

Polishing Your Professional Presence

Barbara Shwom

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a legendary performance coach shares his simple proven and fun methods for cultivating motivation and keeping it in motivation stefan falk is your expert guide to success if you re looking for fresh ways to energize your work you ve come to the right place adam grant new york times bestselling author of think again doing something for its inherent satisfaction rather than external rewards is the key to success and satisfaction in any endeavour motivation is your essential and comprehensive guide to achieving this filled with practical methods and techniques stefan falk developed at mckinsey company and through twenty five years as a senior executive and performance coach working with elite athletes top executives special operators in the armed forces and leaders from all walks of life to satisfy our psychological needs in today s professional world we must pursue them consciously and purposefully but unfortunately most of us don t know how to do so effectively the true solution to becoming happier healthier and more productive is to become intrinsically motivated to stop wasting time on activities that don t really contribute to our careers or our company s success eschew the dog eat dog culture of modern business and find ways to take pleasure in what we do and to do it well this groundbreaking book will revolutionize your approach to success at work and beyond the very best insights tools and tips for managing yourself and your goals in high pressure situations daniel h pink new york times bestselling author of drive published as intrinsic motivation in the united states

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an expansive resource with 55 energy healing modalities this newly revised edition of the encyclopedia of energy medicine is

an extensive directory for anyone wishing to study energy healing practices with newly added modalities updated course listings and an improved list of energy medicine associations this comprehensive reference features dozens of healing schools as well as licensure and certification programs in a field that is constantly growing and evolving linnie thomas offers resources for pursuing your education in fifty six energy healing methods such as reflexology healing touch lomilomi holotropic breathwork thought field therapy reiki medical qigong melody crystal healing this much needed sourcebook covers healing session summaries certification and continuing education requirements endorsements and accreditations standards of practice legalities and class availability thomas lists each therapeutic approach course descriptions including contact information and codes of ethics making it easy to find the information you need to explore these healing techniques for yourself includes a foreword by cyndi dale internationally renowned author of the complete book of chakra healing

borderline personality disorder patients are impulsive unstable and destructive hurting themselves and those around them including those who seek to help them this has resulted in a widespread reluctance to treat them and a pessimism about treatment in the experience of the authors this pessimism is unjustified because for many patients a relatively brief intervention can be effective in cost benefit terms as well as human terms the interventions illustrated here have been used to treat outpatients for 15 years the results indicate that treatments can achieve clinically significant changes in the course of 16 24 sessions in a substantial proportion of patients while cat shares some ideas and methods with other approaches it introduces many new features and is uniquely integrated at both the theoretical and practical level the early joint reformulation of patients problems serves to contain destructiveness and to create a working alliance also the use of reformulation to teach self reflection and avoid collusive responses from the therapist throughout the therapy represents a powerful new technique the book offers a critical appraisal of current ideas and practices contrasting with these the ways in which cat mobilizes the

patient's own resources the authors argue that cat should have a place in any service seeking to help these difficult patients from a review of cognitive analytic therapy developments in theory and practice anthony ryle editor 1995 ryle is surely the most original productive and interesting writer in psychotherapy in britain today and cat is a remarkable systematizing achievement which deserves to be better known on the other side of the atlantic this book documenting cat's recent theoretical and practical developments is a must for anyone interested in cat itself and in integrative approaches for those interested in brief psychodynamically informed therapy or indeed for those interested in developments in psychology generally robert rentoul british journal of medical psychology

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values and embrace the best opportunities effectively showcase their unique skills and talents foster executive presence demonstrate their impact and enhance their influence encourage and advocate for other women bring about meaningful and substantive change for women in the workplace when women engage in collaborative confidence they are naturally truer to themselves and help other women feel the same combining stories research and dr backstrom s many years of experience with actionable takeaways collaborative confidence is written to help you weave together a happy and fulfilling life and career activate your self awareness inner champion core values and strengths amplify your visibility and accomplishments as well as other women leaders and accelerate human centric organizational cultures to discover a career that truly reflects your passions values and goals

the book that cracks the code on executive presence what it is why it matters and how you can achieve it you know it when you see it that rare combination of qualities that makes a truly great leader until now executive presence has been hard to define and even harder to develop but after years of extensive research executive coach and bestselling author suzanne bates and her team have identified the 15 traits you need to be all the leader you can be using the research based scientifically grounded bates executive presence index bates expitm you can assess your ability to influence results and maximize your impact scientifically and systematically with this proven approach you can develop your presence in and out of the boardroom engage inspire align and move others to act and succeed strengthen teams drive change and lead with incredible confidence make a real and lasting impact on your company your career and your life bates groundbreaking approach to enhancing executive presence is not a one size fits all plan since every leader is different the book shows you how to measure your individual qualities using a three dimensional model of your character substance and style you ll discover how perceptions of 15 distinct facets of your leadership style such as authenticity integrity composure vision and intentionality are proven to help you drive results you ll learn how to leverage your strengths improve your weaknesses and develop an executive

presence that is uniquely your own whether you're taking on a new executive position facing new and exciting challenges trying to build better and stronger team or developing new emerging leaders within your organization all the leader you can be has all the guidance you need to achieve extraordinary executive presence

that could've been an email is a satirical workplace novel set inside a perfectly normal fintech company applied systems inc asys during a week when nothing appears broken but everything quietly is told through meetings emails chat messages training sessions dashboards and executive alignment the story follows employees at every level as leadership prepares for a high visibility board visit while avoiding the one thing that might actually matter as processes multiply and accountability diffuses small issues are reframed as strategic narratives status indicators remain green and everyone agrees to circle back later the novel blends observational humor with unnervingly realistic corporate language capturing the modern workplace exactly as it sounds and behaves its comedy comes from recognition rather than exaggeration overlapping meetings with no agenda performative transparency mandatory culture initiatives and decisions that never quite belong to anyone structured across a single workweek the book includes appendices such as internal glossaries values statements organizational charts and press materials that extend the satire beyond the narrative itself that could've been an email is a darkly funny examination of how large organizations communicate defer responsibility and mistake motion for progress and how the people inside them learn to survive anyway it will resonate with anyone who has ever stayed muted on a call watched the meeting run long and wondered how this became their job

yearbook of experts is america's favorite newsroom resource requests by tens of thousands of journalists

as a messenger of television news an anchorperson must hook the audience and make them pay attention in america there has been a strong tradition of male news anchors edward r murrow walter cronkite dan rather peter jennings these men perched at their electronic hearths recounted the details of america's most significant history to its citizens today women are visible in

every area of television news even in the hallowed anchor chair but their presence has been hard fought and continues to present unique challenges when oprah winfrey endorsed the presidential candidacy of barack obama it reinforced the tremendous power a broadcaster can wield seen and heard examines the lives careers and communication styles of twelve of the most compelling and recognizable women of television news including christiane amann elizabeth vargas diane sawyer paula Zahn judy woodruff and candy crowley from barbara walters s vast career that spans more than half a century to katie couric s historic appointment as the sole anchor of the cbs evening news this book explores the obstacles and opportunities for women in broadcasting

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best known to audiences as the host of the newlywed game eubanks chronicles his life and work from the beginning of his career as a radio dj in the late 1950 s then as a concert promoter for the beatles and the rolling stones among others and manager for several country singers he gave dolly parton her start and spent ten years on the road with merle haggard

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