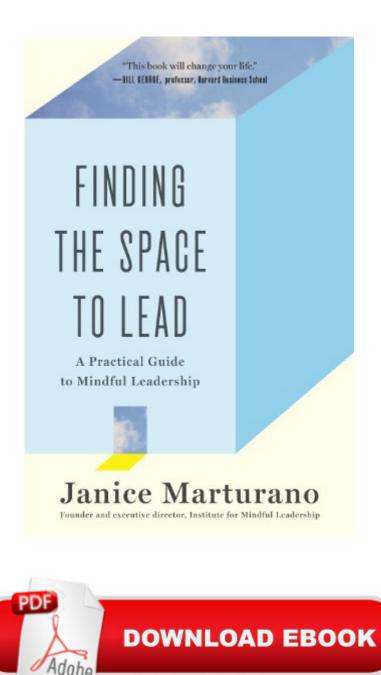
The book was found

Finding The Space To Lead: A Practical Guide To Mindful Leadership



Synopsis

The complexity and relentless pace of our world places exceptional demands on leaders today. They work incredibly hard and yet feel that they are not meeting their own expectations of excellence. They feel disconnected from their own values and overburdened. By the thousands, they seek out books on leadership skills, time management, and "getting things done,?? but the techniques these volumes offer, useful as they are, don't often don't speak to the leader's fundamental sense that something is missing. Janice Marturano, a senior executive with decades of experience in Fortune 500 corporations, explains how Mindful Leadership training integrates the practice of mindfulness-meditation and self-awareness-with the practical tools of management, enabling leaders to bring a wider range of their capacities to the challenges at hand. We already know from scientific research that mindfulness practices enhance mental health and improve clarity and focus. FINDING THE SPACE shows how this training has specific value for leaders. This is not a new "leadership system?? to add to the burden of already overworked people. It brings the concepts of mindfulness into the everyday life of anyone in a leadership role, through specific exercises that address practical issues-the calendar, schedule, phone usage, meetings, to-do list, and strategic planning, as well as interpersonal challenges such as listening and working with difficult colleagues. Leaders who have experienced mindfulness training report that it provides a "transformative experience?? with significant improvements in innovation, self-awareness, listening, and making better decisions. In FINDING THE SPACE TO LEAD, Marturano masterfully lays out her proven techniques for promoting mindfulness in the busy executive's working life.

Book Information

File Size: 769 KB Print Length: 240 pages Publisher: Bloomsbury Press; 1 edition (January 7, 2014) Publication Date: January 7, 2014 Sold by:Â Digital Services LLC Language: English ASIN: B00EB80Y9Y Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #256,905 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #75 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Occupational & Organizational #146 in Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational #169 in Books > Medical Books > Psychology > Occupational & Organizational

Customer Reviews

Having graduated from Columbia University with a Doctorate in Adult Learning and Leadership and a Masters in Organizational Psychology (with over 15 years of organizational consulting experience) and now researching/teaching Leadership Development at a graduate level, I have always been perplexed that so many leadership books promise success or imply failure should readers fail to heed concrete action steps. That is to say, many leadership books command detailed things leaders should do. These types of books do provide helpful food for thought, but regretfully, prescribing a right way to "do leadership" has become the sine gua non for most mainstream tomes. In fact, leadership is an area that has become so saturated with prescriptions that, as you may already be aware, innumerous contradictions arise in their assertions. Bona fide students of leadership (i.e. those who "do" and "reflect upon" leading) are left scratching their heads. We thirst for something greater!Enter "Finding the Space to Lead" by Janice Marturano. What would happen if leaders gently made themselves available to something that already exists: a more spacious sense of awareness, clarity, and insight, present in every unpredictable situation and unresolved conflict? How would our experience transform if we located this sort of mental elbow-room? Inviting ourselves to awaken in such a way is precisely what Janice Marturano's book does, in an elegant, relatable, and reliable fashion. "Finding the Space to Lead" will surely be meaningful to anyone who yearns to connect sincerely with others by also connecting more deeply with themselves. This book is a qualified inspiration to listen to our hearts and minds in all moments.

Download to continue reading...

Finding the Space to Lead: A Practical Guide to Mindful Leadership Leadership: Leadership styles and techniques that will make you a better leader (Leadership books Book 1) Designed to Lead: The Church and Leadership Development Leadership: How To Lead & Influence People To Ultimate Success (People Skills, Team Management & Business Communication) Called Home: Finding Joy in Letting God Lead Your Homeschool The Basic Guide to SuperVision and Instructional Leadership (3rd Edition) (Allyn & Bacon Educational Leadership) Strategic Leadership:

Integrating Strategy and Leadership in Colleges and Universities (The ACE Series on Higher Education) Leadership for a Better World: Understanding the Social Change Model of Leadership Development Practicing the Art of Leadership: A Problem-Based Approach to Implementing the ISLLC Standards (4th Edition) (Allyn & Bacon Educational Leadership) Law and Ethics in Educational Leadership (2nd Edition) (Allyn & Bacon Educational Leadership) Effective Leadership and Management in Nursing (8th Edition) (Effective Leadership & Management in Nursing (Sull) Liderazgo principios de oro [Golden leadership principles]: Las lecciones que he aprendido de una vida de liderazgo [The lessons I have learned from a lifetime of leadership] Effective Leadership and Management in Nursing (Effective Leadership & Management in Nursing (Sull) Leadership Roles and Management Functions in Nursing: Theory and Application (Marguis, Leadership Roles and Management Functions in Nursing) Management And Leadership For Nurse Administrators (Roussel, Management and leadership for Nurse Administrators With Online Access) Space Toys of the 60's: Major Matt Mason, Mighy Zeroid Robots & Colorforms Outer Space Men Creating Sacred Space With Feng Shui: Learn the Art of Space Clearing and Bring New Energy into Your Life Laser Space Communications (Artech House Space Technology and Applications) National Regulation of Space Activities (Space Regulations Library) The Development of Outer Space: Sovereignty and Property Rights in International Space Law

<u>Dmca</u>