

Influence And Persuasion Hbr Emotional Intelligence Series

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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

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 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

using empathy around the workplace 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 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 ovans 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

achieving happiness while excelling at your career 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 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

bestselling author daniel goleman returns with a groundbreaking look at the secret to high performance and fulfillment attention a highly readable manifesto for turning our smartphones off once in a while financial times for more than two decades psychologist and journalist daniel goleman has been scouting the leading edge of the human sciences for what's new surprising and important in focus goleman delves into the science of attention in all its varieties presenting a long overdue discussion of this little noticed and underrated mental asset that matters enormously for how we navigate life goleman boils down attention research into a three parts inner other and outer focus goleman shows why high achievers need all three kinds of focus as demonstrated by rich case studies from fields as diverse as competitive sports education the arts and business those who excel rely on what goleman calls smart practices such as mindfulness meditation focused preparation and

recovery positive emotions and connections and mental prosthetics which help them improve habits add new skills and sustain excellence combining cutting edge research with practical findings focus reveals what distinguishes experts from amateurs and stars from average performers

push through when procrastination calls some days you re on fire at work other days you re burned out and easily distracted how can you maintain your drive make consistent progress and expend your energy wisely this book will help you identify what s behind your flagging engagement and productivity and provide the expert research and advice on what to do about it this volume includes the work of annie mckee heidi grant shawn achor elizabeth grace saunders 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

create a space where everyone can contribute and shine psychological safety is a shared belief within a team that it s ok to speak up ask questions take risks and make mistakes without fear of repercussions and it s a leader s job to create it this book offers a rich understanding of this concept and the trust and humility that must come with it you ll learn how to build a psychologically safe environment acknowledge difficult topics and emotions and ensure that everyone feels comfortable in fully engaging with those around them this volume includes the work of amy c edmondson daisy auger dominguez erica keswin ron carucci 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 when feeling too self assured can actually backfire this volume includes the work of tomas chamorro premuzic rosabeth moss kanter amy jen su peter brezman 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

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bring mindfulness into your work 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 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

be mindful empathetic and authentic even on screen managing your team building relationships and trust and facilitating effective meetings in a hybrid or fully remote workforce is challenging virtual ei explores how to develop practice and demonstrate your emotional intelligence and social skills in a virtual or hybrid setting you'll learn how to make your team feel heard draw everyone's voice into the conversation and make real connections this volume includes the work of amy c edmondson mark mortensen heidi k gardner amanda sinclair 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

improve the way you work and feel by forming better habits we all have habits some of them we've carefully established others we may have simply fallen into some help us get our work done others hold us back this book explores how to change your behavior to break

counterproductive tendencies combat everyday stressors and ultimately reach your goals at work and in life this volume includes the work of james clear rasmus hougaard jacqueline carter whitney johnson 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

self awareness is the bedrock of emotional intelligence it enables you to see your talents shortcomings and potential but you won't be able to achieve it through personality tests or quarterly feedback alone this book will teach you how to understand your thoughts and emotions how to persuade colleagues to share what they really think of you and why self awareness will spark more productive and rewarding relationships with your employees and bosses this volume includes the work of robert steven kaplan susan david tasha eurich h james wilson

harness the power of a growth mindset cultivating a positive outlook can help you and your team embrace strengths see opportunities instead of problems and even feel more engaged in routine tasks this book provides insights on how to create an environment where everyone can flourish and grow you'll learn about the effects of emotional contagion how gratitude feedback and perspective matter and how to establish an optimistic and innovative team culture this volume includes the work of carol dweck emma seppälä shawn achor kim scott 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

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

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 the specially priced six volume set includes mindfulness resilience influence and persuasion authentic leadership happiness and empathy

how to be resilient in a professional setting 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 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

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manage your energy and your mood 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 explore the self awareness and well being skills that are critical to ambitious professionals who want to sustain their energy and productivity and bring the best version of themselves to work every day even during difficult times this specially priced six volume set includes energy motivation resilience self awareness purpose meaning passion happiness confidence

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 get past 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 how to build the empathy and resilience to make those relationships more productive

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