
RITU G. MEHRISH

MEDIA KIT

'Un: Block: Humanising Leadership'

AUTHOR BIO

BOOK BIO

BOOK BENEFITS

BOOK EXCERPT

TESTIMONIALS

INTERVIEW QUESTIONS

MEDIA

SPEAKER

CONTACT



Un: **BLOCK**
Humanising Leadership

AUTHOR BIO

Ritu G. Mehrish is a woman on a mission to humanise leadership. She provides a refreshing and unique angle in presenting the human side of leadership by talking about the challenges, dilemmas and setbacks of leaders in their leadership journey. She believes leaders don't have to be superheroes, and they don't have to try to be perfect all the time.

Almost all leaders go through a phase in their career where they feel demotivated, uninspired, lost and not on top of their game. This could be triggered by various internal and external reasons like: role fatigue, an ineffective supervisor, a misalignment of personal vs organisational goals, a resistance to change, or other external and personal factors.

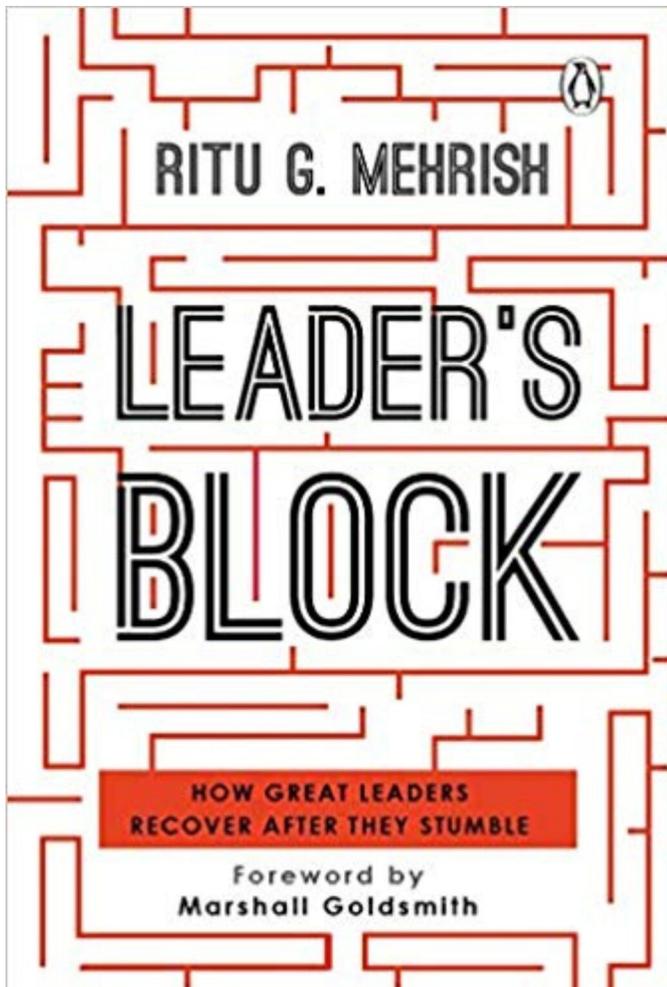
If this phase is not addressed it has a negative impact on the leader, the team and the organisation. Ritu has given a name to this phase *Leader's Block*.

Ritu is a global speaker, executive coach and author, with 20 years of corporate experience with P&G, GE Capital and GE spin-off Genpact. In her last role, Ritu ran a multimillion-dollar business vertical with 1000 people across eight countries and five continents.

Her business and leadership experience has enabled her to bring in a pragmatic approach to leadership development. Her client list of: Google, PayPal, Swiss Re, JP Morgan, Applied Materials, Intel, Knight Frank, Johnson & Johnson, Deloitte, AIA, Medtronic, and Wharton Executive Education, highlights the level of expertise she brings to the leadership topic.



BOOK BIO



As an executive coach, I have had the privilege of working with brilliant leaders across many regions and industries. As I listened and worked with them on their challenges, it dawned on me that there are thousands of books, articles and motivational talks that tell leaders how to get better, how to be more effective, how to be more productive, how to be more profitable, and how to be more successful. But, few talk about the challenges, fears, and dilemmas that leaders experience.

