

"Susan David teaches us to understand — and to communicate in — the unspoken language of emotion to better align how we feel with what we do. Essential reading."
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Emotional Agility

Get Unstuck, Embrace Change,
and Thrive in Work and Life



Susan David, PhD

Emotional Agility Susan David

John A. Quelch, Carin-Isabel Knoop



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Emotional Agility Susan David, 2016-09-06 1 Wall Street Journal Best Seller Winner of the Thinkers50 Breakthrough Idea Award Amazon Best Book of the Year Forbes Recommended Books for Leaders TED Talk sensation over 12 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 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 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

Emotional Agility Susan David, 2016-09-06 The counterintuitive approach to achieving your true potential heralded by the Harvard Business Review as a groundbreaking idea of the year [Emotional Agility](#) Susan David, 2016-04-05 **Summary, Analysis & Review of Susan David's Emotional Agility by Instaread**

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agile The four parts are facing emotions creating distance from those emotions identifying core values and making small habitual changes in accordance with those values When people become more emotionally aware they can learn to create distance between themselves and their emotional experience This distance helps them to see their situations and their emotions from a new perspective Once they look at a situation from a different vantage point they can choose how to react in line with their values People who are emotionally agile are able to overcome emotional blocks and are more adaptable to stress and difficulties PLEASE NOTE This is key takeaways and analysis of the book and NOT the original book Inside this Instaread Summary Analysis Review of Susan David s Emotional Agility Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread you can get the key takeaways summary and analysis of a book in 15 minutes We read every chapter identify the key takeaways and analyze them for your convenience Visit our website at instaread.co

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People Forever Venkatesh Veerachamy,2023-12-11 Are you finding it challenging to navigate the complex landscape of people management As a team leader you know all too well the many questions and challenges of managing people How do you sift through a sea of talent to hire the best How do you engage your employees to learn and stay ahead of the game And what role does health and wellness play in all of this These are just a few questions that can keep you up at night Venkatesh Veerachamy also known as Venky has tackled these issues and more and he s collected some timeless nuggets of wisdom along the way In his book People Forever Venky shares his insights in a witty easy to understand manner covering everything from recruitment to career pathways appraisals to exit interviews Whether you re an organizational leader HR professional or employee looking for a career boost this book offers practical step by step guidance on achieving your goals

Be You Senka Holzer,2021-10-05 For decades psychologists and researchers have studied core values what Dr Senka Holzer s calls psychological DNA These core values are the things that light people up gives them pure joy they are what matters most When one s life is aligned with their core values they are at their best Yet despite what popular psychology says understanding one s core values isn t enough to guarantee fulfillment Senka s research reveals something new that people operate with not one but two different sets of values In addition to core values everyone absorbs values from outside sources family friends the media their generation and their culture Senka calls these acquired values and most people aren t even aware of them Here s why acquired values are important it s our awareness of our acquired values that determines our ultimate fulfillment Without this knowledge people may spend precious time and energy attempting to align themselves with values that are not even their own In Be You Senka draws on her award winning

research as a real life scientist with a day job in molecular medicine and heart physiology at a major international research hospital Throughout Be You readers can be confident that science evidence facts research and logic are the foundation of her work But it is also inspired by Senka s life long fascination with human psychology and mind body connection She has years of certified personal and professional coaching experience and she is committed to turning hard science into a deeply intuitive and empathetic model for self transformation and fulfillment Senka writes from the heart in every sense of the word

The Anti-Burnout Handbook Sebastian Hale, The Anti Burnout Handbook offers actionable tools to prevent recognize and recover from burnout Learn how to manage workload set boundaries and build rest into your lifestyle before collapse hits It s the survival manual for modern ambition **Human First, Leader Second** Massimo Backus,2024-09-10 A self compassion

blueprint for leaders who are closed off constantly on the verge of burnout and or trapped in the myth of perfectionism Through this 6 step framework leaders will learn that self compassion is for the strong to separate their title from their person and how to care for themselves in order to care for others So many leadership and compassion books seek to remind leaders to behave human and treat those around them with care But the truth is that leaders are human They re not playing at being human or calling forth their humanity on demand Their struggle in marrying leadership and compassion stems from leaders ignoring self care the lack of compassion toward their subordinates is just a symptom Human First Leader Second introduces leaders to the practice of self compassion through a 6 step framework designed to ease even the most hard headed and hard assed leaders into thoughtful and productive introspection Backward Biography Biology Backstory Forward Purpose Values Priorities Inward Intentions Feelings Thoughts Outward Intent Actions Behaviors Leeward Self care and Personal Accountability Wayward Regret and Self forgiveness Offering strategies for a personalized exploration of self compassion and what works best for the individual this book will help leaders grow awareness to the importance of self care while debunking the myth that compassion equals weakness Regardless of our title or influence we are all humans first who need compassion The 55 Frameworks Book Vijayashree Venkat , Mahesh Sheshadri,2025-06-18 Lead with clarity Grow

