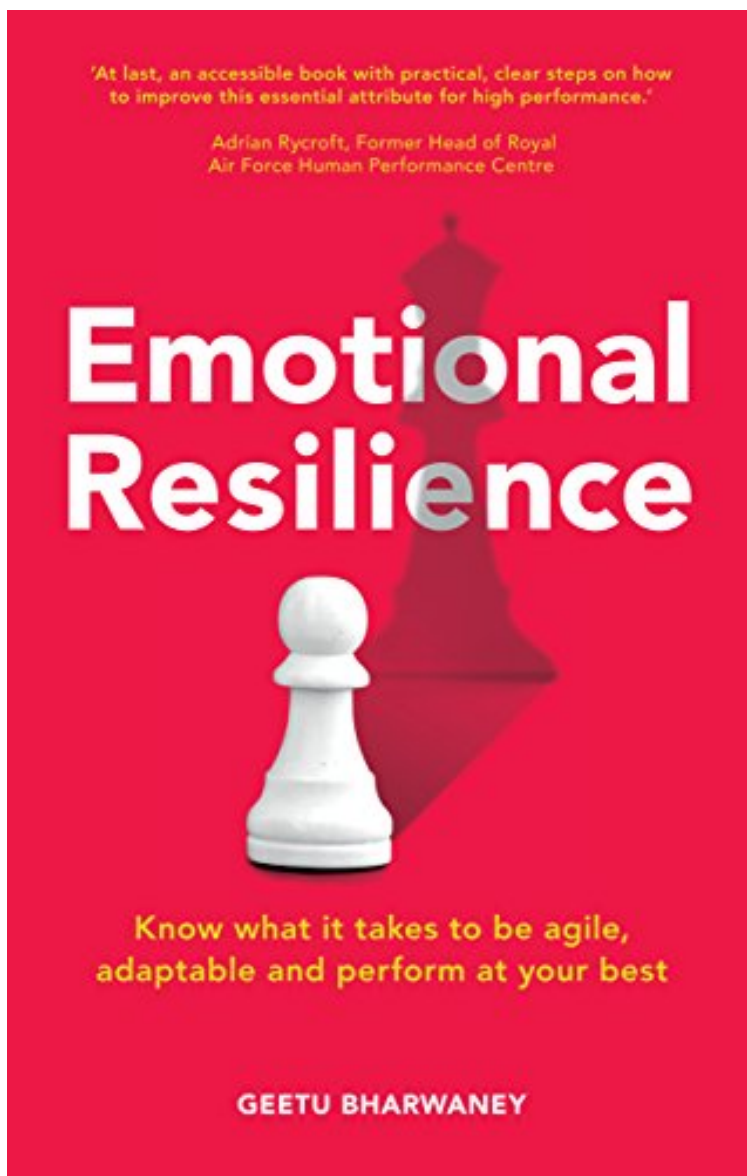


(Download pdf ebook) Emotional Resilience: Know what it takes to be agile, adaptable and perform at your best

Emotional Resilience: Know what it takes to be agile, adaptable and perform at your best

Geetu Bharwaney

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Geetu Bharwaney : Emotional Resilience: Know what it takes to be agile, adaptable and perform at your best before purchasing it in order to gauge whether or not it would be worth my time, and all praised Emotional Resilience: Know what it takes to be agile, adaptable and perform at your best:

1 of 1 people found the following review helpful. Emotional Resilience is a worthwhile addition to anyone's

library for ...By David C. Tate, Ph.D. Emotional Resilience is a worthwhile addition to anyone's library for three reasons: (1) it introduces and explains leading-edge concepts surrounding emotion that are relevant and meaningful for personal, professional, and organizational success; (2) many of the ideas presented are nuanced and complex from a psychological standpoint, but they are presented in a manner that is accessible, understandable, and abundantly clear; and (3) it provides practical, ready-to-use information, both in terms of the author's deep experience as to how these ideas work in the real world, as well as strategies, tools, and exercises that allow readers to learn and implement them. I will be recommending this book to my family, friends, colleagues, and clients for years to come. 0 of 1 people found the following review helpful. Finally an actionable EI-based model that is practical and relevant for today's business context

By Jonathan Kirschner Traditional EI has focused on our ability to be successful through effective perception of emotion in both the interpersonal and intrapersonal domains. Though there is no shortage of literature on the topic, there have not been compelling models developed that both consolidate the research and move it into a systematic methodology for achieving high-performance in today's business environment characterized by globalization, volatility, rapid innovation cycles, and information overload. Bharwaney's Emotional Resilience meets this need head on. This work brings a practical and systematic model that leverages all we know about traditional EI for achieving high-performance in work and life today. 0 of 1 people found the following review helpful. I really appreciate the practical nature of this book. ...

By Customer I really appreciate the practical nature of this book. I have worked through many of the reflective exercises myself, and have encouraged colleagues at my organization to access it as part of their professional growth support resources.

Pressure, stress and annoying problems are all part of life, especially at work. By developing your emotional resilience you can be bulletproof, prepare yourself against even the most challenging situations, and focus fully on achieving your goals, getting things done, moving ahead and being the best you can be. With this comprehensive, practical and empowering guide, you will start feeling the benefits of emotional resilience straight away as you learn to:

- quickly adapt to tricky and pressured situations and get the best from them;
- be at your best all the time by successfully managing your emotions, thoughts and actions;
- handle everyday demands, hassles and annoyances with positivity and confidence;
- realise your full potential — whether on your own or with others.

Being clever, skilled or smart is not enough. To get an edge, stand out and really succeed you need emotional resilience.

About the Author Geetu Bharwaney is the Managing Director of Ei World Limited, a company at the forefront of innovative emotional intelligence-based development programmes globally. She is the author of Emotionally Intelligent Living, and a member of the EI Consortium. She supports talent management and leadership development of individuals in the world's most prestigious companies.