



# The Simple Leader: Personal and Professional Leadership at the Nexus of Lean and Zen

*Kevin L Meyer*

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Simplicity, flow, respect for people, reflection, observing the present state, humility, beginner's mind, inquiry, a search for perfection. These are just some of the concepts shared between Lean, also known as the Toyota Production System, and Zen.

In *The Simple Leader*, author Kevin Meyer describes how he discovered and leveraged Lean on his thirty-year leadership journey from engineer to President of a medical device company. Then, when faced with a very stressful family health situation, he learned about Zen - and soon realized that there were common themes that could be used to improve both personal and professional leadership.

Filled with personal stories, practices, and insight built on experience, *The Simple Leader* will help new or struggling leaders in any industry become more organized, effective, and balanced.

The book is organized into eight parts, each with a different purpose:

- **Part One: Fundamentals** A quick history lesson and exploration of the basics of Lean and Zen.
- **Part Two: Reconnect** Before doing anything, a leader has to be in touch with her or his inner self.
- **Part Three: Create** Methods to improve personal productivity to prepare for the work that is coming.
- **Part Four: Lead** How to engage and lead your team as you begin the improvement journey.
- **Part Five: Clarify** Clarifying what you and your organization are about, defining the current state and the desired future state, and creating a plan.
- **Part Six: Simplify** Using your new plan, you can take the first step and simplify your operation within the context of that plan.
- **Part Seven: Improve** Methods to identify and execute improvement projects within the context of your plan.
- **Part Eight: Grow** Within ongoing improvement projects in place, it is time to stretch yourself and your organization even further.

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