

## Self Development

### 1. **What to Ask the Person in the Mirror**

Robert Steven Kaplan  
Product Number R0701H

#### **Learning Objective:**

To discover the seven questions a manager or executive can ask to assess his or her performance as a leader. Useful for management coaches.

### 2. **Stop Overdoing Your Strengths**

Robert E. Kaplan, Robert B. Kaiser  
Product Number R0902J

#### **Learning Objective:**

To appreciate how some leadership strengths (such as forcefulness) become destructive when overused, and to learn how to keep strengths in balance.

### 3. **How to Play to Your Strengths**

Laura Morgan Roberts, Gretchen Spreitzer, Jane Dutton, Robert Quinn, Emily Heaphy, Brianna Barker  
Product Number R0501G

#### **Subjects Covered:**

Careers & career planning, Employee development, Job satisfaction, Organizational behaviour, Performance appraisals, Personal strategy & style, Psychology.

### 4. **Manage Your Energy, Not Your Time**

Tony Schwartz, Catherine McCarthy  
Product Number R0710B

#### **Learning Objective:**

To learn practices that can help managers and employees rejuvenate their personal energy and improve their productivity.