

Meyler Campbell Clear Leaders

Image: Kagan McLeod for The Boston Globe

THE MEYLER CAMPBELL GUIDE TO NARCISSISM

This guide includes some articles and resources to help broaden our understanding of **Narcissistic Personality Disorder (NPD)**, challenge whether all narcissism is necessarily bad and consider what some of the benefits might be to being led by someone with narcissistic tendencies. We also give you the opportunity to test your own level of narcissism.

Narcissism is a term which is widely used in the popular vernacular to describe a broad range of behaviours and people. It is a commonly experienced stage we go through as humans as we develop into adulthood. Most of us demonstrate narcissistic tendencies at some point in our lives but cases of narcissistic personality disorder are rare. For a short and highly accessible introduction to the topic [watch this TED talk](#).

NARCISSISTIC PERSONALITY DISORDER (NPD)

According to the Diagnostic and Statistical Manual of Mental Disorders between 0.5 and 1 percent of the general population (50 to 75% are men) is diagnosed with NPD. In clinical terms one definition of NPD is: -

"Narcissistic personality disorder is one of several types of personality disorders. It refers to a mental condition in which people have an inflated sense of their own importance, a deep need for excessive attention and admiration, troubled relationships, and a lack of empathy for others."

As a coach you may come across clients displaying narcissistic tendencies but how do you know when what you are seeing may be symptoms of a more deep-seated disorder? [Click here](#)

This article explores how you might recognise when you are in a relationship with someone suffering from NPD and suggests some actions to take. It has parallels for those experiencing it in a working context. [Click here](#)

CAN NARCISSISTS CHANGE?

Narcissism and capacity to change

In this article therapist Dianne Grande concludes *"As a therapist, I believe in the capacity of any person who desires personal change to accomplish that goal, even if their style has been identified as NPD. As long as the intent to change behaviour comes from within (vs. from any other well-intentioned person), it is possible to modify narcissistic behaviour"*.

LISTEN TO LEARN

Is Narcissism on the rise?

Or if you'd rather listen and learn this programme from the RADIO 4 *Seriously* series makes interesting listening.

Narcissistic personality disorder

Or this podcast from 'The Broken Brain' discussing how NPD is not a 'psychological death sentence' as some assume and can be treated with success.

NARCISSISM & LEADERSHIP

How Narcissists wear out their welcome

The most commonly labelled narcissist leader is the current President of the USA - in this article from The Atlantic Professor Dan P/ McAdams argues *"As is usually the case with narcissists, Trump has worn out his welcome. He has disappointed and alienated many of the people with whom he has worked closely, as narcissists eventually do"* Yet his support base remains stubbornly loyal and consistent, why is that?

It's time we stop normalising narcissism in c-suite

Does narcissism have a positive role to play in Executive Leadership? The view expressed in this blog would suggest not.

The type of narcissist that can make a good leader

But maybe it's not that clear cut. According to this article from the Harvard Business Review communal narcissists can make good leaders

Narcissist leaders: the incredible pros and inevitable cons

While this HBR article suggests that if you can manage the downsides there are significant upsides to a narcissistic leader.

Tapping into the power of humble narcissism

Humble narcissism may sound like a contradiction in terms but its' power is described in this TEDed article by psychologist Adam Grant.

HOW DO YOU KNOW IF YOU ARE A NARCISSIST?

Do you have a narcissistic personality? This article from Business Insider claims there are 19 signs which will tell you.

CAN YOU TELL A NARCISSIST BY THEIR EYEBROWS?

How do you know when you encounter a narcissist? Unlikely as it sounds this article in Psychology Today informs us that recent research suggests we might know them by their eyebrows. [Find out here](#)