

# Strong Core: Inner Work That Grows Lasting Leaders Challenges leaders to build strength from within

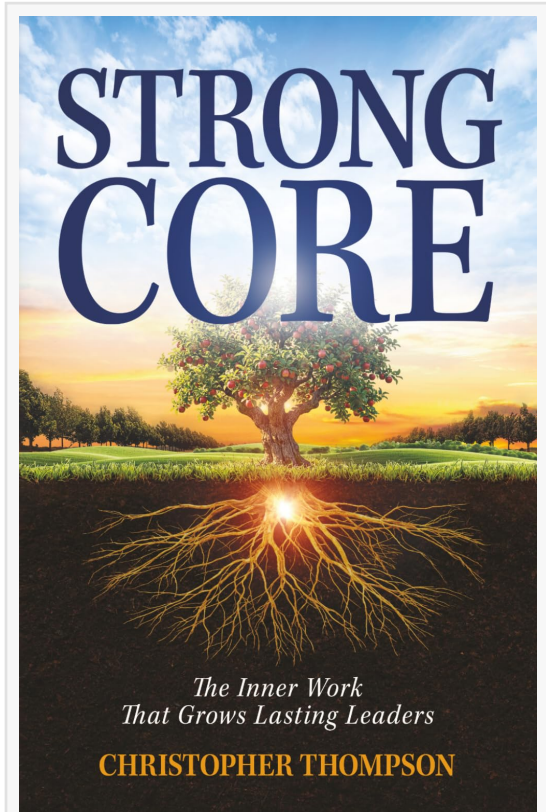
*Christopher Thompson presents a leadership guide encouraging professionals to develop character, resilience, and emotional strength for lasting influence.*

NEW YORK CITY, NY, UNITED STATES, August 7, 2026 /EINPresswire.com/ -- Christopher Thompson presents a leadership guide that encourages professionals to develop character, resilience, and emotional strength as the foundation for lasting influence and meaningful leadership.

Christopher Thompson introduces *Strong Core: Inner Work That Grows Lasting Leaders*, a leadership and personal development book that explores the often-overlooked connection between inner character and sustainable leadership. Drawing on his experience as a former Head of Talent Engagement at JPMorgan Chase, an executive leadership coach, and a keynote speaker, Thompson examines why leadership rarely falters because of strategy alone, but instead when pressure reveals weaknesses that have never been addressed. The book offers a thoughtful framework for leaders seeking to grow from the inside out.

At the center of *Strong Core: Inner Work That Grows Lasting Leaders* is the CORE Leadership Framework™, which emphasizes Courageous Connection, Outcomes-Driven Leadership, Relationship Mastery, and Emotional Agility. Through engaging stories, practical insights, and reflective guidance, the book shifts attention away from leadership techniques alone and toward the personal growth that supports authentic influence. Thompson encourages readers to evaluate how they respond under pressure and to strengthen the qualities that inspire trust, resilience, and lasting impact in every environment.

The inspiration for the book emerged from Thompson's own recovery after a ruptured Achilles



*Strong Core: Inner Work That Grows Lasting Leaders* by Christopher Thompson

tendon, an experience that required rebuilding both physically and personally. That season became a powerful reminder that genuine strength is developed long before it is tested. Motivated by lessons learned through adversity and years of coaching executives, he wrote the book to help leaders cultivate the inner foundation necessary to navigate challenges with confidence, integrity, and purpose.

Beyond leadership principles, the book explores themes of personal transformation, emotional resilience, and intentional growth. It emphasizes that influence is measured not only by achievements but by the lasting effect leaders have on the people around them. By encouraging readers to strengthen the unseen foundations of character, the book presents leadership as an ongoing process of becoming rather than simply accomplishing, offering practical wisdom for building a meaningful legacy over time.

The book is intended for executives, entrepreneurs, managers, emerging leaders, and professionals who recognize that lasting influence requires continual personal development. Readers responsible for leading teams, organizations, or communities will find practical encouragement for strengthening relationships, communicating with greater clarity, and responding thoughtfully during moments of uncertainty.

Christopher Thompson is the Founder of CORE Inclusive Consulting, an executive leadership coach, keynote speaker, and author dedicated to helping individuals lead with authenticity, resilience, and purpose. He is a faculty member at Pacific Coast Banking School and the creator of the CORE Leadership Framework™. His work focuses on developing leaders whose influence is rooted in character rather than position alone, providing a thoughtful resource that encourages readers to invest in the personal growth upon which every enduring leadership journey depends.

The book is available at:  
<https://a.co/d/01iiM1p8>

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