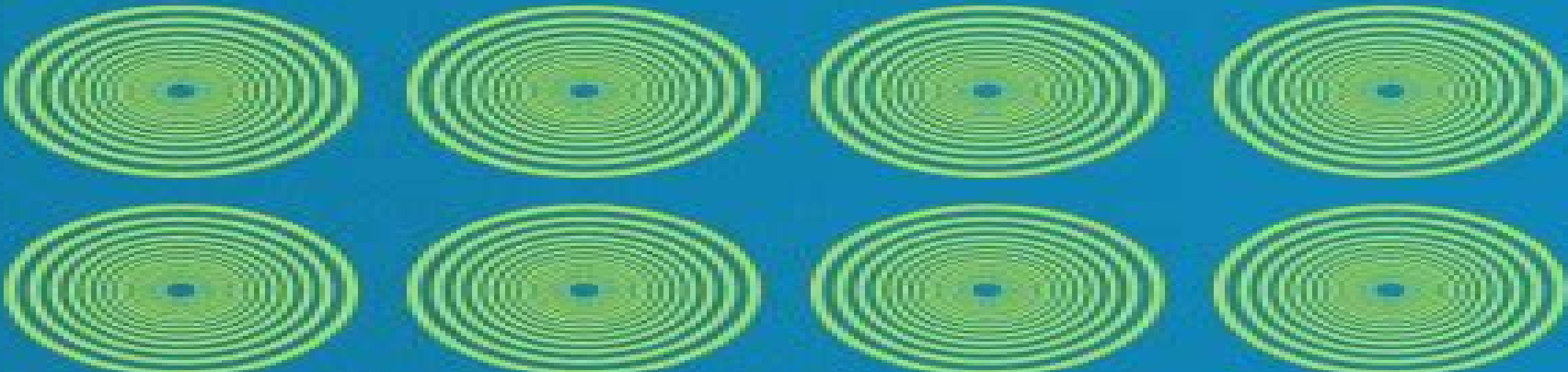


THE LEADER'S GUIDE TO **EMOTIONAL AGILITY**

HOW TO USE SOFT SKILLS TO GET HARD RESULTS

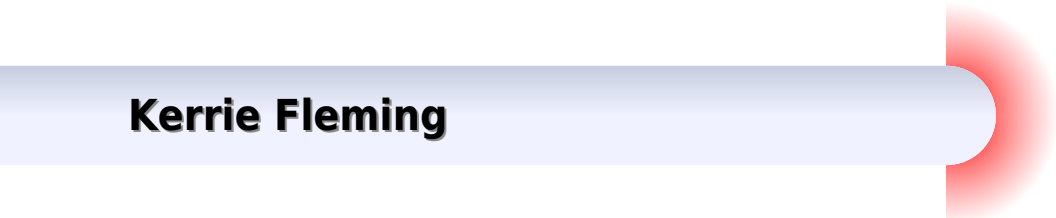


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The Leader's Guide to Emotional Agility (Emotional Intelligence) Kerrie Fleming, 2016-01-20 The Leader's Guide to Emotional Agility takes a new approach to emotional intelligence in action and translates it into critical skills that every leader needs to get the most out of themselves and their people It outlines 8 steps for achieving emotional agility and resilience Step 1 Becoming authentic Step 2 Becoming self aware Step 3 Becoming aware of others Step 4 Using the emotions Step 5 Understanding the emotions Step 6 Managing your own emotions Step 7 Managing the emotions of others Step 8 Mindfulness for leaders The chapters underpinned with scientific research offer real life illustrations from leaders facing real challenges and triumphs as well as exercises case studies tips and strategies to put these steps into action It also includes a self assessment at the start of the book to help you find out how emotionally agile you already are This straight talking guide is the ultimate guide for busy managers wanting hard advice on how to deal with the softer side of business life

