

# MEET ME IN THE MIDDLE

A GUIDE TO  
OVERCOMING & PREVENTING  
POLARIZATION IN THE WORKPLACE



Our society and workplaces have become overly polarized. While once we could agree to disagree, we now avoid or even cancel those who have opinions differing from our own. I help leaders prevent and overcome polarization to craft a healthy workplace culture by illustrating . . .

- How people respond in conflict
- Engagement levels and what leads to quiet quitting
- The resulting culture if we don't fix this problem
- How to foster diversity of thought
- Behaviors preventing polarization
- Steps for overcoming toxic division—if you're already there

Discussion questions at the end of each chapter help leaders facilitate team discussions to foster psychological safety and design a culture of engagement.

## Author bio:

Shawna Corden excels in building better leaders and fostering a coaching culture. She combines her twenty-three-plus years of Fortune 10 business leadership experience, with her nearly twenty years of leadership coaching to partner for excellence. She is well positioned to coach leaders through change and conflict with credentials in coaching, project management, and change management. She has given workshops in all three regions of the world, and over 150 thousand people have attended her seminars.

She is the author of *Coach Culture: A Playbook for Winning in Business*.

She's been called the jerk whisperer—repairing the Achilles' heel of flawed but brilliant executives in multiple industries, making them a joy to work for, all while building a coaching culture. Her podcast, *Playbook for Performance*, builds better leaders, making work fun again.

In her dream world, it's football season year-round, everyone loves her signature fruitcake, and her beloved husband and kids actually laugh at her jokes. *And, of course, society has overcome polarization.*

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