

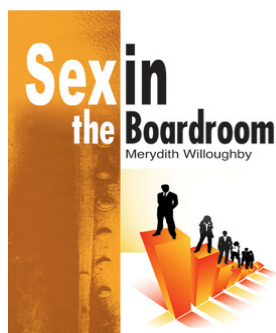


Merydith Willoughby is an author and award winning international organization development consultant with over two decades in this industry. She is a prolific writer, published globally and regular commentator in the media. Merydith's excellence has been acknowledged in many ways, most recently Marion Citizen of the Year nominee – Marion Australia Day Awards and Australian of the Year nominee. She is listed in Who's Who SA, was awarded a Corporate Business Champion Award by Drug Arm and was on the Inner Southern Business Enterprise Centre as a board member when they were voted best enterprise centre in Australia. While project director at the SA Business Vision 2010 Think Tank she helped get her state on the map at the prestigious annual national Australian Chamber & Commerce awards for the second time in the awards' 10 year history. [Services delivered to New York & Adelaide.](#)

A highlight of Merydith's career was when she attended President Obama's inauguration and launched *Sex in the Boardroom* (leadership book) in Washington DC & NYC. Later that same year *The Washington Post* published an article of Merydith's 'Five Leadership How-Tos for Recession Survival'. She is also the author of *If it's to be: It's up to me* and is currently writing *Back from Hell*.

Merydith went to university as a mature age student to study Labour Studies at the University of Adelaide. Since that time, she has gained a cross-institutional postgraduate qualification in education and politics from three major Universities. Other studies have included business development, coaching, training, HRM, neuroscience and cognitive behaviour therapy. One result of this passion for learning in such a diversity of areas is that Merydith is able to look at the world and those in it in many different ways. This ability contributes much to her success.

When a corporate contract ceased in 1993, Merydith founded IB Coaching. IB has worked literally from boardrooms to the grass roots level of society. The approach they use is based on keeping it simple, to focus on building competencies, to inform, to involve and to engage all stakeholders. They then measure, monitor, mentor and manage key result areas. IB uses a clear, systematic and practical approach with all clients and there is no guessing going on.



Numerous books are written each year about the theoretical perspectives of leadership development yet few provide readers with key techniques, strategies to use or key questions to help them move out of the 'don't know what to do stage' to being powerful leaders in their own right. One without the other is not useful and many books just end up on the bookshelf collecting dust. Being a powerful leader doesn't just happen - it requires a lot of hard work, is time consuming and although some may have a natural tendency towards it, every leader has to continue to strive for excellence. *Sex in the Boardroom* has a systems approach to leadership development and it can be used as a tool to review what you are doing, to make minor changes or to make radical changes in the way you lead. And while *Sex in the Boardroom* isn't about work/life balance this is exactly what those in business are getting when they work with the process.

Some organizations realize they have to put the time and effort into developing their leaders because the so called level playing field has either gone or taken a beating with the increased competitiveness of the global market. Most organizations don't provide their leaders with enough - if any - development because they just expect them to know what to do. What development they do provide is usually 'training' as they don't know what else to look for or what else actually works. Training provides knowledge and gives participants information but it does not provide them with the strategies, guidance or support to change what is not working well in the workplace. Training also doesn't ask them the 'tough' questions that elicit insights. *Sex in the Boardroom* does. If you are willing to do the required work then this book can help you to be one of the leaders we talk about in the chapter, Your Style - which one is totally up to you.

This book has humor throughout it because driving and developing the processes of leadership does not have to be hard, dry and boring. I want you to have a good laugh. We all know the role on any given day is anything between unrelenting and exhilarating and the more endorphins you have surfing in your body - the better. When you lead your people with a more playful attitude, it can be infectious and resonate with everyone. This in turn helps create teams who are on your side and who feel passion, enthusiasm and excitement for what they are doing. No one wants to work with a powerful, yet cranky leader. Would you?