

The Handbook of Social Justice in Loss and Grief is a scholarly work of social criticism, richly grounded in personal experience, evocative case studies, and current multicultural and sociocultural theories and research. It is also consistently practical and reflective, challenging readers to think through responses to ethically complex scenarios in which social justice is undermined by radically uneven opportunity structures, hierarchies of voice and privilege, personal and professional power, and unconscious assumptions, at the very junctures when people are most vulnerable—at points of serious illness, confrontation with end-of-life decision making, and in the throes of grief and bereavement. Harris and Bordere give the reader an active and engaged take on the field, enticing readers to interrogate their own assumptions and practices while increasing, chapter after chapter, their cultural literacy regarding important groups and contexts. The Handbook of Social Justice in Loss and Grief deeply and uniquely addresses a hot topic in the helping professions and social sciences and does so with uncommon readability.

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In The Mindful Leader, Peter Shaw unpacks the Christian concepts underpinning good leadership and management - such as wisdom, hope and truth - offering a toolkit for leaders who are aspiring to be more authentic.

Effective leaders are self aware and empower those they influence to achieve their potential. Based on the best-selling book by Maria Gonzalez, "Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself and Inspiring Others," this webinar will focus on increasing and optimizing your professional and personal effectiveness through mindful leadership, thereby, creating the ability to sustain high performance and develop resilience. The Conference Board of Canada and Argonauta Strategic Alliances Consulting Incorporated are pleased to present a special webinar on mindful leadership. Find out how to use a single tool - mindfulness training - to achieve clarity, focus and self-awareness, enabling you to transform yourself and achieve positive results by inspiring those you lead. Every registrant will receive a copy of Maria's book entitled Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself and Inspiring Others.

Critical Conversations in Healthcare, Second Edition, provides scripts and scenarios to facilitate better, more effective communication in healthcare settings. Chapters feature do's and don'ts, reflective questions, and practical tools to help you improve your on-the-job interactions. Whether you are a new nurse at the bedside or the CEO of a major healthcare facility, this fully revised second edition will show you how to:

- Work with frustrated families, angry physicians, and uncooperative colleagues
- Deal with gossip, harassment, and other tough topics
- Successfully address workloads, management styles, and other tricky subjects
- Improve the patient experience
- Overcome conversation traps

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Mindful leadership is a high-trending topic for good reason-- the benefits of practicing mindfulness in the workplace are far-reaching. Adams provides accessible and authoritative guidance for cultivating focus, clarity, and creativity from within your colleagues. She offers useful tips you can incorporate in your company to improve decision-making and communication skills, manage workday challenges, and much more. Bizonyára számokra is ismer?s az érzés; bemész a munkahelyedre, elkezdted a napot egy tiszta napirendi képpel. Repülnek az órák, majd azon kapod magad, hogy már úton vagy hazafelé. Sokan járunk hasonló cip?ben. A legtöbben csupán napunk 47%-át tudjuk felidézni, ami azt jelenti, hogy felét robotpilóta üzemmódban töltjük. Két képesség jellemzi a tudatos elmét; összpontosítás és figyelem. Az id? nagy részében azonban mindenki a figyelmedért harcol. Keresnek e-mailben, telefonon, a közösségi oldalakon, a chatablakban – ezzel akaratlanul is akadályoznak az összpontosításban és bomlasztják a figyelmed. Mi a megoldás? A Harvard Business Review pszichológiasorozatának els? része a tudatosságról szól. Mélyenszántó és nélkülözhetetlen olvasmányokban mutatja be a témát a Harvard cikkeib?l tallózva. Coachok, szakemberek, írók, pszichiáterek írásain keresztül ismerheted meg a tudatosság emberi oldalát. De mi is az a tudatosság és miért van akkora jelent?sége? Tudatosságról akkor beszélhetünk, amikor aktívan figyelünk a környezetünkre és tevékenyen reagálunk a történésekre. Egyszóval, amikor a jelenben vagyunk. Biztosan azt gondolod, ezt az állapotot fenntartani fárasztó és stresszes, de nem így van. Valójában nem kell áldozatot hoznunk, nem szükséges megváltoztatni mindennapi tevékenységeinket ahhoz, hogy jelent?s el?relépést érjünk el. A Tudatosság cím? kötetben bemutatott technikák valamelyikét gyakorolva akár azonnal elkezdhetsz a jelenben élni.

