

## **ABOUT THIS BOOK**

When I wrote this book I wanted to make the best use of my readers' time. It will only take a couple of hours to read and is written in a style that will help dissolve the complexity and mystery that some people weave around building teams.

While this book is not an academic journal, the concepts have grounding in both management research and also the science of high performance. If you want to learn more, you can go to the resources section of our website to find dozens of management articles, case studies and research in the areas of physiology and neuroscience to get a better understanding about how people perform at their best and how this fits with the concepts in this book.

The book is in two parts.

### **BOOK 1: JACK AND THE TEAM THAT COULDN'T SEE**

Although this part is written as a work of fiction, the lessons embedded in the story are essential for leaders who want to engage and inspire their people. As you read through the story, you will find characters that reflect the people in your teams and problems that are prevalent in every organisation.

The lessons that Jack learns throughout the story can be applied in any context and I encourage you to pause throughout the story and reflect on your own challenges as a leader.

### **BOOK 2: BUILDING HIGH PERFORMANCE TEAMS**

This part of the book takes you through the framework for building high performance teams that is (unwittingly) applied by Jack throughout the story. It has more of a management focus and will help people connect the lessons in the story to their application in the office.