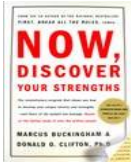


Self Development



Title: “Now Discover Your Strengths” - Contains on-line “strengths finder” questionnaire
Authors: Marcus Buckingham, Donald O. Clifton
Publisher: Free Press
ISBN-13: 978-0743201148
Note: *Builds on the above, looking especially at how to identify and encourage your own and others’ strengths. A great resource in management and career coaching.*



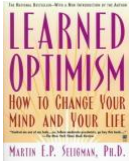
Title: “Go Put Your Strengths to Work: 6 Powerful Steps to Achieve Outstanding Performance”
Author: Marcus Buckingham
Publisher: Free Press
ISBN-13: 978-0743261678
Note: *Research data show that most people do not come close to making full use of their assets at work. This book aims to change that through a six-step, six-week experience that will reveal the hidden dimensions of your strengths.*



Title: “How full is your Bucket?”
Authors: Tom Rath and Donald O. Clifton
Publisher: Gallup Press
ISBN-13: 978-1595620033
Note: *A great, research-based book about the power of positive feedback for yourself and others at work (and outside it). Very helpful in management coaching.*



Title: “Authentic happiness”
Author: Martin E. P. Seligman
Publisher: Free Press
ISBN-13: 978-0743222976
Note: *Positive Psychology focuses on strengths rather than weaknesses, asserting that happiness is not the result of good genes or luck.*



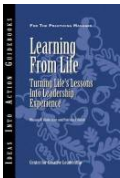
Title: *“Learned Optimism: How to Change Your Mind and Your Life”*

Author: Martin Seligman

Publisher: Free Press

ISBN-13: 978-0671019112

Note: *Learned Optimism shows you how to: recognize your “explanatory style” -- what to say to yourself when you experience set-backs -- and how it influences your life boost your mood and your immune system.*



Title: *“Learning from Life: Turning Life's Lessons into Leadership Experience”*

Author: Marian N. Ruderman & Patricia J. Ohlott

Publisher: Centre For Creative Leadership

ISBN-13: 978-1882197606

Note: *If you were to ask managers and executives where they get the most influential and effective developmental training, the answer you're likely to get is “on the job.” Too often, those same managers and executives discount what can be learned from experiences outside of work. CCL research demonstrates that activities that take place outside of the regular workday contribute to a leader's effectiveness as a manager. This guidebook shows how to see those activities as opportunities for developing key leadership skills in such areas as interpersonal relations, communication, collaboration, and flexibility. Great ideas for individuals and coaches.*



Title: *“Adaptability: Responding Effectively to Change”*

Author: Allan Calarco and Joan Gurvis

Publisher: Centre For Creative Leadership

ISBN-13: 978-1882197927

Note: *In today's business world, the complexity and pace of change can be daunting. Adaptability is a necessary skill for leaders to develop in order to respond effectively to this change. This guidebook contributes to a greater understanding of adaptability and the cognitive, emotional, and dispositional flexibility it requires. Leaders will learn how to develop their own adaptability and to foster it in others, thereby becoming more effective for themselves, the people they lead, and their organizations.*



Title: *“Building Resiliency: How to Thrive in Times of Change”*

Author: Mary Lynn Pulley and Michael Wakefield

Publisher: Centre For Creative Leadership

ISBN-13: 978-1882197675

Note: *It is sometimes hard to accept change - particularly when it is delivered as a hardship, disappointment, or rejection. But by developing resiliency managers can not only accept change, but learn, grow, and thrive in it. This guidebook defines resiliency, explains why it's important, and describes how you can develop your own store of resiliency. It focuses on nine developmental components that, taken together, create a sense of resiliency and increase your ability to handle the unknown and to view change - whether from disappointment or success - as an opportunity for development. Valuable for managers and management coaches.*
