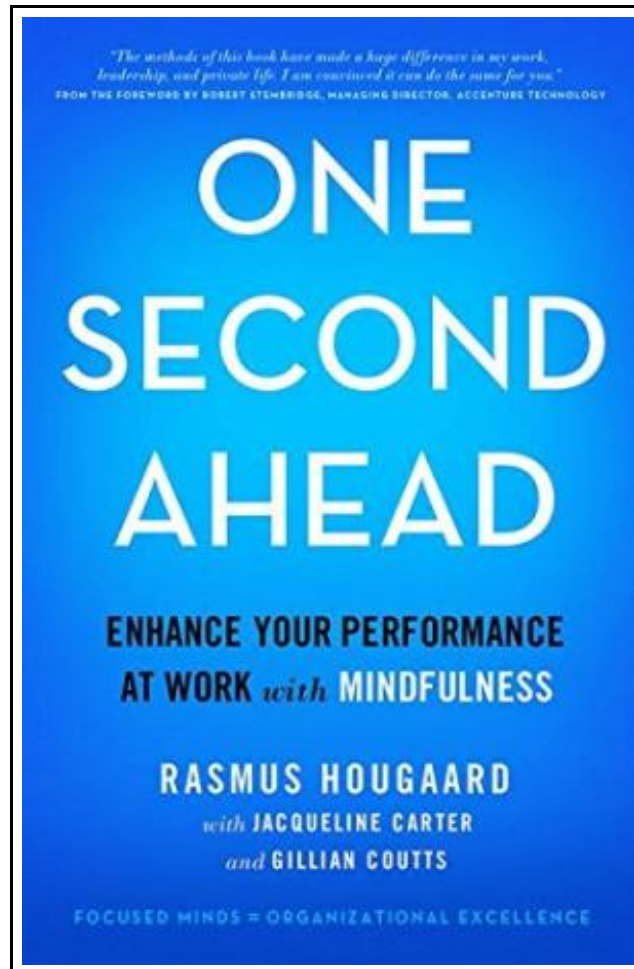


One Second Ahead: Enhance Your Performance at Work with Mindfulness



Filesize: 3.91 MB

Reviews

It is one of my personal favorite pdf. This really is for all those who state there was not a really worth looking at. I realized this book from my dad and i encouraged this pdf to understand.

(Katlynn Haag)

ONE SECOND AHEAD: ENHANCE YOUR PERFORMANCE AT WORK WITH MINDFULNESS



To get **One Second Ahead: Enhance Your Performance at Work with Mindfulness** PDF, make sure you click the button under and save the ebook or have access to other information that are in conjunction with ONE SECOND AHEAD: ENHANCE YOUR PERFORMANCE AT WORK WITH MINDFULNESS book.

Palgrave Macmillan. Hardback. Book Condition: new. BRAND NEW, One Second Ahead: Enhance Your Performance at Work with Mindfulness, Rasmus Hougaard, Jacqueline Coldrick Carter, Gillian Coutts, Researchers have found that the accelerated pace of modern office life is taking its toll on productivity, employee engagement, creativity and well-being. Faced with a relentless flood of information and distractions, our brains try to process everything at once increasing our stress, decreasing our effectiveness and negatively impacting our performance. Ironically, we have become too overworked, unfocused, and busy to stop and ask ourselves the most important question: What can we do to break the cycle of being constantly under pressure, always-on, overloaded with information and in environments filled with distractions? Do we need to accept this as the new workplace reality and continue to survive rather than thrive in modern day work environments? Thankfully, the answer is no. In their new book, ONE SECOND AHEAD: Enhance Your Performance at Work with Mindfulness (Palgrave Macmillan; November 2015), Rasmus Hougaard, Jacqueline Carter, and Gillian Coutts demonstrate that it is possible to train the brain to respond differently to today's constant pressures and distraction. All it takes is one second. They propose that we need to learn to work differently so we are more focused, calm and have less clutter in our mind so we can better manage our time and attention. What if we could hit the 'pause' button on our day, step back, and meet challenges with a sense of clarity and purpose? And what if there was a way not just of 'getting things done,' but ensuring that what does get done are the right things to do? Based on a program in corporate mindfulness designed by Hougaard and the partners of The Potential Project, One Second Ahead provides practical tools and techniques as...



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