Connecting Emotional Intelligence to the Online Classroom Monita Leavitt, Kirsten Stein, 2025-08-19 An essential guide for educators on creating a supportive engaging and inclusive virtual classroom As educators reimagine education in a virtual world they may struggle to connect with their students and effectively support them In Connecting Emotional Intelligence to the Online Classroom Monita Leavitt and Kirsten Stein explain how fostering teacher and student relationships can create a supportive virtual classroom that engages students as active learners online The authors show how emotional intelligence can be the key to creating an engaging and welcoming online classroom They offer a wealth of strategies designed to help K 12 teachers foster relationships that promote both academic success and social emotional development By integrating the five core competencies of emotional intelligence self awareness self regulation motivation empathy and social awareness educators can empower students to thrive as active learners in an online environment This book addresses challenges such as isolation and shows teachers how to help their students manage their emotions build confidence and develop critical skills In addition to providing practical strategies for teachers Leavitt and Stein advocate for policy changes that will assist new teachers in developing the resources they need to fully engage with their students online This book equips educators not only to meet today's challenges but also to build sustainable meaningful learning experiences for the future

Wellbeing and Resilience for Nursing, Health and Social Care Students Annette Chowthi-Williams, 2023-03-08 This book has been designed to support improve and maintain your wellbeing throughout your programme of study and into your career Becoming a health and social care professional means that you will encounter challenging situations from a very early stage in your course and protecting your own health and wellbeing is essential whilst caring for others Written by an expert team this book will equip you with the tools resources and strategies you need to develop your resilience and care for your wellbeing In doing so it develops other essential skills including communication problem solving research critical thinking and reflection thereby supporting your personal and professional development and

key requirements for your course Key features Written specifically for the nursing social work and allied health professions and the particular challenges these roles face Practical activities and case studies help you apply key concepts to your personal context and professional practice Features a personal wellbeing journal to help you assess monitor and improve your wellbeing **Leading Educator Wellness** Bill Barnes,Erin Lehmann,2025-08-25 When leaders don t prioritize their wellness supporting teachers and students becomes challenging This resource emphasizes wellness as a core part of a leader s identity addressing low morale and exploring personal connections It outlines six critical actions for self care goal setting and professional learning enabling leaders to create systems that prevent burnout and build resilient school communities Readers will Critically examine personal and communal health practices to identify wellness needs Develop a common educator wellness vision to guide improvements to health practices Identify clear feasible goals and actionable steps to achieve desired outcomes Strengthen commitment to wellness goals through professional learning teams Sustain educator wellness through active assessment and improvement of health practices Contents Introduction Part I Chapter 1 Engaging in Purposeful Self Care Chapter 2 Implementing a Common Vision for Educator Wellness Chapter 3 Performing a Needs Assessment Part II Chapter 4 Goal Setting and Action Planning Chapter 5 Designing and Facilitating Effective Professional Learning Chapter 6 Monitoring Progress and Sustaining Educator Wellness Epilogue Appendix A Engaging Stakeholders in the Needs Assessment References and Resources Index **Higher Educational Leadership in VUCA Contexts** Upasana Gitanjali Singh,Cecile Gerwel Proches,Angela Antoinette James,Robyn Ruttenberg-Rozen,2025-11-05 Higher Educational Leadership in VUCA Contexts addresses emerging issues in Higher Education leadership in a Volatile Uncertain Complex and Ambiguous VUCA contexts that have rapidly exasperated since the COVID 19 pandemic **Introduction to Health Care Management** Sharon B. Buchbinder,Nancy H. Shanks,2016-03-28 This concise reader friendly introductory healthcare management text covers a wide variety of healthcare settings from hospitals to nursing homes and clinics Filled with examples to engage the reader s imagination the important issues in healthcare management such as ethics cost management strategic planning and marketing information technology and human resources are all thoroughly covered

The Wiley Handbook of Global Workplace Learning Vanessa Hammler Kenon,Sunay Vasant Palsole,2019-03-21 Inclusive Guide Provides Practical Applications for Workplace Education Theory from Diverse Perspectives The Wiley Handbook of Global Workplace Learning explores the field of workplace education using contributions from both experts and emerging scholars in industry and academia Unlike many previously published titles on the subject the Handbook focuses on offering readers a truly global overview of workplace learning at a price point that makes it accessible for independent researchers and Human Resources professionals Designed to strike a balance between theory and practice the Handbook provides a wealth of information on foundational topics theoretical frameworks current and emerging trends technological updates implementation strategies and research methodologies Chapters covering recent research illustrate the importance of

workplace learning topics ranging from meditation to change management while others give pragmatic and replicable applications for the design promotion and implementation of impactful learning opportunities for employees at any company regardless of industry A sampling of topics addressed includes Using an Experiential Learning Model to Design an Assessment Framework for Workplace Learning Measuring Innovative Thinking and Acting Skills as Workplace Related Professional Competence Multiple chapters specifically addressing international business such as Competency in Globalization and Intercultural Communication Global Strategic Planning and Global Talent Management Research and recommendations on bridging generational and cultural divides as well as addressing employee learning disabilities With its impressive breadth of coverage and focus on real world problem solving this volume serves as a comprehensive tool for examining and improving practices in global workplace learning It will prove to be a valuable resource for students and recent graduates entering the workforce and for those working in Human Resources and related fields

