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focus *on the* good stuff



THE POWER OF

Appreciation

MIKE ROBBINS

Foreword by Richard Carlson,
author, *Don't Sweat the Small Stuff*

Focus On The Good Stuff The Power Of Appreciation

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Focus On The Good Stuff The Power Of Appreciation:

Focus on the Good Stuff Mike Robbins, 2007-08-24 Written by a former professional baseball player whose career was ended with an injury to his pitching arm in the middle of his third season Focus on the Good Stuff is filled with passion authenticity and humor Author Mike Robbins offers a step by step program with exercises for overcoming negative influence and obstacles creating a truly grateful approach to life and establishing an environment that can support success and peace of mind

Focus on the Good Stuff Mike Robbins, Richard Carlson, 2007-08-24 Written by a former professional baseball player whose career was ended with an injury to his pitching arm in the middle of his third season Focus on the Good Stuff is filled with passion authenticity and humor Author Mike Robbins offers a step by step program with exercises for overcoming negative influence and obstacles creating a truly grateful approach to life and establishing an environment that can support success and peace of mind

Focus on the Good Stuff Mike Robbins, 2010-12-07 The author and professional coach teaches readers to find greater happiness through gratitude in this book of personal stories and practical advice Before he became a successful author and professional coach Mike Robbins was a professional baseball player But at twenty three years old he suffered an injury that ended his promising career as a pitcher Instead of quitting Mike took stock of the good things in his life and began a new path In Focus on the Good Stuff Mike offers a step by step program with exercises for overcoming negative influence and obstacles creating a truly grateful approach to life and establishing an environment that can support success and peace of mind Filled with passion authenticity and humor this guide will teach you to move beyond the cycle of negativity and discover the happiness you deserve

Nothing Changes Until You Do Mike Robbins, 2015-05-12 Best selling author Mike Robbins had a life that many little boys dream of Drafted by the New York Yankees directly out of high school Mike decided instead to postpone his professional baseball career until he finished college After a successful stint at Stanford he began life in the minor leagues as a pitcher with the Kansas City Royals organization where he played for three years until an injury benched him for good This devastating disappointment changed his life in wonderful ways that he could have never imagined He now teaches and speaks around the world about teamwork emotional intelligence and the value of appreciation and authenticity In Nothing Changes Until You Do Mike s third book he looks at one of the most important and challenging aspects of life our relationship with ourselves Even the most successful person struggles with this delicate relationship which has created an epidemic of self criticism self doubt and thinking that our value is directly connected to the external world our jobs our finances our appearance our accomplishments and so on Through 40 short essays Mike shows readers that none of this is true and brings to light a new way to look at life With themes spanning from the importance of trusting yourself to the benefits of vulnerability to the strength inherent in embracing powerlessness and change Mike will help readers get out of their own way so they can live a good life He shows that with a little self compassion and a healthy dose of self acceptance anyone can turn away from the negatives that

manifest because of a critical self perception things like unkindness addictions sabotaged relationships unnecessary drama and more Making peace with ourselves is fundamental to happiness The suggestions insights and reminders of this book will allow readers to have more compassion more acceptance and more love for themselves thus giving them access to more compassion more acceptance and more love for the people and everything else in their lives *We're All in This Together* Mike Robbins,2022-03-22 Build trust and achieve high performance in your business by redefining team culture Have you ever been on a team where the talent was strong but the team wasn't very good On the flip side have you ever been on a team where not every single member was a rock star but something about the team just worked In this book corporate consultant Mike Robbins dives deep into the ways great businesses build trust collaborate and operate at their peak level As an expert in teamwork leadership and emotional intelligence Mike draws on more than 20 years of experience working with top companies like Google and Microsoft as well as his baseball career with the Kansas City Royals And while each team and organization have their own unique challenges goals and dynamics there are some universal qualities that allow teams to truly come together and thrive The book's core principles include facilitating an environment of psychological safety fostering inclusion and belonging addressing and navigating conflict and maintaining a healthy balance of high expectations and empathy Throughout Mike shares powerful exercises and tools he's successfully utilized in the keynote speeches group sessions and corporate retreats that he delivers so that you and your team can communicate more authentically give and receive feedback with skill and create deeper connections Mike Robbins shares tangible techniques that leaders and teams can use to excel backs up his ideas with important research and provides a road map for creating a team environment of personal connection and optimal performance Tom Rath New York Times best selling co author of *How Full is Your Bucket*

