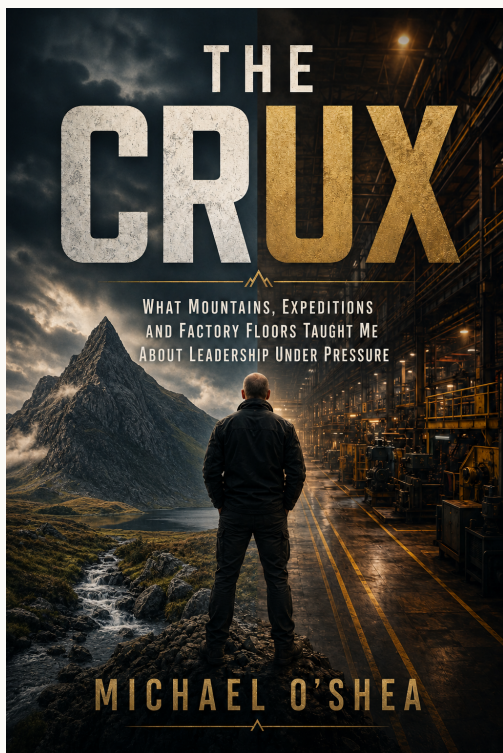


THE CRUX

What Mountains, Expeditions and Factory Floors Taught Me About Leadership Under Pressure

A story-led leadership book about staying calm, holding standards and leading people when things get difficult.



About the book

The Crux is not a textbook leadership model. It is a practical, story-led memoir drawn from mountainsides, overseas expeditions and factory floors. It explores the moments that shape leaders - pressure, accountability, difficult conversations, standards, mistakes and the responsibility carried when others are relying on you.

Who it is for

- New and aspiring leaders stepping into responsibility.
- Team leaders, supervisors, operations managers and number-tuos carrying pressure before they feel fully ready.
- Senior leaders who value practical leadership, standards, culture and calm judgement.
- Outdoor leaders, coaches and people who develop teams in real conditions.

Key themes

Leadership under pressure

Calm judgement

Standards and accountability

Operational excellence

People development

Learning through real experience

About the author

Michael O'Shea is an operations leader, Mountain Leader and former outdoor instructor. He has led young people in the mountains and on overseas expeditions, and has built a career in operational leadership, lean manufacturing, team development and business improvement. His writing brings together calm judgement from the mountains with practical discipline from operations.



Scan for Amazon

When the pressure rises, the real lesson begins.

Mountains. Expeditions. Factory floors. Leadership learned the hard way.

Available on Amazon: amazon.co.uk/dp/B0H6QWKXTX

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