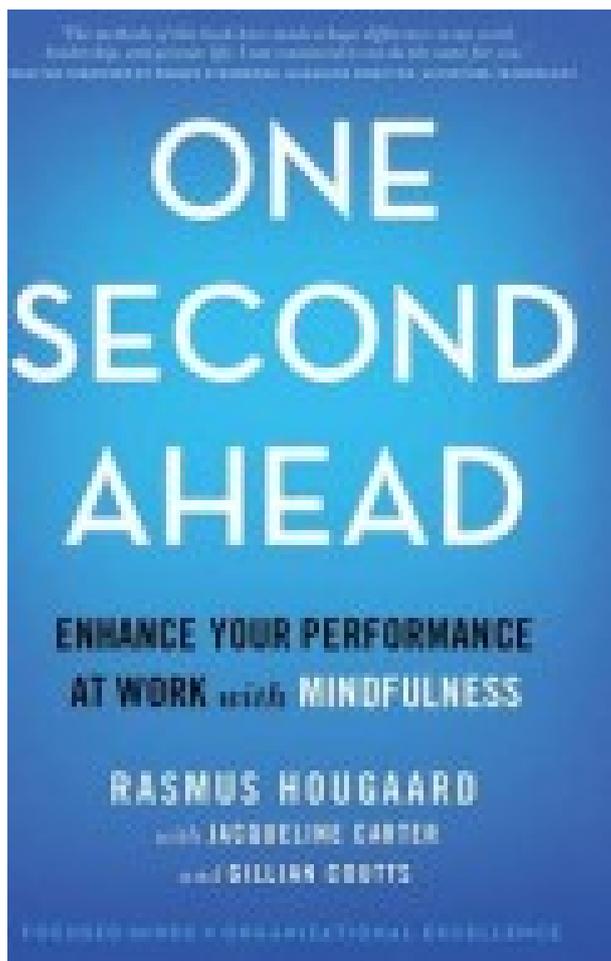


One Second Ahead 2015



Antall sider:	234
Kategori:	Økonomi og ledelse
ISBN/EAN:	9781137551900
Forlag:	Palgrave Macmillan
Sprak:	Engelsk
Utgivelsesar:	2015
Forfatter:	Rasmus Hougaard, Jacqueline Coldrick Carter, Gillian Couttsog Allan Loney

[One Second Ahead 2015.pdf](#)

[One Second Ahead 2015.epub](#)

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 well as real-world examples and lessons from organizations that have implemented mindfulness on a large scale. Thoroughly tested in a diverse range of industries, this program has resulted in measurable increases in productivity, effectiveness, and job satisfaction. With the new mindset proposed in One Second Ahead, readers will be able to put an end to ineffective multitasking, unproductive meetings, poor communication, and other unhealthy workplace behaviors by applying mindfulness to every day work life.

All too often, we think that being mindful requires engaging in a special activity like meditation or yoga. Sure, these activities are beneficial and important to train the mind, but there are many simple things we can do to be mindful all day long.

One Second Ahead is a handbook for more mindful work that offers: Practical, easy to apply, tools and techniques to enhance performance and effectiveness in day to day work activities such as meetings, emails, communication, planning, creativity and more Real-world stories of how mindfulness changed the workdays of leaders and front line employees Tips for cultivating mental strategies and routines that can reduce clutter, increase focus, and rewire your brain to enhance presence, patience, kindness and other valuable mind states Simple yet detailed step-by-step instructions for a more systematic approach to mindfulness training to enhance focus and awareness Guidelines for a 10-minute-per-day mindfulness program that can reshape your life both at work and at home A reproducible planning worksheet and further resources in the Appendix. One Second Ahead can transform daily work life by helping individuals and teams realize more of their potential through greater focus and awareness. The tools and techniques in this book can transform individual and organizational performance one mind at a time.

Boken «Victoria» er skrevet av Knut Hamsun, og er en roman bok som var utgitt i 1898. Romanen er om en forbudt kjærlighet mellom møllerens sønn Johannes, og. Et dukkehjem er det første norske verk som omhandler borgerskapet i en tragedie.

Tidligere hadde kvinnene i det borgerlige samfunn vært tilsidesatt, umyndiggjort og. Etter å ha etterlatt huset til min kjære blei eg møtt med noen rufsne brune blomster, Så da gikk turen i dag bort for å finne noen flotte fine blomster. Relaxed driving even in heavy traffic: Active Cruise Control with Stop&Go function keeps you at a constant distance from the vehicle ahead at all times. Kari Bremnes Og så kom resten av livet VÖ: 05.10.2012 Label: Strange Ways Records LC: 07147 Vertrieb: Indigo Bestellnummern: 97084-2 (CD), 97084-1 (LP) EAN CD. Mintankesmie.

no omhandler habilitet, interessekonflikter, korrupsjon, gjeldsproblemer, fattigdom, medisinsk utstyr, legemidler (som antidepressiva, antipsykotika).

Kongepar i 25 år: Gratulasjonsprotokoll. Søndag 17. januar var det 25 år siden Kronprins Harald og Kronprinsesse Sonja ble Norges Kongepar.