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Titolo	Moving the Needle with Lean OKRs : Setting Objectives and Key Results to Reach Your Most Ambitious Goal
Pubbl/distr/stampa	New York : , : Business Expert Press, , 2021 ©2021
ISBN	1-63742-116-8
Edizione	[First edition.]
Descrizione fisica	1 online resource (332 pages)
Collana	Portfolio and project management collection, , 2156-8200
Disciplina	658.301
Soggetti	Management by objectives Strategic planning Goal setting in personnel management
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Halftitle -- Title -- Copyright -- Dedication -- Description -- Contents -- Testimonials -- Foreword -- Preface -- Acknowledgments -- Introduction -- Part I: The Foundation and Beyond -- Chapter 1: Power Your Mission With OKRs -- Chapter 2: Overcoming Organizational Challenges -- Chapter 3: How to Write Great OKRs -- Chapter 4: Measures, Metrics, and Indicators -- Chapter 5: Cascading: Single OKRs to Rule Them All -- Chapter 6: Empowered Teams Make the Difference -- Part II: Running Successful OKR Workshops -- Chapter 7: Running a Successful OKR Setting Workshop -- Chapter 8: Align and Kickoff -- Chapter 9: Weekly OKR Check-ins -- Chapter 10: Reviewing Your OKRs -- Part III: How to Move the Needle -- Chapter 11: How to Move the Needle? -- Chapter 12: Experiments: Navigating Through Unknown Territory -- Chapter 13: OKR Check-in Dashboards -- Conclusion -- Appendix -- About the Author -- Index -- Adpage -- Backcover.
Sommario/riassunto	Lean OKRs presents insightful anecdotes, creative exercises, clear figures and step-by-step models. Designed as a comprehensive guide, it covers everything from theoretical roots to practical execution, including company-wide strategy alignment and emotional management. Applicable to small companies as well as large

organizations, Lean OKRs drives innovation through behavioral changes, empowering and motivating teams through focused daily OKR practices that are simple to put into action. Practical and to the point, this book integrates a unique combination of structural and leadership strategies, resulting in a new approach to OKRs that conquers the hurdles experienced by most business leaders today.

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Autore

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ISBN

Edizione

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Disciplina

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Formato

Livello bibliografico

Note generali

Nota di bibliografia

Nota di contenuto

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Khazan Inna Z

The clinical handbook of biofeedback : a step by step guide for training and practice with mindfulness / / Inna Z. Khazan

Chichester, West Sussex, U.K., : Wiley-Blackwell, c2013

1-118-48530-0

1-299-31393-0

1-118-48531-9

[1st ed.]

1 online resource (356 p.)

616.89/1425

Biofeedback training

Mindfulness-based cognitive therapy

Inglese

Materiale a stampa

Monografia

Description based upon print version of record.

Includes bibliographical references and index.

Cover; Title page; Copyright page; Contents; List of Figures; List of Tables; Acknowledgments; Introduction; Part I: Foundations; 1: Mindfulness and Acceptance Approach to Biofeedback; Sam's Fight for Control; Jack's Struggle with the Present Moment; Bethany's Failure; What Are Mindfulness and Acceptance?; Research Findings; The Practical: How Do You Integrate Mindfulness into Your Biofeedback Practice?; Giving up the futile effort of trying to control; Getting unstuck; Changing the intention; Mindful language; Mindfulness practice; Concerns clients may have about mindfulness practices Step-by-step guide for integrating mindfulness into biofeedback What to do about relaxation exercises; Using mindfulness to troubleshoot; Summary; References; 2: General Issues in Biofeedback; Brief Overview; Important Components of Biofeedback Treatment; A Few More Words

about Using This Book; References; 3: Biofeedback Equipment; Large-Scale Comprehensive Professional Devices; Smaller Scale Devices; Inexpensive Easily Available Tools; Reference; Part II: Assessment; 4: Initial Evaluation; 5: Psychophysiological Stress Profile; Surface Electromyography Sensor Placement Guidelines
Interpreting Results of the Stress AssessmentNorms; References; Stress Assessment Interpretation; 6: Psychophysiological Relaxation Profile; Interpretation of the Relaxation Profile Results; 7: Evidence-Based Treatment Planning; Psychophysiological Stress Assessment in Treatment Planning; Common Profile Patterns; Empirical Evidence in Treatment Planning; References; Biofeedback Treatment Plan (Template); Part III: Biofeedback modalities; 8: Breathing; Physiology of Breathing; pH level; Physiology of normal breathing; Physiology of overbreathing; Breathing Assessment; Equipment Assessment proceduresBreathing Training; References; Breathing Interview Checklist; 9: Heart Rate Variability; Relevant Physiology; Heart Rate Variability; Sources of HRV; Resonance Frequency; Selected Methods of Measurement of HRV; Determining Resonance Frequency (RF) Breathing Rate; Training breathing at resonance frequency; References; 10: Surface Electromyography; Physiology; Muscular Pain; Dysponesis and Muscle Spindle Trigger Points; Dysponesis; Muscle spindle trigger point model of chronic pain; Working with Muscle Tension; Sensor placement; sEMG Assessment
Interpreting upper trapezius assessment resultsInterpreting the muscle recovery assessment; Interpreting the working-at-the-computer assessment; Treatment; More considerations for sEMG training; References; 11: Temperature; Physiology and Mindfulness in Temperature Biofeedback; Relationship between Stress and Peripheral Temperature: Explanation to Clients; Thermal Biofeedback Training; Thermal Biofeedback Protocol; References; 12: Skin Conductance; Physiology and Measurement; Assessment of Skin Conductance; Working with Skin Conductance; Reference; Part IV: Biofeedback application
13: Anxiety

Sommario/riassunto

A practical guide to the clinical use of biofeedback, integrating powerful mindfulness techniques. A definitive desk reference for the use of peripheral biofeedback techniques in psychotherapeutic settings, backed by a wealth of clinical researchIntroduces mindfulness and acceptance techniques and shows how these methods can be incorporated into biofeedback practiceStep-by-step instructions provide everything a clinician needs to integrate biofeedback and mindfulness including protocols, exemplar logs for tracking symptoms, and sample scripts for mindfulness exe