Emotional Resilience for Wellbeing and Employability: The Role of Learning and Training Svajone Bekesiene, Sarka Hoskova-Mayerova, Rasa Smaliukiene, 2024-03-08 Today emotional resilience is one of the most important competencies in the process of young people s transition to adult life and developing a meaningful career Emotional resilience is also important for maintaining well being after stressful events throughout life During the COVID 19 pandemic many studies have shown the negative impact of perceived stress on people s well being careers and even their employability At the same time emotional resilience is important in everyday life as it protects against mental disturbances Emotional resilience is a competence that can be developed under formal educational programs or trained using a range of training methods and tools Emotional resilience is a trait people have from birth and develop throughout their lives It is a trainable capability that can be used to display positive adaptation to stressful situations and cope with life s challenges *International Handbook of Middle Level Education Theory, Research, and Policy* David C. Virtue, 2019-08-30 The International Handbook of Middle Level Education Theory Research and Policy is a landmark resource for researchers graduate students policy makers and practitioners who work in middle level education and associated fields of study The volume provides an overview of the current state of middle level education theory research and policy offers analysis and critique of the extant literature in the field and maps new directions for research and theory development in middle level education The handbook meets a pressing need in the field for a resource that is comprehensive in its treatment of middle level research and international in scope Chapter authors provide rationales for middle level education research and definitions of the field discuss philosophical approaches and underpinnings for middle level education research describe and critique frameworks for quality in middle level education review research about young adolescent learners middle level school programming and educator preparation and analyze public policies affecting middle level education at national regional and local levels Management and Leadership for Nurse Administrators Linda A. Roussel, Patricia L. Thomas, James L. Harris, 2022-08-05 Management and

Leadership for Nurse Administrators Ninth Edition provides a comprehensive overview of key management and administrative concepts critical to leading healthcare organizations and ensuring patient safety and quality care The text prepares nursing students and professional administrators to lead a workplace that is rapidly evolving due to technology culture and changes in the U S healthcare system

Educator Wellness Timothy D. Kanold,Tina H. Boogren,2021-09-24

Educator and teacher wellness is a personal journey And like all journeys there are starts stops and bumps in the road The question becomes how do we bring our best selves to our students and colleagues each day Designed as a reflective journal and guidebook *Educator Wellness* by Timothy D Kanold and Tina H Boogren will take you on a deep exploration where you will uncover profound answers that ring true for you Rely on this book of ideas for self care for educators and develop ongoing habits for wellness Use this resource on your own or as a book study to guide staff through a reflective goal setting process Observe the importance of self care for teachers and other educators and how a commitment to daily self care and well being leads to a more fulfilling successful life in and outside of the school setting Review the four dimensions of educator self care and wellness 1 physical 2 mental 3 emotional and 4 social and 12 corresponding routines Explore self care activities for teachers and educators to sustain well being in the face of workplace overload and potential burnout Use the My Wellness Action journaling spaces designed to encourage thoughtful reflection to wellness and self care plans for teachers and educators Learn how to monitor your self care progress and design an actionable wellness plan for next steps View videos that highlight the authors personal experiences with the four dimensions of educator or teacher well being Access the Educator Wellness Rating Reflecting Planning and Goal Setting protocol

