

Influence And Persuasion Hbr Emotional Intelligence Series

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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
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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
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leadership dealing with difficult people focus self awareness happiness empathy
leadership presence purpose meaning and passion confidence mindful listening power
and impact

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

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

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

the importance of achieving deep focus goes beyond your own productivity focus allows you to lead others successfully harness your emotions and find greater workplace fulfillment yet the forces challenging sustained focus range from dinging phones to overwork to looming worries this book explains how to strengthen your ability to focus manage your team's attention and break the cycle of distraction this volume includes the work of daniel goleman heidi grant amy jen su rasmus hougard provided by publisher

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

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 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

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

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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

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

the revolutionary book that showed how mindfulness can be applied to every aspect of our lives the highly innovative findings of social psychologist dr ellen j langer and her team of researchers at harvard introduced a unique concept of mindfulness adapted to contemporary life in the west langer s theory has been applied to a wide number of fields including health business aging social justice and learning there is now a new psychological assessment based on her work called the langer mindfulness scale in her introduction to this 25th anniversary edition dr langer now known as the mother of mindfulness outlines some of these exciting applications and suggests those still to come

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

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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

open yourself to new possibilities curiosity is a powerful tool for leaders it can help you cope with complexity learn from challenging conversations build trust and discover new perspectives this book provides the expert research and advice you need to break free of your assumptions strengthen your relationships and see the world differently this volume includes the work of tomas chamorro premuzic marsha acker john coleman manbir kaur 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 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

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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 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

in the face of hardship you need perseverance and determination you need grit but how do you build it this book explores how you can persist in difficult situations you ll learn how to convince yourself to do hard things find support in trying circumstances and know when you re pushing yourself too hard this volume includes the work of angela duckworth misty copeland shannon huffman polson tomas chamorro premuzic 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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