

# Executive Digest

## From the Executive Coaching Centre

Dr Iain McCormick enables senior executives to experience fulfilment in their work life and he develops high- performance teams that people love to be part of.

[www.executivecoachingcentre.com](http://www.executivecoachingcentre.com)

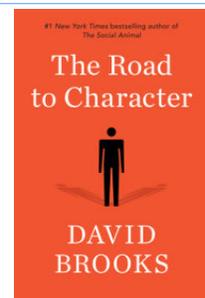


## The best book I read in 2015?

*The Road to Character* by David Brooks is a very memorable read. Brooks explores the two opposing sides of our nature, called Adam I and Adam II. Adam I is our resume Adam who wants to build, create and produce. He wants status and victory. Adam II is the internal Adam who wants to live by clear moral values. He wants a serene inner calm, to not only do good but also to be good. Adam II wants to love intimately, to sacrifice in the serve of others and to live by his deepest values. The contradiction between the two Adams is never fully resolved and we are constantly in self-confrontation. This is because the Adams use different logic with Adam I using the logic of economics, input leads to output, effort leads to reward. Adam II lives by moral logic – to give in order to receive, to conquer your desires to get what you crave. Success leads to the great failure of pride while failure leads to the success of humility and learning. To cultivate Adam I you need to build on your strengths while for Adam II you need to confront your weaknesses. We live in a culture that nurtures Adam I and neglects Adam II. Yet we long for more significance in our lives. The book sets out a wonderful series of Adam II stories about a range of people that have confronted themselves and cultivated a wise heart: from the remarkable Samuel Johnston, to Saint Augustine to the writer George Eliot. A stimulating, provocative read.

## Services

- Teams** Two-year high performance senior team development
- Leaders** Leadership programmes directly related to organisational strategy
- Individuals** Tailor-made individualized intensive learning programmes
- Alliances** Comprehensive culture development to foster collaboration



In summary: we have many inner contradictions which we can call Adam I who wants to conquer the world and Adam II who wants to serve the world. Read all about it!