Applied Positive Psychology Tim Lomas,Kate Hefferon,Itai Ivztan,Kirsty Gardiner,2024-10-02 Updated with the latest theory and research and structured around a pioneering multidimensional model of wellbeing this book equips you with the knowledge and tools to apply positive psychology to many areas of life This includes interventions aimed at developing mental and physical functioning as well as recommendations for enhancing relationships and reshaping organisational structures A wealth of case studies show you how these practices can be successfully deployed in diverse real world contexts such as society religion the classroom and the workplace Key features include Learning objectives Practice essay questions and quizzes Useful psychometric tools you can adapt for your own research Summary boxes Case study and reflection boxes Suggested further reading Keyword definitions and glossary list of acronyms This book is essential reading for students of Applied Positive Psychology or the Psychology of Happiness and Wellbeing Tim Lomas is a Psychology Research Scientist in the Department of Epidemiology at the Harvard T H Chan School of Public Health and part of the Human Flourishing Program at Harvard University Kate Hefferon has studied lectured and worked in the areas of wellbeing and trauma research for 20 years Itai Ivztan is the Director of the School of Positive Transformation Kirsty Gardiner is a Chartered Social Psychologist and a Research Director of a DEI consultancy

Handbook of Research on Adult Learning in Higher Education Okojie, Mabel C.P.O.,Boulder, Tinukwa

C.,2020-02-01 In today's globalized world professional fields are continually transforming to keep pace with advancing methods of practice. The theory of adult learning specifically is a subject that has seen new innovations and insights with the advancement of online and blended learning. Examining new principles and characteristics in adult learning is imperative as emerging technologies are rapidly shifting the standards of higher education. *The Handbook of Research on Adult Learning in Higher Education* is a collection of innovative research on the methods and applications of adult education in residential, online, and blended course delivery formats. This book will focus on the impact that culture, globalization, and emerging technology currently has on adult education. While highlighting topics including andragogical principles, professional development, and artificial intelligence, this book is ideally designed for teachers, program developers, instructional designers, technologists, educational practitioners, deans, researchers, higher education faculty, and students seeking current research on new methodologies in adult education. *Adaptive Leadership in a Global Economy* Mohammed Raei, Harriette Thurber Rasmussen, 2021-12-28

With the entire world experiencing the global pandemic and its aftermath, VUCA (Volatile, Uncertain, Complex, and Ambiguous) conditions have never been more extreme, and the need for adaptive leadership has never been more urgent. But how is adaptive leadership applied outside Western cultures? How can it be taught through leadership development programs? Which tools enhance its practice and its teaching? How does adaptive leadership relate to other key theories and practices? This volume answers these questions and more as it illustrates how adaptive leadership practices address some of the world's most pressing challenges: political and cultural division, remote work, crisis management across a variety of sectors. Adaptive leadership has been explained as a key leadership approach for dealing with adaptive as distinguished from technical or predictable problems, especially prevalent in complex environments. However, adaptive leadership scholarship has suffered from a lack of conceptual clarity and casual application of its core concepts. It remains solidly Western in its prescriptions. This book will expand readers' understanding of adaptive leadership and its potential to solve local and global adaptive challenges and will explore its relevance and application to cultures outside the United States. Aiming to increase conceptual clarity about adaptive leadership to enhance future scholarship and application and illustrate novel approaches and perspectives, this book will be of interest to researchers, academics, practitioners, and students in the fields of leadership, strategy, and organizational studies. *Education Futures for School Leadership* J-C Couture, Stephen Murgatroyd, 2024-10-21

Education Futures for School Leadership is a comprehensive resource to support school leaders as they encounter the growing complexity and uncertainties that characterize life in schools today. Moving beyond conventional change management literature, this book invites current and aspiring school leaders to apply the interdisciplinary tools of futures studies and strategic foresight to their work. Given our shared global challenges, young people deserve schools that are agile, adaptive, and responsive to many possible futures. Driven by the imperatives of equity and inclusion, the authors provide practical evidence, informed strategies, real-world examples, and use cases of futures thinking applied to school staff.

development and change strategies Each chapter engages with key educational realities differentiating instructional planning and assessment the impacts of artificial intelligence and other technologies the growing psycho social issues young people are facing and more Informed by years of international collaboration with forward thinking school leaders and scholars this book is both a field guide and a call to action for navigating the influence of the future on our present moment and the challenges and promises shaping school life today *Insights on Wellbeing and Happiness in the Workplace* Agha, Kakul, Ali, Anees Janee, 2025-01-03 Employees well being and happiness are often overlooked in today s fast paced and competitive work environments This can lead to decreased productivity high turnover rates and a negative impact on organizational success Despite the growing recognition of the importance of employee well being many organizations need help implementing effective strategies to support it This gap in understanding and action calls for a comprehensive resource that can provide insights methods and frameworks to enhance well being and happiness in the workplace *Insights on Wellbeing and Happiness in the Workplace* solves this pressing challenge This book serves as a guiding light for researchers students and decision makers alike by offering a collection of thoughts insights and discussions It delves into the latest theories and concepts about employee well being and happiness offering practical guidance on how organizations can create a positive work environment that fosters employee satisfaction and engagement Additionally the book provides valuable insights into the implications of well being and happiness in the workplace helping organizations formulate policies and frameworks that prioritize employee well being

