

Acknowledgements

We would like to thank our families – Jeremy, Anna, Lucia and Isabel, and Doug, Emma and Leah – for putting up with us while we wrote this book. And for being pretty fabulous.

Special thanks go to all of the students and participants who have attended our workshops over the years. You have enriched our thinking and have made our experience of facilitating personal leadership development both enjoyable and meaningful.

We would also like to acknowledge our colleagues at Henley Business School. In particular, Chris Dalton set the stage for making personal development a keystone of the Henley MBA and encouraged us to join the conversation and add our stamp to it. Bernd Vogel believed in this book, and we thank him for his supportive leadership.

Leah Saddy, in her role as copy editor of this book, helped to ensure clarity of thought and word. Emma Saddy provided valuable feedback on the manuscript. We thank both of them for demonstrating that this book is also relevant to 30-somethings.

Finally, we would like to thank the De Gruyter team for their professionalism and support.

