

Resilience Hbr Emotional Intelligence Series

Wield your power for greater influence and impact. With formal authority comes power. But few people realize that informal power--the kind that doesn't come with a title--can have just as much impact. How do you use your power for greater influence? This book explains how power affects our emotions, our behavior, and how we work with others. You'll learn how to use self-awareness to keep your power in check, connect with the right people to create more value, respond to abuses of power, and leave a lasting impression. This volume includes the work of: Dan Cable Peter Bregman Harrison Monarth Dacher Keltner HOW TO BE HUMAN AT WORK. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. Empathy is credited as a factor in improved relationships and even better product development. But while it's easy to say "just put yourself in someone else's

Read Free Resilience Hbr Emotional Intelligence Series

shoes,” the reality is that understanding the motivations and emotions of others often proves elusive. This book helps you understand what empathy is, why it’s important, how to surmount the hurdles that make you less empathetic—and when too much empathy is just too much. This volume includes the work of: Daniel Goleman Annie McKee Adam Waytz This collection of articles includes “What Is Empathy?” by Daniel Goleman; “Why Compassion Is a Better Managerial Tactic Than Toughness” by Emma Seppala; “What Great Listeners Actually Do” by Jack Zenger and Joseph Folkman; “Empathy Is Key to a Great Meeting” by Annie McKee; “It’s Harder to Empathize with People If You’ve Been in Their Shoes” by Rachel Rutton, Mary-Hunter McDonnell, and Loran Nordgren; “Being Powerful Makes You Less Empathetic” by Lou Solomon; “A Process for Empathetic Product Design” by Jon Kolko; “How Facebook Uses Empathy to Keep User Data Safe” by Melissa Luu-Van; “The Limits of Empathy” by Adam Waytz; and “What the Dalai Lama Taught Daniel Goleman About Emotional Intelligence” an interview with Daniel Goleman by Andrea Ovens. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people

Read Free Resilience Hbr Emotional Intelligence Series

and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

What is the nature of human happiness, and how do we achieve it in the course of our professional lives? And is it even worth pursuing? This book explores answers to these questions by presenting research into how happiness is measured, frameworks for personal behaviors, management techniques that build happiness in the workplace and warnings that highlight where the happiness hype has been overblown. This volume includes the work of: Daniel Gilbert Annie McKee Gretchen Spreitzer Teresa M. Amabile How to be human at work. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. "

Become a mindful listener at work. Listening is a critical skill that leaders and managers often take for granted. By learning to listen mindfully, you can keep

Read Free Resilience Hbr Emotional Intelligence Series

your employees more engaged, foster the discovery of new ideas, and hear what you need to hear in a discussion rather than what you expect to hear. The book will teach you what great listeners do, how to stay fully present in challenging conversations, and how empathic listening can help others learn and grow. This volume includes the work of: Peter Bregman Jack Zenger and Joseph Folkman Rasmus Hougaard and Jacqueline Carter Amy Jen Su and Muriel Maignan Wilkins How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. Become more confident at work. You need confidence to inspire trust, communicate effectively, and succeed in your organization. But self-doubt and nerves can undermine your ability to act decisively and persuade others. What can you do to push past these insecurities? This book explains how you can use emotional intelligence to become more confident at work. You'll learn how to correct what is holding you back, how to overcome imposter syndrome, and

Read Free Resilience Hbr Emotional Intelligence Series

when feeling too self-assured can actually backfire. This volume includes the work of: Tomas Chamorro-Premuzic Rosabeth Moss Kanter Amy Jen Su Peter Bregman How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. You have to talk with a colleague about a fraught situation, but you're worried that they'll yell, or blame you, or shut down. You fear your emotions could block you from a resolution. But you can communicate in a way that's constructive--not combative. Difficult Conversations walks you through: Uncovering the root cause of friction Maintaining a positive mind-set Untangling the problem together Agreeing on a way forward Don't have much time? Get up to speed fast on the most essential business skills with HBR's 20-Minute Manager series. Whether you need a crash course or a brief refresher, each book in the series is a concise, practical primer that will help you brush up on a key management topic. Advice you can quickly read and apply, for ambitious professionals and aspiring

Read Free Resilience Hbr Emotional Intelligence Series

executives--from the most trusted source in business. Also available as an ebook.

The Navy SEAL, humanitarian and best-selling author of *The Heart and the Fist* draws on ancient wisdom and personal experience to counsel readers on how to promote personal resilience and overcome obstacles through positive action. 100,000 first printing.

