



Eye Of The Storm: How Mindful Leaders Can Transform Chaotic Workplaces

By Ray Williams

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Ray Williams is acknowledged as one of Canada's pre-eminent executive coaches, professional speakers and thought leaders on leadership, workplace culture, personal well being and mindfulness. With Eye of the Storm, he presents his first book exploring in-depth the problems of a chaotic workplace and powerful leadership strategies to institute mindfulness practices into personal lives and organizations.

When we look for a thought leader we want someone who has leadership experience and research capacity. That's why many have turned to Ray Williams's numerous articles and interviews published in such prestigious publications such as the Washington Post, The Financial Post, The Huffington Post, and Psychology Today for his insights and knowledge.

With the advent of a global economy, technological innovation, automation, and economic restructuring caused by recessionary times, workplaces have become chaotic and stressful.

The result has been:

- * increased stress levels
- * workplace conflict and bullying
- * declining employee engagement
- * mental health issues
- * overall decline in worker well being

In Eye of the Storm, Ray Williams presents a powerful low-cost leadership strategy to address these issues--mindfulness practices. These practices include leaders demonstrating a mindful leadership style and specific practical mindful practices that include not only opportunities for meditation, but also informal mindfulness activities. He shows how these practices can have a practical and measurable impact on increasing and sustaining a productive and happy workplace.

Eye of the Storm will be an indispensable book for HR practitioners, leaders, and employees wanting to make the workplace somewhere they will be productive and happy.

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Editorial Review

From the Author

"Two roads diverged in a wood, and I--I took the one less travelled by, and that has made all the difference."--Robert Frost

During the last two decades, I've had the privilege of working as an Executive Coach and Consultant with CEOs, senior executives, HR professionals and middle managers in Fortune 500 companies, Best Managed Companies in Canada, and other large, medium-sized and small firms, including startups. I've worked both with public sector organizations and those in the private sector. That work has been greatly rewarding and given me an insight how organizations work and the nature of the people who lead them.

During that time, I've been struck by the wide differences that exist among organizations in terms of their organizational culture, leadership style and employee behavior and relationships.

Some organizations can be characterized as being chaotic, unfriendly and rife with conflict and malaise, almost palatable when you walk in the door. Leaders in organizations are not trusted; there is high turnover and absenteeism; and productivity, worker engagement and well being are low.

Other organizations were clearly different. They were vibrant, friendly places, where respect and trust for leaders was clearly evident. And most employees are long-term, cooperative; and their engagement, productivity and well being levels are high. It was like Charles Dickens' *Tale of Two Cities*. Over the years, I'd seen many leaders, management consultants, trainers, reorganizations, and flavour of the month workshops come and go--often with little effect on dysfunctional organizations.

Which led me to examine in depth the "why" of what made great organizations and the nature of their leaders. Of course, much has been written about this by management experts such as Tom Peters and Jim Collins. And the organizations they examined and leadership styles that are espoused, quite frankly, seemed to have a shelf life.

Coincidentally with finding the answer to that questions, I became immersed personally and professionally in the growing interest and research on mindfulness, which happened to fit in perfectly with my approach to coaching executives, which is very much an "inside-out" process.

So this book is both an effort to define and describe the disheartening and dysfunctional state of the workplace, and also examine the mindfulness phenomena as it applies to leadership and the workplace.

It is my hope that leaders and professionals will be able to use the book and the resources contained within as a stimulus for discussion and potential changes in organizations. At the end of each chapter I've provided some links for readers to follow up that will provide more practical strategies for implementation.

There's a fork in the road. And we need, more than ever, to take the mindful one.

From the Back Cover

In Praise of Eye of The Storm:

"Ray Williams's book combines practical mindfulness insights with powerful leadership techniques based on both experience and a thorough review of the research literature."

--Emma Seppala, Ph.D., Associate Director, Center for Compassion and Altruism Research and Education, Stanford University School of Medicine

"Any leader, especially those who are striving to implement change at work, will benefit from this provocative and pragmatic book. The book will be especially helpful to those working in a broken environment. Eye of the Storm will be your salvation."

--Marshall Goldsmith, recognized as one of the top

ten Most Influential Business Thinkers in the world.

