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5 Chairs 5 Choices: own your
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relationships, secure your
success. From the author
Louise Evans comes a book
that gives you the tools to
make a choice: to
consciously contribute to
the happiness and success of
everyone, both at work and
at home with the right
attitude. It is a call to
action. What is The 5
Chairs?

The Book 5 Chairs 5 Choices
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The 5 Chairs is a powerful
and systematic method which

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helps us master our own behaviours and manage the behaviours of others. To be a good leader is to contribute to the success and happiness of everyone, at work and at home, on a conscious level. The 5 Chairs offer 5 Choices. Which will you choose?

5 Chairs 5 Choices: Own your behaviours, master your ...
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5 CHAIRS 5 CHOICES - Own
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The Five Chairs provide what Evans calls a 'behaviour compass', with each chair representing a different reaction to an event, problem, or person. The aim is to sharpen your perception of your behaviours at each moment, to cultivate the ability to change chairs, to move from a negative reaction or behaviour to a more fruitful or productive one.

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The Five Chairs - How to
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the 5 chairs in a nutshell
From the author Louise Evans
comes a book that gives you
the tools to make a choice:
to consciously contribute to
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everyone, both at work and
at home with the right
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The 5 Chairs - Leadership
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These spiritual influencers
inspired her to bring her
own contribution to the
world through her first book
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year project created to help
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Louise's passion is to work
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organizations.

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behaviours, master ...

This speech is a call to action. We spend about eighty percent of our day at work, the rest is at home. If we have a bad day at work we are likely to take th...

Own Your Behaviours, Master
Your Communication,
Determine ...

It encourages us to make new choices about what positive behaviours to adopt. It's also a change-accelerator because the more we practice with The 5 Chairs, the quicker we learn to control negative impulses, adopt more positive behaviors and feel better about ourselves

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and those around us.” Here
is Louise’s TED talk about
the 5 chairs
Your Success

A Model To Help Improve Your
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Author: Louise Evans Book: 5
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speech is a call to action.
We spend about eighty
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are likely to take that
negativity home with us and
vice ...

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Master Your

TEDx Genova – Louise Evans
The 5 Chairs Video (Author

Your Success

These spiritual influencers inspired her to bring her own contribution to the world through her first book *5 Chairs, 5 Choices*, a ten-year project created to help leaders, teams, and staff model behaviors for more inclusive workplaces.

Louise's passion is to work with the human side of organizations.

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