Contents

Acknowledgements		i
Foreword by David Normington		х
Chapter 1	The Journey Ahead	
Chapter 2	Vision	Ç
Chapter 3	Values	43
Chapter 4	Value-added	87
Chapter 5	Vitality	12
Chapter 6	Courage and Calmness	152
Chapter 7	What is Success?	167
Chapter 8	Moving On	179
Annex 1	An Individual in a New Role: An Illustrative Case Study	19
Annex 2	A Team Deciding on Next Steps: An Illustrative Case Study	199
Annex 3	Bibliography	205
Index		211