Handbook of Research on Socio-Technical Design and Social Networking Systems Whitworth, Brian, de Moor, Aldo, 2009-03-31 Addresses current issues of research into socio technical systems STSs Provides suggestions on how social knowledge can synergize with technical knowledge *The Perfectionist's Dilemma* Tara Cousineau, 2025-01-07 A brilliant book a must read for the frazzled perfectionist Thomas Curran PhD leading perfectionism researcher and author of *The Perfection Trap* Break free of toxic perfectionism by cultivating emotional courage and self compassion to face life s challenges with a 6 step program In today s high pressure society we are constantly fed a fable of individualism exceptionalism determination and ingenuity and taught a mythology of grin and bear it no pain no gain and hard work pays off despite the fact that the conditions for success are unpredictable and ever changing Psychologist Tara Cousineau claims that perfectionism is a paradox it is the tension created by the need for belonging a desire for excellence and a quest for a meaningful and productive life But perfectionism can be transformed by learning to connect both head and heart replacing inner algorithms of comparison and criticism with self acceptance and self compassion In *The Perfectionist's Dilemma* Cousineau introduces an innovative six step solution based on the acronym EVOLVE Embody the present moment Validate your experience Open your heart Love your inner critic Make a Vow Spark the Energy of excellence EVOLVE helps readers overcome perfectionism and cultivate three essential resources inner worth inner humanity and inner leadership Through storytelling and anecdotes from recovering perfectionists who have

participated in Cousineau's workshops readers can learn to align mind body heart and spirit to become happy achievers

Practical Approaches to Agile Project Management Misra, Sanjay, Jadeja, Rajendrasinh, Mittal, Mohit, 2024-05-30 Amidst the relentless pace of the contemporary business landscape information technology IT projects grapple with an escalating challenge the need to deliver solutions swiftly adapt to evolving customer demands and create value within the ever shifting dynamics of the market In this demanding environment the traditional project management paradigms often fall short necessitating a shift towards methodologies that embody flexibility customer collaboration and iterative development Herein lies the crux of the issue faced by modern IT projects *Practical Approaches to Agile Project Management* is a guide in the tumult of IT project complexities This book provides a comprehensive solution to the complexities of contemporary project management by delving into topics such as alternative pricing models and the alignment of organizational cultures in IT partnerships making it an indispensable resource for professionals academics and students navigating the domains of business information technology or project management Primarily aimed at IT professionals involved in project management and service delivery this book caters to a broad spectrum of individuals including IT Project Managers Consultants Entrepreneurs and Executives at IT Service Firms Additionally it extends its value to Business Leaders undertaking IT enabled transformations and Academic Researchers delving into the intersection of agile methodologies and IT service delivery From prioritization strategies for IT Project Managers to frameworks for consultants entrepreneurs and executives this book addresses the diverse needs of its readership offering practical evidence based insights to optimize IT service delivery across various organizational contexts **Coaching in Professional Contexts** Christian van

Nieuwerburgh, 2015-11-02 Have your students mastered the underlining theory and skills of coaching practice but wanting to get a flavour of what coaching actually looks like in different real life settings Then you have come to the right place Whether they are wanting to find out more about the use of coaching within the private or public sector within health care or education Christian van Nieuwerburgh and his team of expert authors will take them on a unique journey into all of these coaching contexts and beyond Challenging the idea that a coach can work in any setting without a detailed understanding of the field this book addresses the importance of understanding professional context when coaching exploring current debates and considering the hows and whys of using coaching in a certain context provides tools and knowledge to enable readers to adopt best practice techniques from a range of fields delves into the personal and professional challenges that will inevitably arise Whether a practising coach or a coach in training this practical guide will provide your students with the ideal way in to all the different contexts in which they may wish to coach

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