Build resilience in your company to weather the greatest crises. If you read nothing else on organizational resilience, read these 10 articles. We've combed through hundreds of Harvard Business Review articles and selected the most important ones to help your company prepare for and overcome disruption, social upheaval, and disaster. This book will inspire you to:

- Reposition your core business while launching a separate, disruptive business
- Build the ability to continually anticipate and adjust to emerging trends
- Prepare for the business implications of climate change
- Learn about the risks of hyperefficient businesses
- Develop organizational grit
- Rebound from a recession faster than your competitors
- Lead your company through any kind of crisis

This collection of articles includes "How Resilience Works" by Diane Coutu; "The Quest for Resilience" by Gary Hamel and Liisa Valikangas; "Disruptive Technologies: Catching the Wave" by Joseph L. Bower and Clayton M. Christensen;

Read Free Resilience Hbr Emotional Intelligence Series

"Organizational Grit" by Thomas H. Lee and Angela L. Duckworth; "Leading in Times of Trauma" by Jane E. Dutton, Peter J. Frost, Monica C. Worline, Jacoba M. Lilius, and Jason M. Kanov; "Learning from the Future" by J. Peter Scoblic; "Leading a New Era of Climate Action" by Andrew Winston; "The High Price of Efficiency" by Roger L. Martin; "Reigniting Growth" by Chris Zook and James Allen; "Global Supply Chains in a Post-Pandemic World" by Willy C. Shih; and "Roaring Out of Recession" by Ranjay Gulati, Nitin Nohria, and Franz Wohlgezogen. HBR's 10 Must Reads paperback series is the definitive collection of books for new and experienced leaders alike. Leaders looking for the inspiration that big ideas provide, both to accelerate their own growth and that of their companies, should look no further. HBR's 10 Must Reads series focuses on the core topics that every ambitious manager needs to know: leadership, strategy, change, managing people, and managing yourself. Harvard Business Review has sorted through hundreds of articles and selected only the most essential reading on each topic. Each title includes timeless advice that will be relevant regardless of an ever-changing business environment. Sonnenfeld and Ward show how to rise Phoenix-like from the ashes. Their account of the psychological and behavioral foundations of that important quality resilience is important reading for everyone who will ever face a reversal of fortune. Jeffrey Pfeffer, Thomas D. Dee II

Read Free Resilience Hbr Emotional Intelligence Series

Professor of Organizational Behavior, Graduate School of Business, Stanford University Is it possible to rescue your career and restore your reputation after a major professional setback? In an age rife with press accounts of disgraced CEOs, politicians, and celebrities as well as courageous but beleaguered whistleblowers and victims of rivals or envious colleagues and bosses this question has grown more important than ever. In *Firing Back*, Jeffrey Sonnenfeld and Andrew Ward answer the question with a resounding Yes. They go on to lay out a practical and an important five-step process for actually recovering from setbacks. Following these steps will help guide you through the difficult circumstances, rebuild your reputation, and chart a new future. The authors also explore strategies for surmounting common barriers to career recovery, including tricky corporate cultures and psychological stresses. Anchored in decades of research and scholarly studies across multiple fields, this book is packed with engrossing stories and first-hand accounts from humbled but restored CEOs and executives from firms as diverse as General Electric, The Home Depot, Morgan Stanley, Apple, Staples, and Hewlett-Packard. *Firing Back* offers a clear plan for anyone who needs to recover from a career setback and reclaim lost prestige and reputation whether the setback stemmed from his own actions or forces outside her control.

What is the nature of human happiness, and how do we achieve it in the course of our professional lives? And is it even worth pursuing? This book explores answers to these questions with research into how happiness is measured, frameworks for personal behaviors, management techniques that build happiness in the workplace—and warnings that highlight where the happiness hype has been overblown. This volume includes the work of: Daniel Gilbert Annie McKee Gretchen Spreitzer Teresa M. Amabile This collection of articles includes

Read Free Resilience Hbr Emotional Intelligence Series

“Happiness Isn’t the Absence of Negative Feelings” by Jennifer Moss; “Being Happy at Work Matters” by Annie McKee; “The Science Behind the Smile” an interview with Daniel Gilbert by Gardiner Morse; “The Power of Small Wins” by Teresa M. Amabile and Steven J. Kramer; “Creating Sustainable Performance” by Gretchen Spreitzer and Christine Porath; “The Research We’ve Ignored About Happiness at Work” by André Spice and Carl Cedarström; and “The Happiness Backlash” by Alison Beard. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Managing the human side of work Research by Daniel Goleman, a psychologist and coauthor of Primal Leadership, has shown that emotional intelligence is a more powerful determinant of good leadership than technical competence, IQ, or vision. Influencing those around us and supporting our own well-being requires us to be self-aware, know when and how to regulate our emotional reactions, and understand the emotional responses of those around us. No wonder emotional intelligence has become one of the crucial criteria in hiring and promotion. But luckily it’s not just an innate trait: Emotional intelligence is composed of skills that all of us can learn and improve on. In this guide, you’ll learn how to: Determine your emotional intelligence strengths and weaknesses Understand and manage your emotional reactions Deal with difficult people Make smarter decisions Bounce back from tough times Help your team