Bring Your Whole Self To Work Mike Robbins,2018-05-01 In today's work environment the lines between our professional and personal lives are blurred more than ever before Whatever is happening to us outside of our workplace whether stressful painful or joyful follows us into work as well We may think we have to keep these realities under wraps and act as if we have it all together But as Mike Robbins explains we can work better lead better and be more engaged and fulfilled if instead of trying to hide who we are we show up fully and authentically Mike a sought after motivational speaker and business consultant has spent more than 15 years researching writing and speaking about essential human experiences and high performance in the workplace His clients have ranged from Google to Citibank from the U S Department of Labor to the San Francisco Giants From small start ups in Silicon Valley to family owned businesses in the Midwest From what he's seen and studied over the years Mike believes that for us to thrive professionally we must be willing to bring our whole selves to the work that we do Bringing our whole selves to work means acknowledging that we're all vulnerable imperfect human beings doing the best we can It means having the courage to take risks speak up have compassion ask for help connect with others in a genuine way and allow ourselves to be truly seen In this book Mike outlines five principles we can use to approach our

own work in this spirit of openness and humanity and to help the people we work with feel safe enough to do the same so that the teams and organizations we re a part of can truly succeed This book will offer you insights ideas and tools to inspire you to bring all of who you are to the work that you do regardless of where you work what kind of work you do and with whom you do it And if you re an owner leader or just someone who wants to have influence on those around you this book will also give you specific techniques for how to build or enhance your team s culture in such a way that encourages others to bring all of who they are to work

Graceful Leadership Will Parks,2025-05-29 In a world increasingly disrupted by complex global challenges traditional command driven leadership often falls short Leaders today face mounting pressures from social and environmental crises to rapidly shifting work dynamics all demanding innovative elegant and collective solutions Humanitarian anthropologist and expert team coach Dr Will Parks offers a compelling answer in *Graceful Leadership Forged* from his life s work with UNICEF and profound insights from prominent scholars leaders and coaches Dr Parks provides a proven framework for graceful leadership supercharging personal and organisational performance in both stable and turbulent times Written for aspiring emerging and established leaders of governmental non profit and for profit agencies this heartwarming book joins the call for leaders to genuinely care for their people and our planet It beautifully blends philosophy and practical tools to help leaders guide their teams with compassion and coaching enabling them to Perform and thrive even in times of uncertainty Create a positive work culture that fosters trust resilience joy and collaboration liberating teams to be the best version of themselves Develop self awareness and empathy allowing for deeper connections with colleagues and a more adaptable leadership style Build enduring trust based relationships that enhance communication creativity reduce conflict and nurture talent Step into a kinder deeply empowering and more benevolent way to lead as you embark on a journey of self discovery to enrich your skills elevate others and embrace the strength of graceful leadership

Onward Elena Aguilar,2018-03-21 A practical framework to avoid burnout and keep great teachers teaching *Onward* tackles the problem of educator stress and provides a practical framework for taking the burnout out of teaching Stress is part of the job but when 70 percent of teachers quit within their first five years because the stress is making them physically and mentally ill things have gone too far Unsurprisingly these effects are highest in difficult to fill positions such as math science and foreign languages and in urban areas and secondary classrooms places where we need our teachers to be especially motivated and engaged This book offers a path to resiliency to help teachers weather the storms and bounce back and work toward banishing the rain for good This actionable framework gives you concrete steps toward rediscovering yourself your energy and your passion for teaching You ll learn how a simple shift in mindset can affect your outlook and how taking care of yourself physically mentally and emotionally is one of the most important things you can do The companion workbook helps you put the framework into action streamlining your way toward renewal and strength Cultivate resilience with a four part framework based on 12 key habits Uncover your true self understand emotions and use your energy where it

counts Adopt a mindful story telling approach to communication and community building Keep learning playing and creating to create an environment of collective celebration By cultivating resilience in schools we help ensure that we are working in teaching in and leading organizations where every child thrives and where the potential of every child is recognized and nurtured Onward provides a step by step plan for reigniting that spark

The Art of Influence Chris Widener, 2008-07-08 From Chris Widener the author of the breakout bestseller *The Angel Inside* comes an inspiring new parable on the power of influence *The Art of Influence* will make you think twice about everything you've ever learned about influence As Chris Widener's inspiring story reveals it's not something you do to other people but rather something that starts with how you shape and transform your own life Forget about manipulation and slick fast talking *The Art of Influence* teaches that your ability to influence others begins from within