"Eye of the Storm is a compelling look at the failure of management to engage its workforce in meaningful work...Ray Williams neatly dissects the problem and offers solutions."--**John Baldini, internationally acclaimed thought leader, executive coach and author of many books on leadership including, MOXIE: The Secret to Bold and Gutsy Leadership.**

"Ray Williams provides a powerful narrative that explains why the workplace is such a toxic environment for all employees, and then gives real actionable solutions to turn your ship away from the storm and into paradise."--**Dan Schawbel, New York Times best selling author of Promote Yourself and Founder and WorkplaceTrends.com**

"Eye of the Storm shows you how to create an environment where people re happy, creative, productive and look forward to getting to work each day."--**Brian Tracy, Internationally renowned personal and professional achievement expert, speaker, thought leader and author of his new book, How the Best Leaders Lead.**

"Ray Williams's book argues convincingly how mindful leaders can make a major impact on their organizations. Readers will find this book a valuable resource in change management and workplace culture initiatives."--**Dr. Tony Alessandra, author of the The NEW art of Managing People and The Platinum Rule.**

"Ray Williams does a masterful job...As a leader if you have come to a place in your life where you realize the pace you're working and living at is just not sustainable, or you're just curious to know how mindfulness can play a part in helping you live a life that is more on purpose, then this is the book for you."--**Mike Desjardins, CEO, VIRTUS INC.**

"Eye of the Storm is powerful advice on how leaders need to capture a moment to pause; to reflect; calm the distractions; and become more mindful. He has done a great job outlining the challenges and opportunities today with leadership and how 'knowing thyself' is critical to success."--**Brian Conlin, Global CEO, Golder Associates Corp.**

"Ray Williams is a master story teller with a rich background of experience and knowledge to draw from. His teachings in 'mindfulness' have important relevance to our professional lives and personal well being. I highly recommend Eye of the Storm."--**Michael Webb, Sr. V.P., Agrium Corporation**

Author's Website: raywilliams.ca

Eye of the Storm Amazon U.S. Price: \$10.99

Eye of the Storm Amazon Canada Price: \$13.42

About the Author

Ray Williams is a leading authority on leadership, workplace culture and personal growth. He is author of the acclaimed books, Eye of the Storm: How Mindful Leaders Can Transform Chaotic Workplaces and Breaking Bad Habits. He is a Master Executive Coach, Leadership Trainer and Professional Speaker in demand throughout North America. He has been a CEO, HR Executive, Management Consultant, Leadership Trainer and Executive Coach for the past 35 years.

His clients have included Fortune 500 companies and Best Managed Companies in Canada. Ray is a regular contributor to or been interviewed by such publications as The Washington Post, USA Today, The National Post, The Financial Post, MacLean's, Entrepreneur, Forbes, Psychology Today, Fast Company, and Salon and has been a regular guest on a number of radio and television programs, talking about leadership, brain science, workplace issues, careers, and personal growth.

He is currently President of Ray Williams Associates, a company based in Vancouver, Canada, providing leadership training, executive coaching services and professional speaking services.

Ray was born in Hong Kong in a POW camp as a prisoner of the Japanese in WWII. He spent his childhood

there and Australia, then emigrated to Canada.

Ray's new book, *Eye of the Storm: How Mindful Leaders Can Transform Chaotic Workplaces* describes in vivid detail today's chaotic workplaces and how mindful leaders can introduce mindfulness practices to transform their workplaces into ones of greater productivity and employee well-being.

Ray has published a novel, *Dragon Tamer*, an international thriller involving drug traffickers in Hong Kong and Mexico, and the involvement of corrupt police and the CIA. His non-fiction books, *The Leadership Edge*, describes leadership strategies to transform school systems and *Breaking Bad Habits*, a book on the science of habit control. He is also contributing author to *Systemic Change*, and the best seller, *Ready, Aim, Influence*.

Users Review

From reader reviews:

Louise Hawkins:

Now a day those who Living in the era everywhere everything reachable by match the internet and the resources inside it can be true or not need people to be aware of each information they get. How many people to be smart in getting any information nowadays? Of course the solution is reading a book. Reading through a book can help persons out of this uncertainty Information mainly this *Eye Of The Storm: How Mindful Leaders Can Transform Chaotic Workplaces* book as this book offers you rich data and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it you probably know this.

Tracie Berry:

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