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Nota di contenuto	Cover; Title Page; Copyright; Contents; Preface; With Gratitude; Introduction; Chapter One Freedom to Choose; The Choice is Yours; GRIT® Self-Awareness Assessment; Part I GRIT®-The Foundation; Chapter Two Truth-The Core; Out of Touch; Where Does Our Truth Come From?; Becoming Aware; Prevent Ego from Interfering; There Are Many Paths to Find Your Truth; Look Objectively; It's Your Choice; Change Your Story; What Do You Want in Life?; Change Your Thoughts; The Impact of Truth; What SHIFT Will You Make?; Chapter Three Integrity-Aligning to Your Truth; Awareness, Intent, Attention Your Actions Influence Others Time Can Be On Your Side; Choices That Keep Us Whole; Competing Priorities; Accountability Is an Act of Integrity; It's Not about Being Perfect; Truth + Integrity = Trust; Why Do People Lie?; What SHIFT Will You Make?; Chapter Four Respect-It's a Two-Way Street; Be Selfish; Consider Others; Ego in Disguise; What Information Are You Filling In?; Remain Open; Respect Other People's Choices; Accept It, and Let It Go!; Believe in Your People; You Can't Demand Respect; Bumps in the Road; Respect Your Journey; What SHIFT

Will You Make?

Chapter Five Generosity-The More You Give, the More You Get Pay It Forward; Let It Flow; Overly Generous; Finding Purpose; Generosity at Work; And Now, the Rest of the Story; What SHIFT Will You Make?; Chapter Six The Key to Efficient Change; Overcoming Obstacles; The Five Steps of Change TM; What SHIFT Will You Make?; Part II Communicating with GRIT®; Chapter Seven Can You Hear Me Now?; Barriers; It Takes More Than Your Ears; Understand the Why; Empathy; Choose When to Listen; What SHIFT Will You Make?; Chapter Eight What Message Are You Sending?; Speak Their DiSC® Language Actions Speak Louder Than Words Choose Your Words Wisely; What's Missing with E-messages; Communicate with Confidence; Inspire with Your Message; Is Sarcasm Your Scapegoat; The Illusion of Fear; Respect People's Time; Safe Communication-Use a Filter; Structure Your Message; Public Speaking: It's Not about You; Share Your Message with the World; What SHIFT Will You Make?; Chapter Nine Just Say It!; Say It to Help Others; Make Waves; Empower Team Communication; Just Say NO!; Just Ask; What SHIFT Will You Make?; Part III Your Impact; Chapter Ten The Ripple Effect; Your Ripple; It Starts with You The Value of Connecting Learn from the Chameleon; Know the Skills You Need; Building the Team; Nobody Wins Unless You Delegate; Attitude Is Everything; Invest in People; Preventing a Tidal Wave; What SHIFT Will You Make?; Chapter Eleven Keeping on Track; Leaders Set the Direction; Know the Where and the Why; Use Meetings to Keep on Track; Creating a Culture of Feedback and Recognition; You Need Feedback Too; Complaints Aren't Always Bad; Get Them Off the Tracks!; What SHIFT Will You Make?; Chapter Twelve Enjoy the Journey; No Need to Worry; Reap Your Crop; Unsung Heroes What SHIFT Will You Make?

Sommario/riassunto

Improve yourself - and your workplace - with GRIT Leading With GRIT is a practical and proven guide for transforming the workplace, offering pragmatic insight on value-based strategies that improve the individual and the business. Based on the author's proprietary principles of GRIT - Generosity, Respect, Integrity, and Truth - this book describes how working toward individual improvement produces better organizational results than traditional approaches that focus on collective improvement. Readers are introduced to GRIT with a framework that can be applied in any workplace scenario, and ar
