times. ■