Read Free Resilience Hbr Emotional Intelligence Series

develop emotional intelligence Arm yourself with the advice you need to succeed on the job, with the most trusted brand in business. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

Too many companies are managed not by leaders, but by mere role players and faceless bureaucrats. What does it take to be a real leader—one who is confident in who she is and what she stands for, and who truly inspires people to achieve extraordinary results? Rob Goffee and Gareth Jones argue that leaders don't become great by aspiring to a list of universal character traits. Rather, effective leaders are authentic: they deploy individual strengths to engage followers' hearts, minds, and souls. They are skillful at consistently being themselves, even as they alter their behaviors to respond effectively in changing contexts. In this lively and practical book, Goffee and Jones draw from extensive research to reveal how to hone and deploy one's unique leadership assets while managing the inherent tensions at the heart of successful leadership: showing emotion and withholding it, getting close to followers while keeping distance, and maintaining individuality while "conforming enough." Underscoring the social nature of leadership, the book also explores how leaders can remain attuned to the needs and expectations of followers. *Why Should Anyone Be Led By You?* will forever change how we view, develop, and practice the art of leadership, wherever we live and work.

How to be human at work. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books

Read Free Resilience Hbr Emotional Intelligence Series

describe the social skills that are critical for ambitious professionals to master. This specially priced 14-volume set includes every book in the series: Mindfulness Resilience Influence and Persuasion Authentic Leadership Dealing with Difficult People Focus Self-Awareness Happiness Empathy Leadership Presence Purpose, Meaning, and Passion Confidence Mindful Listening Power and Impact

This digital collection, curated by Harvard Business Review, offers four books on the topic of emotional intelligence, found by bestselling author Daniel Goleman to be twice as important as other competencies in determining outstanding leadership. In *Primal Leadership, With a New Preface by the Authors*, the authors show that great leaders excel not just through skill and smarts, but by connecting with others using emotional intelligence competencies like empathy and self-awareness. The best leaders are “resonant” leaders—individuals who manage their own and others’ emotions in ways that drive success. In *Resonant Leadership*, Richard Boyatzis and Annie McKee provide an indispensable guide to overcoming the vicious cycle of stress, sacrifice, and dissonance that afflicts many leaders and offer a field-tested framework for creating the resonance that fuels great leadership. And in *Becoming a Resonant Leader*, Annie McKee, Richard Boyatzis, and Frances Johnston share vivid, real-life stories illuminating how people can develop emotional intelligence, build resonance, and renew themselves. Finally, HBR’s *10 Must Read on Emotional Intelligence* presents 10 articles by experts in the field of emotional intelligence, all of which will inspire you to monitor and channel your moods and emotions; make smart, empathetic people decisions; manage conflict and regulate emotions within your team; react to tough situations with resilience; better understand your strengths, weaknesses, needs, values, and goals; and develop emotional agility.

Read Free Resilience Hbr Emotional Intelligence Series

Come back from every setback a stronger and better leader If you read nothing else on mental toughness, read these ten articles by experts in the field. We've combed through hundreds of articles in the Harvard Business Review archive and selected the most important ones to help you build your emotional strength and resilience--and to achieve high performance. This book will inspire you to: Thrive on pressure like an Olympic athlete Manage and overcome negative emotions by acknowledging them Plan short-term goals to achieve long-term aspirations Surround yourself with the people who will push you the hardest Use challenges to become a better leader Use creativity to move past trauma Understand the tools your mind uses to recover from setbacks. This collection of articles includes "How the Best of the Best Get Better and Better," by Graham Jones; "Crucibles of Leadership," by Warren G. Bennis and Robert J. Thomas; "Building Resilience," by Martin E.P. Seligman; "Cognitive Fitness," by Roderick Gilkey and Clint Kilts; "The Making of a Corporate Athlete," by Jim Loehr and Tony Schwartz; "Stress Can Be a Good Thing If You Know How to Use It," by Alla Crum and Thomas Crum; "How to Bounce Back from Adversity," by Joshua D. Margolis and Paul G. Stoltz; "Rebounding from Career Setbacks," by Mitchell Lee Marks, Philip Mirvis, and Ron Ashkenas; "Realizing What You're Made Of," by Glenn E. Mangurian; "Extreme Negotiations," by Jeff Weiss, Aram Donigian, and Jonathan Hughes; and "Post-Traumatic Growth and Building Resilience," by Martin Seligman and Sarah Green Carmichael.

