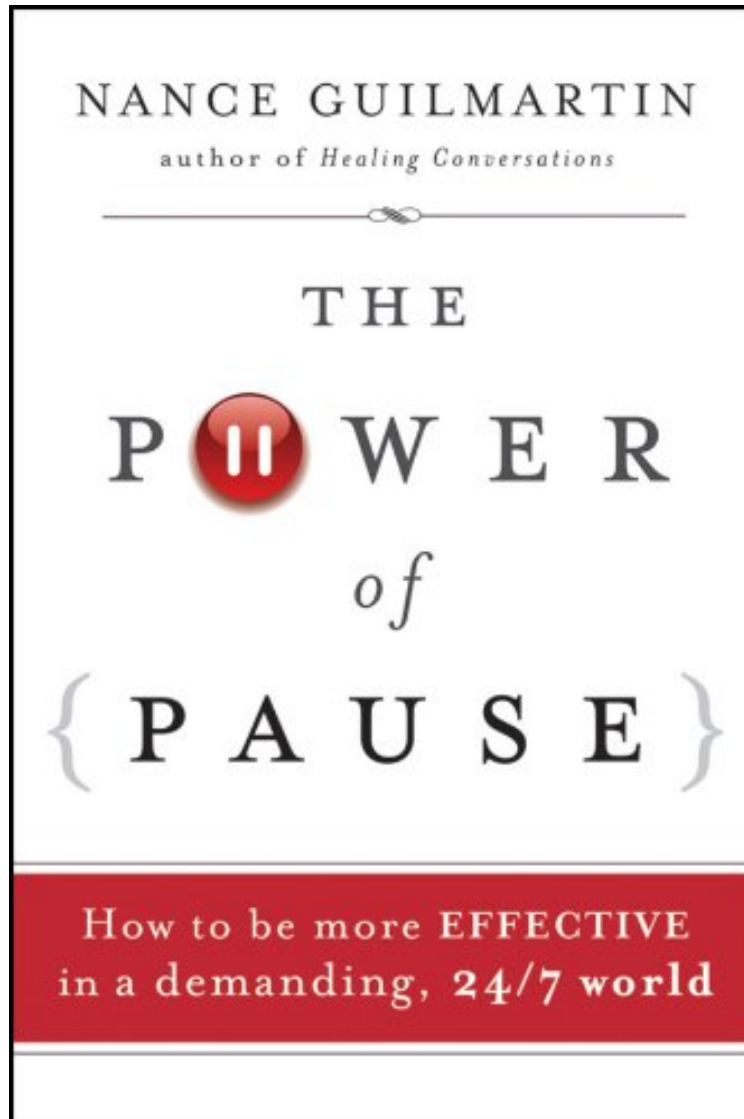


(Free pdf) The Power of Pause: How to be More Effective in a Demanding, 24/7 World

The Power of Pause: How to be More Effective in a Demanding, 24/7 World

Nance Guilmartin

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Nance Guilmartin : The Power of Pause: How to be More Effective in a Demanding, 24/7 World before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Power of Pause: How to be More Effective in a Demanding, 24/7 World:

2 of 3 people found the following review helpful. From a daily user of Nance's methods By Ramon Padilla Jr. First let me acknowledge that I have had the opportunity to have Nance Guilmartin teach the methods she espouses in this book to me first hand. The organization I work for had the foresight to bring her in to facilitate a senior staff retreat

