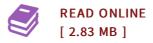




The Mind to Lead: Coaching for Calm, Confident Power

By Suzanne Kryder Ph. D.

Neuroleap Press. Paperback. Book Condition: New. Paperback. 254 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Thanks to advances in neuroscience including the validated effectiveness of mindfulness practice, you can be the calm, confident leader youve always known you could be the leader people want to follow. This captivating introduction to the emerging fields of neuroleadership and mindful leadership will help you: Stop overreacting to bad news and difficult people. Let go of your fears of being in charge. Stay calm, get what you want, and enjoy challenging conversations with employees, clients, and your boss. Feel totally confident when making tough decisions. Use links to our website packed with valuable assessments, audio, and other resources. The Mind to Lead brain-based coaching model helps leaders be less reactive, more focused, and more self-confident. Just imagine what you can accomplish with that mindset! If youre looking for a way to translate your silent mindfulness practice to your work environment, The Mind to Lead model describes specific tools and exercises for staying present and communicating calmly in even the most difficult situations. Learn how busy leaders like yourself improved their productivity and effectiveness by incorporating practical brain-based techniques---some taking only ten seconds---into their work day...



Reviews

Basically no phrases to spell out. It is actually rally interesting through studying time. You can expect to like just how the article writer create this publication.

-- Braden Leannon

These kinds of book is every thing and helped me hunting forward plus more. It is probably the most remarkable book we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Everett Stanton