Find your purpose at work. In an ideal world, our work lives would be completely fulfilling and intrinsically motivating. But what if you're stuck in a job and your heart isn't in it anymore? Or what if your company's mission seems unrelated to the work you do day in and day out? This book showcases the power of passion--and how you and your team can find it at work. This

Read Free Resilience Hbr Emotional Intelligence Series

volume includes the work of: Morten T. Hansen Teresa M. Amabile Scott A. Snook Nick Craig This collection of articles includes "Finding Meaning at Work, Even When Your Job Is Dull," by Morten Hansen and Dacher Keltner; "What to Do When Your Heart Isn't in Your Work Anymore," by Andy Molinsky; "You Don't Find Your Purpose--You Build It," by John Coleman; "How to Find Meaning in a Job That Isn't Your True Calling," by Emily Esfahani Smith; "You're Never Done Finding Purpose at Work," by Dan Pontefract; "From Purpose to Impact," by Nick Craig and Scott A. Snook; "Five Questions to Help Your Employees Find Their Inner Purpose," by Kristi Hedges; "How to Make Work More Meaningful for Your Team," by Lewis Garrad and Tomas Chamorro-Premuzic; "The Power of Small Wins," by Teresa M. Amabile and Steven J. Kramer; and "The Founder of TOMS on Reimagining the Company's Mission," by Blake Mycoskie. HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Building a successful career starts with you. It's easy to get caught up in the day-to-day demands of your current job and lose sight of the big picture, but with a typical career spanning 50 years or more, you do so at your own peril. It's up to you to chart your own course to professional success. If you read nothing else on

Read Free Resilience Hbr Emotional Intelligence Series

effectively managing your career, read these 10 articles by experts in the field. We've combed through hundreds of articles in the Harvard Business Review archive and selected the most important ones to help you develop yourself, make the right career moves, navigate inevitable detours and disruptions, and turn your professional dreams into reality. This book will inspire you to:

- Identify and leverage your strengths
- Cultivate the curiosity, skills, and knowledge you need to maintain your professional relevance far into the future
- Navigate messy job transitions gracefully
- Build and sustain a network that supports and encourages your growth
- Restore meaning and passion to your work
- Bounce back from career setbacks big and small
- Reinvent yourself, even in tough times

This collection of articles includes "Managing Oneself," by Peter F. Drucker; "How to Play to Your Strengths," by Laura Morgan Roberts, Gretchen Spreitzer, Jane Dutton, Robert Quinn, Emily Heaphy, and Brianna Barker Caza; "How to Stay Stuck in the Wrong Career," by Herminia Ibarra; "Five Ways to Bungle a Job Change," by Boris Groysberg and Robin Abrahams; "Learning to Learn," by Erika Andersen; "The Strategic Side Gig," by Ken Banta and Orlan Boston; "How Leaders Create and Use Networks," by Herminia Ibarra and Mark Lee Hunter; "How to Bounce Back from Adversity," by Joshua D. Margolis and Paul G. Stoltz; "Rebounding from Career Setbacks," by Mitchell Lee Marks, Philip Mirvis, and Ron Ashkenas;

Read Free Resilience Hbr Emotional Intelligence Series

"Reawakening Your Passion for Work," by Richard Boyatzis, Annie McKee, and Daniel Goleman; and "Next-Gen Retirement," by Heather C. Vough, Christine D. Bataille, Leisa Sargent, and Mary Dean Lee. HBR's 10 Must Reads paperback series is the definitive collection of books for new and experienced leaders alike. Leaders looking for the inspiration that big ideas provide, both to accelerate their own growth and that of their companies, should look no further. HBR's 10 Must Reads series focuses on the core topics that every ambitious manager needs to know: leadership, strategy, change, managing people, and managing yourself. Harvard Business Review has sorted through hundreds of articles and selected only the most essential reading on each topic. Each title includes timeless advice that will be relevant regardless of an ever-changing business environment. In the wake of continuing corporate scandals there have been few, if any, CEOs that have stepped forward as models of "doing things right"—except the former chairman and CEO of Medtronic, Bill George. George has become the unofficial spokesperson for responsible leadership—in business, the media, and academia. In *Authentic Leadership* Bill George makes the case that we do need new leaders, not just new laws, to bring us out of the current corporate crisis. He persuasively demonstrates that authentic leaders of mission-driven companies will create far greater shareholder value than financially oriented companies.

