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Essential Elements For Effectiveness Optimal Functioning ...

ISBN: 9781256675112 1256675113: OCLC Number: 802484745: Description: xiv, 497 pages ; 25 cm: Contents: Section One: Personal Effectiveness --chapter 1.A reality check --chapter 2.Making positive choices --chapter 3.Experiencing positive emotions --chapter 4.Learning to accept yourself --chapter 5.Understanding stress --chapter 6.Developing wellness skills --chapter 7.

Essential elements for effectiveness : optimal functioning ...

Content is organized into three sections, recognizing the fact that optimal functioning occurs within three broad domains: (1) personal life, (2) interpersonal relationships, and (3) work life. Section One: Personal Effectiveness addresses how we adopt effective mindsets, balance our self-esteem, and motivate ourselves.

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The five elements of successful teamwork

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