

Heart@Work  
The Art of Inspirational  
Leadership

Dr. Jennifer Whitaker

# Foreword

In ancient times, the heart was believed to be the source of emotion. The origins of the word heart and courage come from the same Old French words *corage* and *cuer*.

In post-modern times, Dr. Whitaker explores *heart* as it applies to the dramatic complexities we face in society and business. In the following pages, she takes us behind closed doors with unsung CEOs of character—business leaders who do the right thing when it isn't always the easy thing, and usually, with excellent results.

The heart of a leader—this willingness to face danger and take actions for the sake of being noble—is not just the stuff of legends and fairytales; it is a virtue from which all other virtues arise. And in these troubled times when cynicism is at an all time high and trust in leaders is at an all time low, Dr. Whitaker has discovered many executives use this virtue, which she calls heart at work, as the antidote.

Jennifer and I agree leadership takes courage as do many of the executives she interviewed for this book, including Bill Curry, the head football coach at Georgia State University and former coach of Alabama, Georgia Tech, and Kentucky. Curry calls it *magnanimitas*, a Latin word for greatness of spirit. He sees his role as coach as being

someone who develops this spirit in others, so that they, in turn, give it to others.

C.S. Lewis wrote that the denial of emotions in the leaders of his time led to “men without chests,” leaders without heart. In her book, Dr. Whitaker identifies how this same lack of heart is happening in our time and she explores how it can be remedied. Her interviews with top executives revealed that leaders of successful business teams develop this spirit of courage she calls heart at work.

*Heart@Work* is not only a much needed metaphor for the inner strength to nerve oneself to perform action, but a practical, three-part practice that I hope more people will turn to when choosing how to lead. May it inspire and inform you and your team.

– Dr. Betty Siegel