Read Free Resilience Hbr Emotional Intelligence Series

During George's twelve-year leadership at Medtronic, the company's market capitalization soared from \$1.1 billion to \$460 billion, averaging 35% per year. George candidly recounts many of the toughest challenges he encountered -- from ethical dilemmas and battles with the FDA to his own development as a leader. He shows how to develop the five essential dimensions of authentic leaders—purpose, values, heart, relationships, and self-discipline. Authentic Leadership offers inspiring lessons to all who want to lead with heart and with compassion for those they serve. Bill George helps readers answer vital questions such as: What should I do when my personal values conflict with company business values? How do I make trade-offs between the needs of my customers, my employees, and my company's shareholders? Do I really want to devote my talents to business? Authentic Leadership provides a tested guide for character-based leaders and all those who have a stake in the integrity and success of our corporations.

What does it mean to be yourself at work? As a leader, how do you strike the right balance between vulnerability and authority? This book explains the role of authenticity in emotionally intelligent leadership. You'll learn how to discover your authentic self, when emotional responses are appropriate, how conforming to specific standards can hurt you, and when you need to feel like a fake. This

Read Free Resilience Hbr Emotional Intelligence Series

volume includes the work of: Bill George Herminia Ibarra Rob Goffee Gareth Jones This collection of articles includes: "Discovering Your Authentic Leadership" by Bill George, Peter Sims, Andrew N. McLean, and Diana Mayer; "The Authenticity Paradox" by Herminia Ibarra; "What Bosses Gain by Being Vulnerable" by Emma Seppala; "Practice Tough Empathy" by Rob Goffee and Gareth Jones; "Cracking the Code That Stalls People of Color" by Sylvia Ann Hewitt; "For a Corporate Apology to Work, the CEO Should Look Sad" by Sarah Green Carmichael; and "Are Leaders Getting Too Emotional?" an interview with Gautam Mukunda and Gianpiero Petriglieri by Adi Ignatius and Sarah Green Carmichael. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. "Continuing their pioneering work on resilience, they now show how and why it is never too late for adults to find strength and safety in life." --Edward Hallowell, M.D., author of Driven to Distraction "A uniquely wise guide summarizing a vast

Read Free Resilience Hbr Emotional Intelligence Series

amount of research into a practical set of strategies to overcome adversity and live a stress-hardy life." --Jack Canfield, coauthor of *Chicken Soup for the Soul*

Make your career what you want it to be. Women regularly face unfair challenges in the workplace--from being passed over for promotion to being ignored in conversation. Unconscious bias and negative assumptions are working against them. As a woman, how can you break through these barriers and get what you want from your career? The HBR Guide for Women at Work will help you identify and overcome the factors that are holding you back. It provides practical tips and advice so you can face gender stereotypes head-on, make yourself visible when opportunities arise, and demonstrate your leadership skills. You'll learn to: Speak up in meetings in a way that ensures your ideas will be heard. Wield influence by building the right relationships. Advocate for yourself--and for what you want. Align yourself with mentors and sponsors to support your growth. Show passion without being perceived as "too emotional." Create your unique vision as a leader.

#1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her

Read Free Resilience Hbr Emotional Intelligence Series

biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then

Read Free Resilience Hbr Emotional Intelligence Series

moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, *Emotional Agility* serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face. How do some people bounce back with vigor from daily setbacks, professional crises, or even intense personal trauma? This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and presents an approach to an effective career reboot. This volume includes the work of: Daniel Goleman Jeffrey A. Sonnenfeld Shawn Achor This collection of articles includes “How Resilience Works,” by Diane Coutu; “Resilience for the Rest of Us,” by Daniel Goleman; “How to Evaluate, Manage, and Strengthen Your Resilience,” by David Kopans; “Find the Coaching in Criticism,” by Sheila Heen and Douglas Stone; “Firing Back: How

Read Free Resilience Hbr Emotional Intelligence Series

Great Leaders Rebound After Career Disasters,” by Jeffrey A. Sonnenfeld and Andrew J. Ward; and “Resilience Is About How You Recharge, Not How You Endure,” by Shawn Achor and Michelle Gielan. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Classic Advice for Today's Management Challenges Peter F. Drucker's timeless thinking on management--distilled in this series of concise essays--examines the basic questions and issues that managers face. In rapidly changing times, Drucker's legendary wisdom is even more vitally relevant, going beyond traditional thinking to insights of enduring value. The ideas and themes of this easy-to-read guide are based on direct experience and knowledge from Drucker's years as adviser to large corporations, entrepreneurial start-ups, government and nonprofit agencies, and public institutions. They are eminently practical and resonate profoundly with the challenges managers face today.

