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A Guide to Discovering Your Next Career Path

> Timothy Butler

Getting Unstuck A Guide To Discovering Your Next Career Path

Wendy S. Enelow

Getting Unstuck A Guide To Discovering Your Next Career Path:

Getting Unstuck Timothy Butler, 2010 We all experience psychological impasse This feeling of uncertainty about your next moves in life might come at predictable moments the loss of a job the end of a romance or the death of someone who has long helped you feel recognized loved and appreciated But psychological impasse might also come at unpredictable times when the career of a lifetime somehow loses its juice or when you find yourself longing to renew your sense of life s adventure Predictable or not psychological impasse brings with it the sense of being stuck or paralyzed At the office you feel stale or unchallenged In your personal life you feel agitated deflated or downright bored You know that something must change and you re desperate to contribute at work find a reinvigorated role in your family and dive back into the current of your own life In Getting Unstuck business psychologist and researcher Timothy Butler leverages more than twenty years of research to offer strategies for finding your way from impasse to renewed meaning at work at home with colleagues and with family Drawing on a wealth of stories about individuals who have successfully transitioned out of impasses Getting Unstuck provides a practical authoritative road map for moving past your immediate obstacle and defining a meaningful path forward

Getting Unstuck Timothy Butler,2007 Everyone feels stuck every now and again paralyzed by the gnawing feeling that something must change whether in one s work or work environment or in a life situation or way of living But when is this feeling an indication of major psychological impasse And when will this failure to get unstuck threaten not only your personal life and career but even the healthy functioning of the rest of your team or organization What are the steps to navigate out of this kind of rut and find a meaningful way forward In Getting Unstuck psychologist Timothy Butler shares a proven model for moving from a state of career or life impasse to a new vision based on deeper knowledge of the work and life structures that will ultimately be most meaningful Outlining a process that he has used with thousands of executives and MBA students Butler explains how to recognize a state of psychological impasse and shows that this state is in fact the beginning of a necessary and predictable process of psychological development that is repeated many times throughout one s life Further he shows how to turn impasse into a vision of meaning and purpose first by awakening and deepening one s imagination then by recognizing patterns of meaning in one s life and finally by taking action to turn one s meaningful vision into a daily reality Supported by a wide range of stories of others who have accomplished similar life transitions this book is written for anyone who feels stuck and is looking for practical and authoritative guidance for moving out of his or her own immediate impasse

Getting Unstuck Dorthy Lolar,2021-07-27 Do you feel stuck right now in your work Do you have a specific problem getting you stuck Maybe you have no idea what you want to do for work but know it s not what you are doing right now You also might feel stuck but you re unsure why you feel that way On one hand you know the path you re on is making you feel miserable and is no longer an option But the path forward is still unclear so you don't know how to move forward This book can help you identify the necessary components to discover work you find meaningful and fulfilling HBR's 10 Must Reads

on Performance Management Harvard Business Review, Marcus Buckingham, Heidi K. Gardner, Lynda Gratton, Peter Cappelli, 2023-04-04 Performance management is changing Adapt your approach along with it For decades performance management has been seen as an annual chore by managers and HR departments alike But this process is changing and there are ways to make it more effective at all levels of your organization If you read nothing else on performance management in your organization read these 10 articles We ve combed through hundreds of Harvard Business Review articles and selected the most important ones to help you make your process more adaptable conduct better feedback conversations and encourage the growth of your employees This book will inspire you to Learn where current performance management processes are falling short Overcome organizational bias to evaluate performance fairly Sculpt employees jobs to meet their skill sets and interests Boost collaboration by aligning goals across functions. Use people analytics ethically and transparently Help your people identify and use their strengths This collection of articles includes The Performance Management Revolution by Peter Cappelli and Anna Tavis Reinventing Performance Management by Marcus Buckingham and Ashley Goodall Getting 360 Degree Feedback Right by Maury A Peiperl The Set Up to Fail Syndrome by Jean Fran ois Manzoni and Jean Louis Barsoux Job Sculpting The Art of Retaining Your Best People by Timothy Butler and James Waldroop Performance Management Shouldn t Kill Collaboration by Heidi K Gardner and Ivan Matviak The Happy Tracked Employee by Ben Waber Don t Let Metrics Undermine Your Business by Michael Harris and Bill Tayler Numbers Take Us Only So Far by Maxine Williams Managers Can t Do It All by Diane Gherson and Lynda Gratton and Creating Sustainable Performance by Gretchen Spreitzer and Christine Porath HBR s 10 Must Reads paperback series is the definitive collection of books for new and experienced leaders alike Leaders looking for the inspiration that big ideas provide both to accelerate their own growth and that of their companies should look no further HBR s 10 Must Reads series focuses on the core topics that every ambitious manager needs to know leadership strategy change managing people and managing yourself Harvard Business Review has sorted through hundreds of articles and selected only the most essential reading on each topic Each title includes timeless advice that will be relevant regardless of an ever changing business environment The Strengthspath Principle Dale Cobb, 2016-07-14 Do What You Do Best This book is for anyone interested in becoming the Best Version of Themselves It is designed to help you Do Your Best Doing What You Do Best This is a terrific resource if you are Shifting contemplating a career transition Shaping crafting a job that partially fits Succeeding striving to be world class in a job you love Serving wanting to make a bigger contribution Selecting a college major or first career Stumbling Struggling Stuck with a career Retaining Employees Harvard Business Review, 2010-09-09 What can you as a manager do to attract top talent direction and keep your company s high performing employees In Retaining Employees you ll learn ways to stay competitive in the war for talent by using creative and effective retention strategies including Managing or removing common obstacles to retention such as burnout and work life imbalance Developing programs to better meet employees diverse needs and interests Hiring

