

Tides: How to Grow as a Human Being and Leader

By Bjorg Eggerts

Introduction

Tides is a transformative guide for those seeking to grow, heal, and lead with clarity and authenticity. Rooted in nature-based wisdom, research, and practical tools, it invites readers to strengthen their inner foundation and step into leadership—both personal and professional—with greater confidence and purpose. The book draws inspiration from the natural rhythm of tides, symbolizing the continuous flow of growth, reflection, and renewal that defines human development.

The Six Themes of Growth

Tides unfolds through six interconnected themes that form a holistic framework for sustainable transformation:

1. **Self-Acceptance**

The foundation of growth begins with embracing one's whole self—strengths, vulnerabilities, and everything in between. Through mindful reflection and compassionate awareness, readers learn to cultivate inner stability and authenticity.

2. **Adaptation**

Change is constant, and adaptability is essential for thriving. This section explores how to navigate uncertainty with openness, flexibility, and trust in one's capacity to evolve.

3. **Connection**

True leadership and wellbeing arise from meaningful relationships—with oneself, others, and the natural world. This theme emphasizes empathy, communication, and the power of shared purpose.

4. **Consideration**

Thoughtful awareness of impact—on people, systems, and the environment—forms the heart of conscious leadership. Readers are guided to lead with integrity, compassion, and responsibility.

5. **Balance**

Sustainable growth requires harmony between mind, body, and heart. Through practical exercises and reflection, this section helps restore equilibrium and prevent burnout.

6. **Purpose**

The journey culminates in aligning actions with deeper meaning. Purpose becomes both compass and anchor, guiding decisions and inspiring authentic leadership.

Practices and Tools

Each chapter integrates reflection prompts, mind–body–heart exercises, and actionable strategies designed to enhance resilience, emotional intelligence, and relational depth. The practices are accessible and adaptable, supporting both individual exploration and group learning.

Supporting Materials 7hh.is

Readers gain access to a collection of complementary resources, including guided practices, reflective questions, and developmental exercises. These materials extend the book's impact, making *Tides* a valuable companion for:

- Personal growth and self-leadership
- Team and organizational development
- Leadership training and coaching
- Wellbeing and mindfulness programmes

A Journey of Transformation

Tides is more than a book—it is an invitation to align with the natural flow of growth, to lead with presence and compassion, and to live with purpose. Through its six themes and integrated practices, it offers a clear, grounded, and inspiring pathway toward becoming a more conscious, connected, and balanced human being and leader.