Read Free Resilience Hbr Emotional Intelligence Series

Drucker offers insight and advice on perennial management issues such as: people decisions resource allocation productivity challenges innovation and risk management and other essential management topics Filled with classic, evergreen advice--"There is only one valid definition of business purpose: to create a customer"--Peter F. Drucker on Management Essentials is widely regarded as the "gold standard" for managers. Notable Quotes from Peter F. Drucker: "Management is doing things right; leadership is doing the right things." "The best way to predict the future is to create it." "Time is the scarcest resource, and unless it is managed nothing else can be managed." "There is nothing so useless as doing efficiently that which should not be done at all." "Whenever you see a successful business, someone once made a courageous decision." "Knowledge has to be improved, challenged, and increased constantly, or it vanishes." "The entrepreneur always searches for change, responds to it, and exploits it as an opportunity."

This big initiative could make or break this fiscal year--or your career. Managing a successful strategic initiative may be the key to transforming your company--and propelling your career forward. Yet running a cross-functional team on a high-profile project can present a multitude of challenges and risks, causing even the most experienced manager to struggle. The HBR Guide to Managing Strategic Initiatives provides practical tips and advice to help you manage

Read Free Resilience Hbr Emotional Intelligence Series

all the stages of an initiative's life cycle, from buy-in to launch to scaling up. You'll learn how to:
Win--and keep--support for your new initiative
Move rapidly from approval to implementation
Assemble transformative, high-performing initiative teams
Maintain the confidence of sponsors and stakeholders
Stay on schedule and within budget
Avoid initiative overload by killing projects that aren't meeting business needs
Keep multiple initiatives in strategic alignment
Arm yourself with the advice you need to succeed on the job, from a source you trust. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

The benefits of mindfulness include better performance, heightened creativity, deeper self-awareness, and increased charisma—not to mention greater peace of mind. This book gives you practical steps for building a sense of presence into your daily work routine. It also explains the science behind mindfulness and why it works and gives clear-eyed warnings about the pitfalls of the fad. This volume includes the work of: Daniel Goleman Ellen Langer Susan David Christina Congleton This collection of articles includes “Mindfulness in the Age of Complexity,” an interview with Ellen Langer by Alison Beard; “Mindfulness Can Literally Change Your Brain,” by Christina Congleton, Britta K. Hölzel, and Sara W. Lazar; “How to Practice Mindfulness Throughout Your Work Day,” by Rasmus Hougaard and Jacqueline Carter; “Resilience for the Rest of Us,” by Daniel Goleman; “Emotional Agility: How Effective Leaders Manage Their Thoughts and Feelings,” by Susan David and Christina Congleton; “Don’t Let Power Corrupt You,” by Dacher Keltner; “Mindfulness for People Who Are Too Busy to Meditate,” by Maria Gonzalez; “Is Something Lost When We Use Mindfulness as a Productivity Tool?” by Charlotte Lieberman; and “There Are Risks to Mindfulness at Work,” by

Read Free Resilience Hbr Emotional Intelligence Series

David Brendel. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

How do some people bounce back with strength from daily setbacks, professional crises, or intense trauma? This book will help you train your brain to withstand the pace of daily life, reveal the key traits of those who emerge stronger from challenges, and present an approach to an effective career reboot. This volume includes the work of: - Daniel Goleman - Jeffrey A. Sonnenfeld - Shawn Achor--

When asked to define the ideal leader, many would emphasize traits such as intelligence, toughness, determination, and vision—the qualities traditionally associated with leadership. Often left off the list are softer, more personal qualities—but they are also essential. Although a certain degree of analytical and technical skill is a minimum requirement for success, studies indicate that emotional intelligence may be the key attribute that distinguishes outstanding performers from those who are merely adequate. Psychologist and author Daniel Goleman first brought the term "emotional intelligence" to a wide audience with his 1995 book of the same name, and Goleman first applied the concept to business with a 1998 classic Harvard Business Review article. In his research at nearly 200 large, global companies, Goleman found that truly effective leaders are distinguished by a high degree of emotional intelligence. Without

Read Free Resilience Hbr Emotional Intelligence Series

it, a person can have first-class training, an incisive mind, and an endless supply of good ideas, but he or she still won't be a great leader. The chief components of emotional intelligence—self-awareness, self-regulation, motivation, empathy, and social skill—can sound unbusinesslike, but Goleman found direct ties between emotional intelligence and measurable business results. The Harvard Business Review Classics series offers you the opportunity to make seminal Harvard Business Review articles a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world—and will have a direct impact on you today and for years to come.

