

領導力測試：在壓力下仍保持冷靜的思考A Test of Leadership: Keeping Your  
Head in Stressful Times

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摘要

Explain the importance and influence of remaining calm in the current turbulent times. Analyze how managers and business benefit from this competitive advantage to build the relationships that work, to improve the leadership, and to develop yourselves. The followings are the writer' s suggestions:

- 1.Changing perspective
- 2.Management Judo
- 3.Zen and the art of staying calm
- 4.Your life takes place between your ears

關鍵字：Calmness, Negative emotions, Management  
Judo, Meditation, Relaxation response