

# The Best Leaders Have a Contagious Positive Energy

This post references the [HBR article](#) titled “The Best Leaders Have a Contagious Positive Energy” by Emma Seppälä and Kim Cameron.

Take a few minutes to read the whole article [here](#), but one of the key takeaways for me in the value of emotional intelligence and empathy, informing your engaged leadership style. We are all hungry for leaders who care and have a positive energy, you see it in high performing teams where there is an associated high degree of trust. The effort required to project energy and enthusiasm is well worth the investment, but it must be authentic – not the cheerleader style that is empty of real engagement.

Energizers’ greatest secret is that, by uplifting others through authentic, values-based leadership, they end up lifting up both themselves and their organizations. Positive energizers demonstrate and cultivate virtuous actions, including forgiveness, compassion, humility, kindness, trust, integrity, honesty, generosity, gratitude, and recognition in the organization. As a result, everyone flourishes.

[HBR - THE BEST LEADERS HAVE A CONTAGIOUS POSITIVE ENERGY](#)