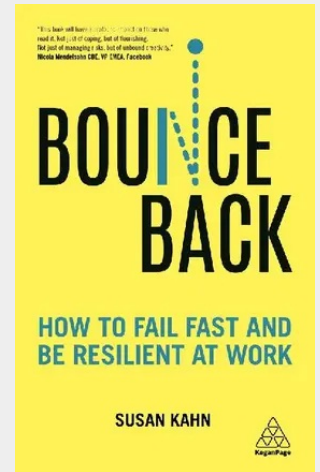


Bounce Back

How to Fail Fast and Be Resilient at Work

FINALIST: American Book Fest Best Book Award 2020 - Business: Careers Success. Innovation. Creativity. Growth. We all want these things at work - but the one thing they all have in common is that they involve failure. A fear of failure, or the inability to bounce back and learn from failures, is one of the biggest things that can hold us back in our professional development - so how do we learn how to fail well and develop our resilience? Wherever we work, and whatever role we deliver, we all have the power to change our thinking and our response to failure - **Bounce Back** is here to help. Written by Business Psychologist **Dr Susan Kahn**, this book will show you how to embrace failure. Failing fast, failing well, and learning how to be agile and resilient at work is a vital part of being a successful and innovative leader, approaching opportunities with excitement and creativity, and driving forward your personal and professional growth. Packed with practical exercises, inspirational case studies and a useful resilience self-assessment guide, **Bounce Back** will show you how to invest in your resilience in a deliberate way, and empower you to face risk head-on. From learning how to respond well to critical feedback, to understanding cultural attitudes to failure around the world, this book will help you be a stronger, more resilient you.

Success. Innovation. Creativity. Growth. We all want these things at work - but the one thing they all have in common is that they involve failure. A fear of failure, or the inability to bounce back and learn from failures, is one of the biggest things that can hold us back in our professional development - so how do we learn how to fail well and develop our resilience? Wherever we work, and whatever role we deliver, we all have the power to change our thinking and our response to failure - Bounce Back is here to help. Written by Business Psychologist Dr Susan Kahn, this book will show you how to embrace failure. Failing fast, failing well, and learning how to be agile and resilient at work is a vital part of being a successful and innovative leader, approaching opportunities with excitement and creativity, and driving forward your personal and professional growth. Packed with practical exercises, inspirational case studies and a useful resilience self-assessment guide, Bounce Back will show you how to invest in your resilience in a deliberate way, and empower you to face risk head-on. From learning how to respond well to critical feedback, to understanding cultural attitudes to failure around the world, this book will help you be a stronger, more resilient you.



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