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and how to learn if a new job will deliver before switching Together the authors will help you decide which skills to develop build your network and make the progress you desire Whatever your direction Job Moves will help you take the first step towards your dream job Positive Psychology Arts Activities Olena Darewych, 2020-05-21 This book contains a wealth of practical arts activities which creatively and playfully bring positive psychology concepts such as flow character strengths goals and self awareness to life With straightforward step by step instructions each chapter includes an overview of a positive psychology concept followed by associated arts activities and case examples illustrating the activities uses in therapy and supervision Also included are post activity guiding questions to promote a dialogue between therapist and client and suggestions for adapting the activities for clients to utilize outside the therapy room Blending the strengths based focus of positive psychology with the healing transformative practice of the arts this book is for all practitioners wanting to cultivate the mental health flourishing and wellbeing of their clients using a creative approach The Career Coward's Guide to **Changing Careers** Katy Piotrowski, 2008 Offers advice on all phases of the career change process including tips on discovering natural talents identifying career passions and creating a new you resume **Winning Interviews for** \$100,000+ Jobs Wendy S. Enelow,1999 Individuals making 100 000 a year must interview differently from those who make under 100 000 a year They need to show employers a smoothly refined combination of presentation and negotiation skills

Getting Unstuck Meredith Moore Crosby, 2018-11-27 As women in the workplace we are told anything is possible if a woman hasn t done it yet then we can be the first But in reality there are still unwritten rules that make it possible to see the next step but never reach it Sometimes we become so numb to our problems that we accept them as unchangeable we get stuck What if you could change your life starting with your career Getting Unstuck A Guide to Moving Your Career Forward tells the story of how one woman found the time and energy to overcome the battle for advancement in corporate America Meredith Moore Crosby who supported the most diverse senior leadership team in the history of the McDonald's Corporation shares unwritten rules and the advice of her mentors to evolve your dream job into your dream life taking control of your time and designing a set of values to lead you onward Her book offers a vision for aligning your purpose with partnerships to move your career forward It's not about succeeding or failing not trying is the only real risk Let Meredith take you on a Getting Unstuck Meredith Moore, 2021-06-30 As companies commit to more inclusive cultures journey to getting unstuck and create social responsibility goals to diversify executive ranks women of color in the workplace are setting ambitious goals to be the first But in reality there are still unwritten rules that make it possible to see the next step in your career but never reach it Sometimes we become so numb to our problems that we accept them as unchangeable we get stuck What if you could change your life starting with your career Getting Unstuck A Guide to Moving Your Career Forward tells the story of how one Black woman found the time and energy to overcome the battle for advancement in corporate America Meredith Leigh Moore who supported the most diverse senior leadership team in the history of the McDonald's Corporation teaches

you how to set a clear vision for achieving your personal and professional goals Learn the unwritten rules and hear the advice of her mentors to evolve your dream job into your dream life It's not about succeeding or failing not trying is the only Paid to Be You Adam real risk Let Meredith take you on a journey to getting unstuck Schwann, 1989 Getting Unstuck Iris W. Randall, 1986 Rico.2014-01-11 On Cassette .1989 How to Get Unstuck and Live Your Best Life 2 Books in 1 Clement Harrison, 2020-08-09 Become your own life coach without spending hundreds on one on one calls You hear it all the time Your potential is limitless But what does it actually mean If you re like most of us then life certainly appears to have a great number of limitations Maybe sometimes you even feel stuck as if there is no way out Does your boss repeatedly compliment your coworkers yet never seem to simply notice you Do you constantly feel drained as if the tasks before you are just too much for someone to undertake In Your Unlimited Opportunities the Art of Personal Transformation you ll discover Why your limiting belief system is the 1 obstacle in the way of your success and how you can overcome it today How you can turn your emotions into a superpower and why this will impress the heck out of your boss The hidden aspects of procrastination and failure and how you can turn them around for creating a more successful future In Ikigai How to Choose your Career Path and Discover Your Strengths you will discover A simple exercise that will help you know yourself more and understand what you find meaningful in a job Inspirational stories of career shifts that show you anything s possible even if you re in your 40s and in a totally unrelated industry Why you can be a stronger candidate than people with more experience and how you can build up your knowledge and skills without getting another degree With just a few minutes of focus per day you can guide yourself towards a life of abundant opportunity and endless wealth You can take back control of your life and become the person you ve always wished you could be but it won t happen without any initiative from your side of the equation Words on Cassette ,1999

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