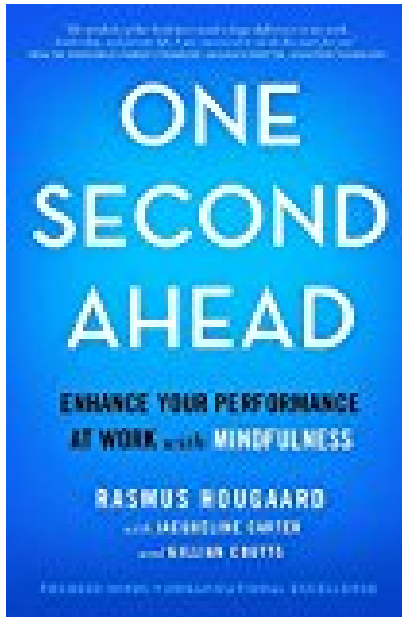


One Second Ahead Enhance Your Performance at Work with Mindfulness



BOOK DETAILS

- Author : Rasmus Hougaard
- Pages : 234 Pages
- Publisher : Palgrave Macmillan
- Language : English
- ISBN : 1137551909

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

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.

ONE SECOND AHEAD ENHANCE YOUR PERFORMANCE AT WORK WITH MINDFULNESS

- Are you looking for Ebook One Second Ahead Enhance Your Performance At Work With Mindfulness? You will be glad to know that right now One Second Ahead Enhance Your Performance At Work With Mindfulness is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. One Second Ahead Enhance Your Performance At Work With Mindfulness may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with One Second Ahead Enhance Your Performance At Work With Mindfulness and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with One Second Ahead Enhance Your Performance At Work With Mindfulness. To get started finding One Second Ahead Enhance Your Performance At Work With Mindfulness, you are right to find our website which has a comprehensive collection of manuals listed.