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Nota di contenuto	5 Gears: How to Be Present and Productive When There is Never Enough Time; Contents; Introduction; Section One: Connectivity; Chapter 1: Driving Too Fast; Running People Over; Social Miscues; Disconnections; Chapter 2: Reality Check; Pain of the Crash; What Could Be?; Section Two: 5 Gears for Practical Connection; Chapter 3: Getting in Gear; Healthy and Unhealthy Gears; Using Language to Connect; How the 5 Gears Saved an iPhone and Improved a Marriage; Chapter 4: 5th Gear- In the Zone; Getting into Overdrive; Rethinking the Open Door Policy; Stuck in 5th Gear; Missing Out Healthy and Unhealthy 5th GearTeaching Others How to Use 5th Gear; Getting 5th Gear into Your Life; The 5th Gear Challenge; Chapter 5: 4th Gear-Leading in a Task World; Waking Up in 4th Gear; What 4th Gear Does to Our Brains and Our Work; The Different 4th Gears-Work and Home; What It Is Like to Be on the Other Side of 4th Gear; Reprioritizing What Really Matters; Why Using All the Gears Makes 4th More Productive; The 4th Gear Challenge; Chapter 6: 3rd Gear-Why Being Social Matters; Why Business Happens in 3rd Gear; Learn to Be Curious;

Ideas versus People, Places, or Things

How 3rd Gear Can Increase Your Influence
What Happens When You Avoid 3rd Gear; For Those Still Stuck in 4th and 5th Gear; How to Help Others Get into 3rd Gear; Overdoing 3rd Gear; The 3rd Gear Challenge;
Chapter 7: 2nd Gear-Connecting Deeply; Why Is It So Hard to Get to 2nd Gear?; Learning to Connect; What Happens When Everyone Is in 2nd Gear?; Truly Being Present; Back to the Real World; 2nd Gear in a 4th Gear Culture; The 2nd Gear Challenge; Chapter 8: 1st Gear-Learning to Recharge; How We Recharge: Battery Pack or Solar Panel; What Recharge Looks Like for You; Rest as Your Secret Weapon
Why a Day of Recharge Is Smart
Is Crashing Recharging?; How Leaders Can Schedule Rest; Is 1st Gear Worth It?; The 1st Gear Challenge;
Chapter 9: Reverse-Being Responsive in a Resistant World; Do You Know How to Apologize?; What Reverse Does to Influence; Why Self-Preservation Undermines Influence; Fear Is a Killer; Secure Confidence Wins; How to Say I Am Sorry; The Reverse Challenge; Chapter 10: Ranking Your Gear Order; What Is Your Gear Order?; Gear Order Under Stress; Introvert/Extrovert Gear Order; Understanding Others' Gear Order; Section Three: Living and Leading Connected
Chapter 11: Master Your Settings-Right Time, Right Place
The Right Time; The Right Place; 5 Circles of Influence; What Is Your Approach to Connecting?; Putting It Together; Chapter 12: Shifting Well-Learning How to Transition; Practice, Practice, Practice; Using Markers as Trigger Points; Shifting from Work to Home; When Transitions Are Complex; Language to Help Others Transition Well; Highlighting Your Transitions; Is Neutral a Gear?; Chapter 13: Intentional versus Accidental; What Does Investment Look Like?; Leading Your Life Intentionally; Intentional Work
Chapter 14: Making the U-Turn-Challenge and Plan

Sommario/riassunto

"Why do most people stay disconnected? And, why do some connect brilliantly? Get in Gear is meant to unleash people, to allow them to connect deeply and genuinely. It is meant to overwhelm them with piercing insights coupled with practical applications. The goal is to take a complex issue and make it simple enough for anyone to be able to change their behavior. Get in Gear positively affects the relational dynamics of those around us is through the use of powerful metaphor, relevant language, and actionable tools via 5 Gears. Everyone who reads it will come away speaking a new language, one that helps them connect deeper and more genuinely with anyone in any setting. And with these deeper connections comes deeper relationships and greater influence. Practical goodness and needed insight will change your world - at least in your family or team or just maybe within yourself!

The 5 Gears: First gear represents full recharge, while second gear represents recharging or connecting with family or friends without the involvement of work. Third gear is our social gear, while fourth gear is our work gear that allows us to work hard while also multi-tasking. Fifth Gear is our full task mode that allows us to "get in the zone" without interruption. Each gear has its own purpose and place. Once you learn to use the gears consistently with those in your life, you will notice the common language that begins to form, enabling objectivity to characterize your conversation instead of the subjective judgment or condescension that becomes pervasive when each person is speaking a different "language.""
