

# Leadership Styles: Stress in the Workplace

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# Leadership

- What is leadership?
- What are the different leadership styles?
  - Transformational
  - Charismatic
  - Transactional
  - Lassiez-faire

*“Leaders must be close enough to relate to others, but far enough ahead to motivate them.”*

*John C. Maxwell*

# Leadership Styles = Stress

- Best leadership style to prevent stress
- Leadership Traits
- Toxic Leadership



# How To Manage Stress

- Coping Skills
  - Exercise
  - Talk to your boss
  - Meditation
  - Don't multi-task
  - Set boundaries
  - Employee resources



# References

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