In this book I have given a name to their temporary challenges and dilemmas and have shared insights on how to recognise, acknowledge, overcome and prevent this state of being in the future. I call it 'leader's block'.

Author: Ritu G. Mehrish

ISBN: 978-0670091928

Category: Leadership, business

Price AU: \$30.84



BOOK BENEFITS

This is a book written for leaders by leaders. The discernments and highlights within are based on intensive and in-depth interviews and conversations with more than two hundred leaders across various geographies and industries, and my own twenty years in the corporate world. I have researched this topic extensively, studying articles, leadership books and research papers to find linkages, data, and evidence to support or contradict leader's block. It is critically important that we as leaders have supportive evidence along with positive insights and recommendations to assess, understand, and eliminate leader's block when it appears.

This book is relevant to leaders across the organization and at all levels. As leaders shared their stories with me I discovered a little bit of me within each of them. I could relate to the stories and emotions that they shared and my hope is that you too can find a little bit of yourself in these stories and anecdotes and learn how to deal with leader's block.

The book/talk will help leaders and organisations:

- Give a name to a phase that (almost) everyone goes through.
- Recognise and acknowledge the symptoms.
- Learn strategies to overcome this phase.
- Understand the impact of leader's block.
- Understand the repercussion of ignoring leader's block.
- Learn practices to prevent it from recurring.

Get insights from other leaders through case studies

BOOK EXCERPT

Leader's Block is as common and pervasive as the flu. Everyone gets it. It starts with a simple cough and the sniffles, which are self-healing in most cases. But, if the symptoms continue and are not treated, it can lead to pneumonia.

There are some early signs that signal the onset of leader's block, such as feeling demotivated or uninspired for few days or even a few weeks. If this situation is prolonged beyond a few weeks, it can quickly become leader's block. If leader's block is not treated, it can, more often than not, lead to burnout.



TARGET AUDIENCE

Business operators

Entrepreneurs

Teachers

CEO's

Business startups



Large companies

Managers

Trail blazers

Disrupters

Educational institutions

TESTIMONIALS



Book foreward by Dr
Marshall Goldsmith



'Thank you for your great speech and thoughts! For me this was an eye opening new approach to look at how to develop as a leader.'

Aslak de Silva, CEO, Nordics Business Forum



'In the book, Ritu has explored an aspect of leadership which we don't often talk or hear about. I highly recommend this book to all leaders irrespective of their background and experiences.'

'Tiger' Tyagarajan President and CEO, GENPACT

INTERVIEW QUESTIONS

What made you want to write a book which acquaints the reader to the human side to leadership?

How did you come up with the term “Leader’s Block”? and how common is the leader's block?

How can companies empower those in leadership positions to acknowledge their vulnerabilities and perform to the best of their abilities?

People in places of considerable seniority often feel that they are not in a position to ask for help, how does your book try to debunk this stigma?

What is the most prominent sign of a 'leader's block' and how can it be tackled?

What could be the ramifications (to the company and individual) if a leader's block goes unchecked?

Do women in positions of leadership tackle 'leader's block' differently than men? If so, how?

What are the challenges you faced in putting this book together?

Who are the leaders you look up to and how have their journeys inspired in the writing of the book?

What would be the one thing that you would want readers to take away from this book?



MEDIA

Articles



NORDIC
BUSINESS
FORUM

Forbes

Interviews



SPEAKER

'Through speaking, I tell my story and stories of other leaders who have gone through the challenges and blocks that you are facing; to encourage, motivate, inspire, influence and to help you find a little bit of yourself in them. I help in creating a sense of belonging and kinship.'

Ritu G. Mehrish



CONTACT

EMAIL ritu@ritumehrish.com

PHONE [+65 90613760](tel:+6590613760)

WEBSITE www.ritumehrish.com

FACEBOOK '[ritu.guptamehrish.7'](https://www.facebook.com/ritu.guptamehrish.7/)

LINKEDIN '[RituGMehrish'](https://www.linkedin.com/company/RituGMehrish/)

YOUTUBE '[Ritu G. Mehrish'](https://www.youtube.com/channel/UCRituGMehrish/)

TWITTER '[@RituGMehrish'](https://twitter.com/RituGMehrish)



Un: **BLOCK**
Humanising Leadership