GPS for Success Barry A. Franklin, 2022-05-04 Next to food and clothing achieving personal and professional success is rated at the very top of the hierarchical order of human needs Everybody wants to be somebody In this ultimate success book that includes timeless information for generations to come the author has meticulously chronicled proven skills strategies and secrets that if regularly followed will empower the reader to live the life that they imagine Just like your car's or phone's GPS these life navigation skills can get you from where you are to where you want to go in your career In addition critically important knowledge and abilities including job interviewing must know people skills writing and public speaking are covered In this book the author has scoured the world's literature on these topics and interviewed highly successful people to provide one stop shopping regarding the most proven and practical recommendations for future career success He has also peppered the text with personal experiences and motivational inspirational success stories as well as testimonials sage advice quotes from the world's most successful people past and present The key objectives of this book are to Highlight the foundational factors underlying future career success love what you do realize that your behaviors largely determine your luck in life emphasize that highly successful people take 100% responsibility for their actions and destiny and that the secret to success involves the selfless serving of others The rewards return through a boomerang effect Provide specific examples and inspirational stories highlighting 10 critical behavioral skills for success These include look for the good in people and situations how to activate the law of attraction establish goals in writing if it's not on paper it's vapor take action 1 success characteristic know that persistence pays ask for things you want enhance your speaking writing and interviewing skills why it's important to work with and learn from people you want to emulate the essence of superb people skills e.g. integrity making others feel important and to regularly apply the law of sow and reap Detail complementary approaches tactics and perspectives that can help you achieve your breakthrough major life goals These include time management skills and the 80/20 rule looking for greener pastures showcasing your talents visibility opportunities committing to never ending improvements in performance service or products embracing discipline focus sacrifice routinely exceeding people's expectations striving for greater rewards and seeing an ocean of opportunities

before you In aggregate these yield BIG rewards in life Provide a potpourri of related topics including unlooked for opportunities leadership and bringing out the best in those around you avoiding overcautiousness volunteering raising your hand reframing future commitments the power and magic of an unexpected thank you note and the disproportionate dividends and good karma that result from giving back and mentoring others

From Heartbreak to Wholeness Kristine Carlson, 2025-06-25 A guidebook for discovering how heartbreak can become the doorway to profound meaning and joy from the bestselling co creator of the Don't Sweat the Small Stuff Series In 2006 after building the bestselling franchise Don't Sweat the Small Stuff with her husband Richard Kristine Carlson faced a shattering loss the sudden death of her beloved spouse Woven together with the remarkable stories of others loss and recovery her deeply moving story reveals a clear process of healing that is common to everyone and goes far beyond ordinary prescriptions for getting through hard times In her new book From Heartbreak to Wholeness Kristine offers a life altering map for navigating the heroic journey from loss to joy one that ultimately awakens readers to a deep love affair with life Every day people suffer heartbreaks of some kind loss of a loved one divorce illness loss of a job or home and seek to understand why these losses and traumas have befallen them and how they'll make it through in one piece For readers who have endured loss of any kind Kristine takes them by the hand showing them how to traverse their own jagged edge of growth and emerge as the hero whole happy and empowered Each chapter of From Heartbreak to Wholeness includes powerful exercises in self inquiry and reflection along with step by step guidance for writing one's own heroic story of healing Journey with Kristine Carlson and learn how you can walk the path from heartbreak to wholeness

The Art of Coaching Teams Elena Aguilar, 2016-02-16 The missing how to manual for being an effective team leader The Art of Coaching Teams is the manual you never received when you signed on to lead a team Being a great teacher is one thing but leading a team or team development is an entirely different dynamic Your successes are public but so are your failures and there's no specific rubric or curriculum to give you direction Team development is an art form and this book is your how to guide to doing it effectively You'll learn the administrative tasks that keep your team on track and you'll gain access to a wealth of downloadable tools that simplify the getting organized process Just as importantly you'll explore what it means to be the kind of leader that can bring people together to accomplish difficult tasks You'll find practical suggestions tools and clear instructions for the logistics of team development as well as for building trust developing healthy communication and managing conflict Inside these pages you'll find concrete guidance on Designing agendas making decisions establishing effective protocols and more Boosting your resilience understanding and managing your emotions and meeting your goals Cultivating your team's emotional intelligence and dealing with cynicism Utilizing practical tools to create a customized framework for developing highly effective teams There is no universal formula for building a great team because every team is different Different skills abilities personalities and goals make a one size fits all approach ineffective at best Instead The Art of Coaching Teams provides a practical framework to help you develop your