A new generation of business leaders is turning to mindfulness as a cutting-edge leadership tool. Scientific research suggests that the practice of mindfulness (a technique for learning to live in the present moment) can help individuals to gain clarity, reduce stress, optimize performance, and develop a greater sense of well-being. In The Mindful Leader, Michael Carroll explains what mindfulness is and how to develop it in the hectic and often stressful environment of the twenty-first century workplace. He focuses on ten key principles of mindfulness and how they apply to leading groups and organizations. Along the way, Carroll addresses a range of topics, including how to: heal the "toxic workplace," where anxiety and stress impede performance cultivate courage and confidence in the face of workplace difficulties pursue organizational goals without neglecting what's happening here and now lead with wisdom and gentleness, not just with ambition and power start a personal meditation practice to develop your innate leadership talents Full of engaging stories and practical exercises, The Mindful Leader will help leaders in any field to discover their innate intelligence, bravery, and joy on the job.

Mindful LeadershipThe 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring OthersJohn Wiley & Sons

This digital collection, curated by Harvard Business Review, offers four books on the topic of emotional intelligence, found by bestselling author Daniel Goleman to be twice as important as other competencies in determining outstanding leadership. In Primal Leadership, With a New Preface by the Authors, the authors show that great leaders excel not just through skill and smarts, but by connecting with others using emotional intelligence competencies like empathy and self-awareness. The best leaders are “resonant” leaders—individuals who manage their own and others’ emotions in ways that drive success. In Resonant Leadership, Richard Boyatzis and Annie McKee provide an indispensable guide to overcoming the vicious cycle of stress, sacrifice, and dissonance that afflicts many leaders and offer a field-tested framework for creating the resonance that fuels great leadership. And in Becoming a Resonant Leader, Annie McKee, Richard Boyatzis, and Frances Johnston share vivid, real-life stories illuminating how people can develop emotional intelligence, build resonance, and renew themselves. Finally, HBR’s 10 Must Read on Emotional Intelligence presents 10 articles by experts in the field of emotional intelligence, all of which will inspire you to monitor and channel your moods and emotions; make smart, empathetic people decisions; manage conflict and regulate emotions within your team; react to tough situations with resilience; better understand your strengths, weaknesses, needs, values, and goals; and develop emotional agility.

In consultation with Consulting Editor, Dr. Jan Foster, Drs. Garbee and Danna have put together a state-of-the-art issue of the Critical Care Nursing Clinics devoted to Quality Outcomes and Costs. Clinical review articles are specifically devoted to the following: Information Technology, Electronic Medical Records, and Practice Alerts; Telehealth Use to Promote Quality Outcomes and Reduce Costs; Impact of a Mobility Team on ICU Patient Outcomes; MACRA and MIPS Impact on Quality and Cost Outcomes; Leadership’s Impact on Quality, Outcomes, and Costs; Big Data Sets Use for Quality, Outcomes, and Cost; Pediatric Quality Metrics Related to Quality Outcomes and Cost; Geriatric Outcomes

Access Free Mindful Leadership The 9 Ways To Self Awareness Transforming Yourself And Inspiring Others Maria Gonzalez

With foreword by Paul Liabenow Build compassionate classroom environments and mindful schools that prioritize high levels of achievement and high levels of well-being. Based on the latest neuroscience research, Mindfulness Practices details how mindfulness in schools can lead to new, improved ways of educating, learning, and living. The book's mindfulness exercises are easily adaptable across grade levels -- from prekindergarten through high school -- as well as across urban, suburban, and rural school settings. Mindfulness exercises and trauma-informed practices for a positive learning environment: Explore the theory behind mindful education, including the interrelated nature of physiology, cognition, emotions, and mindfulness. Learn how mindfulness contributes to a positive mindset, alleviates the impact of toxic stress, and takes advantage of neuroplasticity. Understand the effects of trauma and ACEs (adverse childhood experiences) on student behavior and the ability to learn, and discover methods of healing. Acquire research-based mindfulness practices, including breathing exercises, yoga for the classroom, meditation for students, and cognitive reflection and awareness. Reignite the passion that first drew you to education and prioritize self-care for yourself and your students. Discover how to build a heart-centered learning community in classrooms and schools. Contents: Introduction: Imagine Flourishing With Focus Part I: Recognizing the Urgency Chapter 1: Why Mindfulness; Why Now Chapter 2: Mind and Body-Brain Connection Chapter 3: Executive Function Part II: Getting Practical Chapter 4: Breath Chapter 5: Yoga Chapter 6: Meditation Chapter 7: Sensation, Presence, and Emotion Part III: Changing School Communities Chapter 8: Mindful Instruction for Teachers Chapter 9: Mindful Leadership for Administrators Epilogue: Sharing Vision and Leadership References and Resources Index
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