

1. Record Nr.	UNINA9910817731803321
Autore	Pulley Mary Lynn
Titolo	Building resiliency [[electronic resource]] : how to thrive in times of change / / Mary Lynn Pulley and Michael Wakefield
Pubbl/distr/stampa	Greensboro, N.C., : Center for Creative Leadership, c2001
ISBN	1-118-15516-5 1-281-00122-8 9786611001223 1-118-15440-1 1-932973-13-3
Edizione	[1st edition]
Descrizione fisica	1 online resource (29 p.)
Collana	Ideas into action guidebooks CCL ; ; no. 413
Disciplina	158/.1
Soggetti	Leadership Success - Psychological aspects Resilience (Personality trait)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Title page; Table of Contents; What Is Resiliency?; Why Is Resiliency Important?; Becoming Resilient; Resiliency Worksheet; Suggested Readings; Background; Key Point Summary; Lead Contributors
Sommario/riassunto	It may be human nature to resist change-particularly when it's delivered as a hardship, disappointment, or rejection. But by developing resiliency managers can not only survive change, but also learn, grow, and thrive in it. In fact, for leaders, developing resiliency is critical. Resiliency helps managers deal with the pressures and uncertainties of being in charge in organizations today. This guidebook defines resiliency, explains why it's important, and describes how you can develop your own store of resiliency. It focuses on nine developmental components that, taken together, create a sens