How to be human at work. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. This specially priced four-volume set includes Happiness, Resilience, Mindfulness, and Empathy.

In his sixty-five-year consulting career, Peter F. Drucker, widely regarded as the father of modern management, identified eight practices that can make any executive effective. Leadership is not about charisma or extroversion. It's about these practices: Effective executives ask, "What needs to be done?" They also ask, "What is right for the enterprise?" They develop action plans. They take responsibility for decisions. They take responsibility for communicating. They focus on opportunities rather than problems. They run productive

Read Free Resilience Hbr Emotional Intelligence Series

meetings. And they think and say “we” rather than “I.” Since 1922, Harvard Business Review has been a leading source of breakthrough ideas in management practice. The Harvard Business Review Classics series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

Changing hearts is an important part of changing minds. Research shows that appealing to human emotion can help you make your case and build your authority as a leader. This book highlights that research and shows you how to act on it, presenting both comprehensive frameworks for developing influence and small, simple tactics you can use to convince others every day. This volume includes the work of: Nick Morgan Robert Cialdini Linda A. Hill Nancy Duarte This collection of articles includes "Understand the Four Components of Influence," by Nick Morgan; "Harnessing the Science of Persuasion," by Robert Cialdini; "Three Things Managers Should Be Doing Every Day," by Linda A. Hill and Kent Lineback; "Learning Charisma," by John Antonakis, Marika Fenley, and Sue Liechti; "To Win People Over, Speak to Their Wants and Needs," by Nancy Duarte; "Storytelling That Moves People," an interview with Robert McKee by Bronwyn Fryer; "The Surprising Persuasiveness of a Sticky Note," by Kevin Hogan; and "When to Sell with Facts and Figures, and When to Appeal to Emotions," by Michael D. Harris. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and

Read Free Resilience Hbr Emotional Intelligence Series

inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Emotional intelligence has been shown to be more important than other competencies in determining outstanding leadership. Emotions drive some of our most critical professional interactions--whether you're inspiring your team to higher performance, persuading your boss to see something from your point of view, dealing with difficult colleagues, or managing your own stress level. Indeed, knowing how to manage emotions has become one of the crucial criteria in hiring and promotion. This specially priced five-volume set includes books from the HBR Guide series on the topics of Emotional Intelligence, Office Politics, Dealing with Conflict, Managing Stress at Work, and Managing Up and Across. You'll learn how to: Monitor and channel your moods and reactions Determine your emotional intelligence strengths and weaknesses Deal with difficult people Understand when to resolve a conflict head-on--and when to let it go Influence others across the organization Build supportive alliances with coworkers and colleagues Handle workplace stress in productive ways Arm yourself with the advice you need to succeed on the job with the most trusted brand in business. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

Self-awareness is the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach you how to understand your thoughts and emotions, how to persuade your colleagues to share what they really think

Read Free Resilience Hbr Emotional Intelligence Series

of you, and why self-awareness will spark more productive and rewarding relationships with your employees and bosses. This volume includes the work of: Daniel Goleman Robert Steven Kaplan Susan David HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Fundamental frameworks for emotional intelligence and how to apply them every day. According to research by Daniel Goleman, emotional intelligence has proved to be twice as important as other competencies in determining outstanding leadership. It is now one of the crucial criteria in hiring and promotion processes, performance evaluations, and professional development courses. And it's not innate--it's a skill that all of us can improve. With this double volume you'll get HBR's 10 Must Reads on Emotional Intelligence and the HBR Guide to Emotional Intelligence. That's 10 definitive HBR articles on emotional intelligence by Goleman and other leaders in the field, curated by our editors--paired with smart, focused advice from HBR experts about how to implement those ideas in your daily work life. With Everyday Emotional Intelligence, you'll learn how to: Recognize your own EQ strengths and weaknesses Regulate your emotions in tough situations Manage difficult people Build the social awareness of your team Motivate yourself through ups and downs Write forceful emails people won't misinterpret Make better, less emotionally biased decisions Help an employee develop

Read Free Resilience Hbr Emotional Intelligence Series

emotional intelligence Handle specific situations like crying at work and tense communications across different cultures

How do some people bounce back with strength from daily setbacks, professional crises, or even intense personal trauma? This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and presents an approach to an effective career reboot. This volume includes the work of: Daniel Goleman Jeffrey A. Sonnenfeld Shawn Achor How to be human at work. HBR s Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master. "

