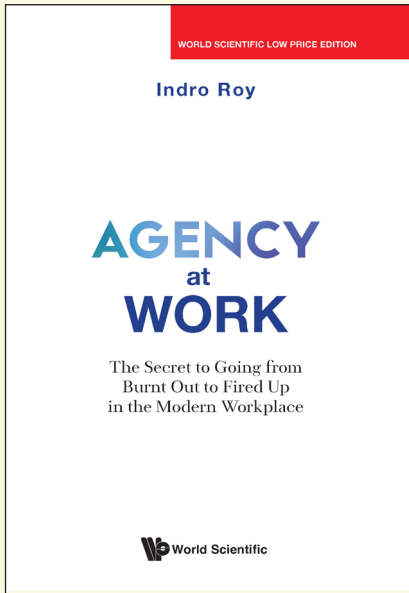


Agency at Work

The Secret to Going from Burnt Out to Fired Up in the Modern Workplace



By **Indro Roy**
(Deloitte Consulting SEA, Singapore)

ISBN	9798886131628
Extent	260pp
Binding	Paperback
Year	2025
Price	Rs. 1250

ABOUT THE BOOK

Burnout, anxiety, and disconnection are at crisis levels. This book introduces agency — a proven, practical framework to thrive in the modern workplace.

With burnout surging, *Agency at Work* offers a powerful and refreshing solution: reclaiming your personal, social, and growth agency to restore control, motivation, and meaning in your career.

Drawing on real-world insights from thriving outliers — professionals who flourish despite overwhelming work conditions — Indro Roy presents 10 actionable rules that empower you to break free from frustration and stagnation.

From time-boxing your tasks and reverse networking, to assembling a personal board of advisors, each chapter provides field-tested strategies that you can apply immediately to take ownership of your work, well-being, and future.

READERSHIP

CEOs, business leaders, CHROs, and senior executives; Early career professionals feeling frustrated with work in a large organization; Mid-career professionals looking for an escape from work they don't enjoy, but cannot quit; Senior leaders stuck in their position, looking to find their purpose and mojo.

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ABOUT THE AUTHOR

Indro Roy is an Executive Director at Deloitte in South East Asia.

Based out of Singapore, Indro is a member of the Executive Team, leads the CEO Program, and is the leader for Human Capital Advisory practice of the firm.

His experience spans almost 3 decades of consulting, starting with Hewitt Associates, where he managed their SE Asia practices, and built the global Leadership Consulting practice across 17 countries.

He then transitioned to Korn Ferry, building the leadership and talent consulting practices across Asia Pacific. In this role, he helped shape the consulting proposition and built a team of professionals across Australia, India, SE Asia, Greater China, Japan and Korea.

In 2016, Indro transitioned to Deloitte to shape the global leadership consulting practice and was then asked to lead the global Future of Work Center of Excellence, located in Singapore, in partnership with the government. The thought leadership and proposition that was built in this centre evolved into the Workforce Transformation practice that he then led for the SE Asian markets.

Indro has a dual background in technology and psychology. This has, over time, helped him understand the impact that new technologies and innovation have on work, workforce, and workplace. His work with senior leadership teams and boards further informs his thought leadership on governance and culture in the organization.

His clients range from governments to large multinational organizations mostly in financial services, technology, and consumer businesses. His work covers a wide array of organization, leadership and talent topics, but his personal obsession has been in creating organization cultures that foster innovation, speed and collective success. This focus led him to undertake deep research on the question “How can we prepare modern workforces to thrive in extreme uncertainty?”

Indro's new book, *Agency at Work: The Secret to Going from Burnt Out to Fired Up in the Modern Workplace*, brings together his research findings on this topic and his personal experience helping clients thrive in chaos.

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