group as a whole and keep the team moving toward their common goals Impact (Volume 2 of 2) (EasyRead Super Large 24pt Edition) , *Essentials of Public Health Management* , **Essentials of Public Health Management** L. Fleming Fallon (Jr.),Eric Zgodzinski,2009 In the wake of 9 11 effective management of public health departments has become vitally important as these organizations and agencies will be in the front line of any bioterror or chemical attack Written by practitioners for other practitioners and students who want to pursue public health careers this book provides a practical non theoretical approach useful for the hands on management of these complex organizations and their daily operations With accessible writing and many real life applications this concise new volume serves departments at all levels federal state city and county Becoming a Genuine Leader Marilyn Mason,2013-10-29 Are politics your biggest stressor at work Becoming a Genuine Leader will help you develop the skills and self awareness to navigate the challenges of your work culture with integrity at your core Most of us don t intend to operate with greed cynicism dishonesty or passive aggression Often we don t even realize that we are acting out Other times we feel driven to these things by others equally unsavory behaviors But to become a truly impactful leader we must get in touch with our authenticity and apply our power and privilege to engender positive cultural values Just as our success at work can come from strengths our families have nurtured in us all too often these assets can be eclipsed by the dysfunctional behaviors also born from our past In Becoming a Genuine Leader Marilyn Mason teaches us how to lead from within by understanding our past and changing the behaviors and communication styles that have compromised our integrity She reveals that when we honestly look into our family culture and understand the impact of denying or hiding emotions essential changes in how we manage and work with colleagues will take place As personal insight results in more open interaction and cooperation both rising and established leaders can see a work environment come alive with greater trust and creativity **Impact** Ken McArthur,2009-01-21 IMPACT reveals the key strategies used by some of the most influential people in the world These people create measurable and undeniable impact on millions of people The stories of these people and ordinary people alike illustrate vital strategies that enable you to create your own legacy How does one person touch millions of lives and have an impact on the way people think and act Many people dream of having that kind of effect on others lives but few know how to accomplish it If you want to make a real difference in peoples lives your ideas products and services must be noticed the news must be spread quickly your projects must be sustainable over time IMPACT delves into stories of ordinary people who have left their marks on the world You will discover very select and simple actions you can begin implementing today to ensure impact on a massive level You ll learn how to Get noticed in a world that doesn t want to listen to you Find your audience and make them your advocates Motivate millions to action **Essentials of Public Health Management** Fallon Jr,L. Fleming Fallon Jr.,Eric Zgodzinski,2011-05-04 Written for both professionals and students Essentials of Public Health Management is a practical nontheoretical reference that will prepare the reader for the hands on management and daily operations of a complex public health department or

agency **The Onward Workbook** Elena Aguilar, 2018-05-08 An empowering journey that keeps great teachers in the classroom The Onward Workbook is a collection of tools and strategies that help teachers banish the burnout and cultivate true resilience Keyed to the framework presented in Onward this companion piece augments the text with practical exercises coaching and step by step walkthroughs of beneficial practices Deep introspection allows you to verbalize your feelings name your challenges and identify the tools you have and the tools you need from there you ll explore each of the 12 Key Habits and learn how to put them into practice every day In cultivating resilience within yourself and your teaching practice you improve your health your outlook and your relationships while building an environment in which every child succeeds This workbook takes you on a journey of specific self discovery that changes your perspective renews your confidence and empowers you to make the much needed changes that allow you to continue inspiring young minds Dig deeper within to discover what you re truly made of Decode complex emotions body language and nonverbal communications Challenge your beliefs build community and navigate difficult interactions Learn more feel more play more and practice effective self care Resiliency is an underrated skill one that can make all the difference in our schools Challenges will always arise but it is your response that dictates the outcome Can you think of a more important lesson for your students When some 70 percent of teachers quit within their first five years it is clear that changes must be made The Onward Workbook equips you to make the changes that you can and flourish into the future While this book can be used by individuals it is also designed so that groups teams departments or an entire staff can take up the learning together There are specific suggestions in the workbook for using this with a group and educators will reap even more reward from discussing the practices and experiences with colleagues *10-Minute Mindfulness* S. J. Scott & Barrie Davenport, 2023-07-20 10 Minute Mindfulness provides a list of 71 habits to help you overcome the challenge of unconscious living Not only will YOU discover the best time to practice these habits you will receive a detailed blueprint of how TO implement them IN your life In 10 Minute Mindfulness Wall Street Journal bestselling authors S J Scott and Barrie Davenport show how to anchor yourself in the present moment even if it s just for a few minutes at a time This book is for anyone who recognizes their untamed thoughts are interfering with their focus productivity happiness and peace of mind If you want to feel less stressed or simply eliminate your negative thinking then be sure to purchase your copy of 10 Minute Mindfulness

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