Learn how to deal with difficult colleagues and clients. At the heart of dealing with difficult people is handling their--and your own--emotions. How do you stay calm in a tough conversation? How do you stay unruffled in the face of passive-aggressive comments? And how do you know if you're difficult to work with? This book explains the research behind our emotional response to awful colleagues and shows how to build the empathy and resilience to make those relationships more productive. Books in this series are based on the work of experts including: Daniel Goleman Tony Schwartz Nick Morgan Daniel Gilbert This collection of articles includes "To Resolve a Conflict, First Decide: Is It Hot or Cold?" by Mark Gerzon; "Taking the Stress Out of Stressful Conversations," by Holly Weeks; "The Secret to Dealing

Read Free Resilience Hbr Emotional Intelligence Series

with Difficult People: It's About You," by Tony Schwartz; "How to Deal with a Mean Colleague," by Amy Gallo; "How To Deal with a Passive-Aggressive Colleague," by Amy Gallo; "How to Work with Someone Who's Always Stressed Out," by Rebecca Knight; "How to Manage Someone Who Thinks Everything Is Urgent," by Liz Kislik; and "Do You Hate Your Boss?" by Manfred F. R. Kets de Vries. HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Lead with charisma and confidence. Many leaders consider "executive presence" a make-or-break factor in high-powered promotions. But what is this elusive quality, and how do you develop it? This book explains how to build the charisma, confidence, and decisiveness that top leaders project. Whether you're delivering a critical presentation or managing a hectic meeting, you'll be inspired to approach the situation with new strength. This volume includes the work of: Deborah Tannen Amy J. C. Cuddy Amy Jen Su This collection of articles includes "Deconstructing Executive Presence," by John Beeson; "How New Managers Can Send the Right Leadership Signals," by Amy Jen Su; "To Sound Like a Leader, Think About What You Say, and How and When You Say It," by Rebecca Shambaugh; "Connect, Then Lead," by Amy J. C. Cuddy, Matthew Kohut, and John Neffinger; "The Power of Talk: Who Gets Heard and Why," by Deborah Tannen; and "Too Much Charisma Can Make Leaders Look Less Effective,"

Read Free Resilience Hbr Emotional Intelligence Series

by Jasmine Vergauwe, Bart Wille, Joeri Hofmans, Robert B. Kaiser, and Filip De Fruyt. HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

Resilience (HBR Emotional Intelligence Series)Harvard Business Press

Are you suffering from work-related stress? Feeling overwhelmed, exhausted, and short-tempered at work—and at home? Then you may have too much stress in your life. Stress is a serious problem that impacts not only your mental and physical health, but also your loved ones and your organization. So what can you do to address it? The HBR Guide to Managing Stress at Work will help you find a sustainable solution. It will help you reach the goal of getting on an even keel—and staying there. You'll learn how to:

- Harness stress so it spurs, not hinders, productivity
- Create realistic and manageable routines
- Aim for progress, not perfection
- Make the case for a flexible schedule
- Ease the physical tension of spending too much time at your computer
- Renew yourself physically, mentally, and emotionally

In his defining work on emotional intelligence, bestselling author Daniel Goleman found that it is twice as important as other competencies in determining outstanding leadership. If you read nothing else on emotional intelligence, read these 10 articles by experts in the field. We've combed through hundreds of articles in the Harvard Business Review archive and selected the most important ones to help you boost your emotional skills—and your professional success.

Read Free Resilience Hbr Emotional Intelligence Series

This book will inspire you to: Monitor and channel your moods and emotions Make smart, empathetic people decisions Manage conflict and regulate emotions within your team React to tough situations with resilience Better understand your strengths, weaknesses, needs, values, and goals Develop emotional agility This collection of articles includes: “What Makes a Leader” by Daniel Goleman, “Primal Leadership: The Hidden Driver of Great Performance” by Daniel Goleman, Richard Boyatzis, and Annie McKee, “Why It’s So Hard to Be Fair” by Joel Brockner, “Why Good Leaders Make Bad Decisions” by Andrew Campbell, Jo Whitehead, and Sydney Finkelstein, “Building the Emotional Intelligence of Groups” by Vanessa Urch Druskat and Steve B. Wolff, “The Price of Incivility: Lack of Respect Hurts Morale—and the Bottom Line” by Christine Porath and Christine Pearson, “How Resilience Works” by Diane Coutu, “Emotional Agility: How Effective Leaders Manage Their Negative Thoughts and Feelings” by Susan David and Christina Congleton, “Fear of Feedback” by Jay M. Jackman and Myra H. Strober, and “The Young and the Clueless” by Kerry A. Bunker, Kathy E. Kram, and Sharon Ting.

[Copyright: f7326f8eca05499933c9ca9efc52d851](https://www.hbr.org/collections/5499933c9ca9efc52d851)