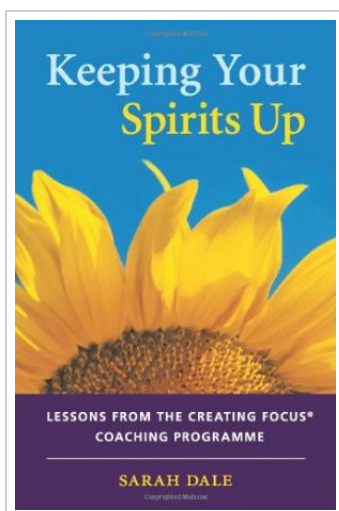




Keeping Your Spirits Up: Lessons from the Creating Focus Coaching Programme

By Sarah Dale

Creating Focus Publishing, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 128 mm. Language: English . Brand New Book ***** Print on Demand *****.Do your friends and colleagues see you as a successful person who is calm, professional and cheerful - while sometimes you feel far from it? Sarah Dale, the chartered occupational psychologist behind the Creating Focus coaching programme, has met many people for whom this seems to be the case. People who face daunting workloads; rapid change; uncertainty about the future; and a sometimes impossible conflict between work, home and well-being. It's a mix that can dampen your enthusiasm for a career you once loved and leave you too tired to enjoy your leisure time. This book, drawing on sound research, suggests realistic ways of Keeping Your Spirits Up. A terrific book that inspires and challenges Russell Foster, Oxford University and Chair, Cheltenham Science Festival 2011 Excellent reading J Olds, Associate Clinical Professor of Psychiatry, Harvard Medical School Valuable and welcome Alex Linley, Founding Director, Centre for Applied Positive Psychology (Capp) A lovely combination of theory, examples and practical advice Mark Williamson, Director, Action for Happiness Very positive and down to earth Catharine Arnold, author, Bedlam.



READ ONLINE
[4.17 MB]

Reviews

It is in a single of the best pdf Better then never; though i am quite late in start reading this one. I realized this ebook from my dad and i encouraged this publication to understand.

-- **Major Thompson**

Without doubt, this is the best operate by any publisher. I was able to comprehended everything out of this written e publication. Its been developed in an remarkably easy way which is only following i finished reading through this ebook by which basically altered me, modify the way i believe.

-- **Dr. Ofelia Grant Sr.**

Other Kindle Books



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



See You Later Procrastinator: Get it Done

Free Spirit Publishing Inc., U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Kids today are notorious for putting things off--it s easy for homework and chores to take a backseat to playing video...



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...



Owen the Owl s Night Adventure: A Bedtime Illustration Book Your Little One Will Adore (Goodnight Series 1)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Professor of Modern English Literature Peter Childs (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Owen is a little Owl who has woken up...



Boost Your Child s Creativity: Teach Yourself 2010

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...