with confidence Create lasting impact In a world of complexity great leaders don t have all the answers they ask better questions reframe problems and act with intention The 55 Frameworks Book is your go to guide for leading self others and systems with purpose and precision Curated by Vijayashree Venkat and Mahesh Sheshadri founders of HumanAlpha this book brings together timeless and emerging leadership models across five key dimensions Leading Self Identity mindset resilience purpose Leading Others Trust influence team culture Leading the System Vision alignment systems thinking Leadership in Action Execution learning feedback Future Ready Leader Agility innovation transformation Each framework is practical actionable and designed for immediate application Whether you re a founder leader coach or facilitator This book helps you lead from the inside out Frameworks are not maps to follow They re mirrors to reflect and compasses to navigate Vijayashree Venkat Mahesh Sheshadri VVMS *Dare to Inspire* Allison Holzer,Sandra Spataro,Jen Grace Baron,2019-11-12

Dare to Inspire shows how to spark and sustain exponential growth Shawn Achor New York Times bestselling author of Big Potential and The Happiness Advantage Inspiration is a most critical resource to be managed in modern work The problem is that the power of inspiration often feels fleeting But what if you could design your own way to be inspired at work on a regular basis What if you could make your own inspiration last Rooted in 18 engines of inspiration that emerged from interviews with leaders across different industries Dare to Inspire shows how to supercharge inspiration for yourself your team and your organization Each chapter offers tools strategies and examples of how to make inspiration happen and last Through stories of pioneers in business health education and other industries readers learn how to effectively use the engines to spark inspiration along with specific practices to sustain it Dare to Inspire features Chef Wes Avila the founder of L A sensation Guerrilla Tacos who was inspired to revolutionize his industry crowdfunding pioneer Charles Best who founded DonorsChoose to meet the challenge of connecting teachers in need with donors interested in supporting educational programs and many others This will be a vital book for anyone interested in creativity success achievement and happiness

Strong like Water Aundi Kolber, 2023-03-21 There is a cost to being a certain kind of strong When it comes to difficult circumstances we've all heard the platitudes No pain no gain What doesn't kill you makes you stronger But if we spend our lives trying to be the strong one we become exhausted burned out and disconnected from our truest selves What if it were different Could there be a different way to be strong Could strength mean more than pushing on and pushing through pain bearing every heavy burden on our own What if instead true strength were more like the tide soft and bold fierce and gentle moving together as one powerful force In Strong like Water author and trauma therapist Aundi Kolber offers a framework for true flourishing With each page you'll learn how your nervous system shapes your experience so that we can move through pain instead of being stuck in it Explore various practices rhythms and resources to support you in challenging circumstances with compassion and hope Discover how to internalize connection love and safety empowering you with greater resilience A different more expansive way of healing wholeness and possibly especially strength is possible We were made to be strong like water *Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training* Diane S.

Menendez, Patrick Williams, 2015-03-23 An updated version of the best selling therapist to coach transition text With his bestselling Therapist As Life Coach Pat Williams introduced the therapeutic community to the career of life coach and in Becoming a Professional Life Coach he and Diane Menendez covered all the basic principles and strategies for effective coaching Now Williams founder of the Institute for Life Coach Training ILCT and Menendez former faculty at ILCT both master certified coaches bring back the book that has taught thousands of coaches over the past eight years with all new information on coaching competencies ethics somatic coaching wellness coaching and how positive psychology and neuroscience are informing the profession today Moving seamlessly from coaching fundamentals listening skills effective language session preparation to more advanced ideas such as helping clients to identify life purpose recognize and combat

obstacles align values and actions maintain a positive mind set and live with integrity this new edition is one stop shopping for beginner and advanced coaches alike Beginning with a brief history of the foundations of coaching and its future trajectory Becoming a Professional Life Coach takes readers step by step through the coaching process covering all the crucial ideas and techniques for being a successful life coach including Listening to versus listening for versus listening with Establishing a client s focus Giving honest feedback and observation Formulating first coaching conversations Asking powerful eliciting questions Understanding human developmental issues Reframing a client s perspective Enacting change with clients Helping clients to identify and fulfill core values and much much more All the major skillsets for empowering and stretching clients are covered By filling the pages with client exercises worksheets sample dialogues and self assessments Williams and Menendez give readers a hands on coaching manual to expertly guide their clients to purposeful transformative lives Today with more and more therapists incorporating coaching into their practices and the number of master certified coaches many with niche expertise growing every year Becoming a Professional Life Coach fills a greater need than ever By tackling the nuts and bolts of coaching Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clients lives

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