when our now former CEO joined us 4 years ago. She also did some follow up work with us during this time. Regardless of how you obtain the information, whether in person or in writing - her methods work. What you will find in this book are easy to understand methods on how to begin to take back control of your work time and if you are a manager - how to manage more effectively. The book is an easy read, the methods clear and understandable and more importantly she doesn't just tell you about the methods, she tells you HOW to implement them - both through instruction and example. Be forewarned, the book is so easy to read you can cruise through it almost too quickly. I suggest you pause frequently and reflect on what you just read and how you can implement it in your world before moving forward. As you will find by reading the book, pausing is one of the most important things you can do and will become part of your vocabulary. 1 of 3 people found the following review helpful. Excellent leadership guidelines for today's business challenges! By Suzie Hise Recently I held a one day leadership retreat with 25 researchers and attorneys. The core content was based on the concepts from Nance Guilmartin's book, *The Power of Pause*. Having been through many leadership programs in the past, the feedback from this group was telling - they felt that for the first time they had practical ways to deal with all the uncertainty in their environment and enjoyed having a leadership reference that provided such a broad range of tactics, behavioral guidelines and powerful examples of how situational awareness can build both personal and professional competencies; they were genuinely surprised at how relevant it was to their work. This book is unique in its approach to today's business challenges. Suzie Hise, Hise Consultants 0 of 1 people found the following review helpful. Very Helpful By Barbara Emery This book is very well written. It gives examples and backs up all statements. This is a very helpful book for anyone dealing with people or potential conflict.

A clear, actionable plan to fight frustration at work, make savvier decisions, and avoid costly mistakes when we're short on time, attention, and choices One of the most frustrating dilemmas for working people today is how to be effective when we feel we don't have time or we're facing non-stop demands. *The Power of Pause* process is a dynamic practice that Nance Guilmartin has taught thousands of people worldwide, equipping them to regain control of thoughts and avoid miscommunications. This tested method helps readers to take a moment to wonder what's called for when we feel we're short on time, attention, temper, or choices. In that instant, we can use a simple method to rewire our overloaded circuits, tap into our "missing-in-action" common sense, and raise our communication intelligence. This process is not about slowing down the pace of workday life. It is about enabling anyone who is time-pressed to make savvier choices and avoid costly mistakes. Shows how to exercise leadership skills that save time and strengthen relationships Offers a process for learning to engage in productive exchanges rather than attacking or being resigned Enables managers and teams to save time and money Reveals how to fix problems and achieve goals with less stress *The Power of Pause* methods enable managers and teams across varying industries/any industry to save time and money, fix problems and achieve goals with less stress; even in the face of competition, cultural and language differences, or tight budgets.

"*The Power of Pause* is a great tool for us in these changing times. It helps us avoid the problems that 'continuous partial attention' and multi-tasking create and shows us how to think things through and achieve what's important." —Spencer Johnson, M.D., author of *Who Moved My Cheese?* "*The Power of Pause* is a great tool for us in these changing times. It helps us avoid the problems that 'continuous partial attention' and multi-tasking create and shows us how to think things through and achieve what's important." —Spencer Johnson, M.D., author of *Who Moved My Cheese?* From the Inside Flap A clear, actionable plan to fight frustration at work, make savvier decisions, and avoid costly mistakes. Conflicts with colleagues, competing deadlines, demands for instant responses . . . More of us are asking, How can we be effective when we feel we don't have time and are facing nonstop demands? In *The Power of Pause*, Nance Guilmartin outlines the proven process that she has taught successfully to thousands of people worldwide. This practical method helps even the most overwhelmed among us take a moment to pause and wonder what's called for when we feel short on time, attention, temper, or choices. In that instant, we can use a simple method to rewire our overloaded circuits, tap into our "missing-in-action" common sense, regain control of our reactions, and raise our communication intelligence. This process is not about slowing down the pace of workday life. It is about enabling anyone to be your best when dealing with deadlines, change, or fast-moving opportunities. Filled with engaging real-life stories and case studies, *The Power of Pause* helps individuals, managers, and teams: Achieve goals with less stress Lead with confidence in the face of uncertainty and change Make better decisions and work smarter together, not harder Quickly turn demanding customers into loyal fans Use a simple process to prevent misunderstandings and resolve disputes Using the *Power of Pause* process enables readers to become more resilient in the face of change, save time and money, and help others be their best; even when dealing with competition, cultural and language differences, or tight budgets.