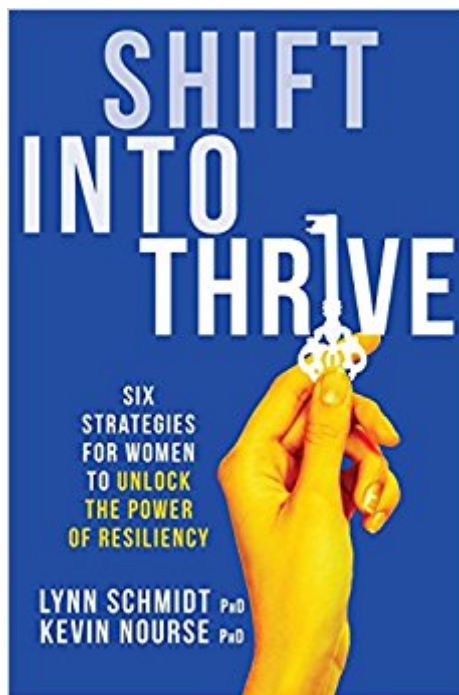




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Shift Into Thrive: Six Strategies For Women To Unlock The Power Of Resiliency



Synopsis

The winner of the 2016 Idaho Author Awards, 2016 New Apple Book Awards, and the 5th Annual Beverly Hills Book Awards, *Shift Into Thrive* provides six resilience-building strategies that women use successfully to thrive in the face of career challenges. These six powerful strategies, practical action steps, and inspiring stories from women around the world will enable you to create a career accompanied by growth, success, and satisfaction. Resilient women overcome obstacles and create the extraordinary careers they both desire and deserve. The ability to thrive in the midst of adversity is not a given; it is an intentional choice. Women who consciously make that choice are more likely to be transformed by their challenges.Â Schmidt and Nourse each have over 20 years of experience helping women and men achieve career success. They are experts in the field of leadership development and provide leadership strategies to individuals, teams, and organizations. They conducted over one hundred interviews with executive coaches and women from around the world to determine the best resilience-building strategies for women.Â While much has been learned in the past 30 years about the value women create for organizations, recent research indicates that women are still facing significant barriers to gender equality in the workforce and to advancement into leadership roles. Women frequently experience unique roadblocks like gender bias and stereotypes that are difficult to overcome and extract a big price both personally and professionally. In *Shift into Thrive*, Drs. Lynn Schmidt and Kevin Nourse explore the barriers women face in the workplace, the importance of resiliency as a key to career success, and practical ways for women to enhance their resiliency.Â *Shift Into Thrive* is an exciting new addition to a genre of books dedicated to helping women achieve successful and satisfying careers, including those written by Sheryl Sandberg, Katty Kay, and Claire Shipman.Â Â It was selected as the #1 new release for health & stress and work life balance on .

Book Information

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Customer Reviews

"The ability to stay firmly grounded throughout the twists and turns of a career is the key to success. With conscious decision-making and the application of the strategies from Shift Into Thrive, you will travel an extraordinary path!"--Marshall Goldsmith, The Thinkers 50 #1 Leadership Thinker in the World and author of the #1 New York Times bestseller, Triggers"Shift Into Thrive has riveting stories and a powerful framework. If you're looking to build your resiliency, this book shows you how to do it step by step. Nothing could be more timely for women who want to overcome work related challenges, or who feel discouraged or stuck in their work. I can't recommend it enough."--Sally Helgesen, Author, The Female Vision and The Female Advantage "The clear six-step framework that the authors suggest hold some of the best career coaching tips that I have seen. For any woman who wants to improve her game or any organization that wants to develop its women leaders, this is a great resource."--Beverly Kaye, Founder, Career Systems International and Co-author, Help Them Grow or Watch Them Go: Career Conversations Employees Want

Dr. Lynn Schmidt is an expert in the field of leadership development, and her career focuses on providing leadership strategies to individuals, teams, and global organizations. She is a certified executive coach and has devoted her career to helping men and women thrive during times of personal and professional change. Lynn has a passion for helping women achieve success, and her dissertation research provided insight into the reasons why a woman's career would derail. Lynn is the author of four books and is a sought-after conference speaker. She received her Ph.D. in Human and Organizational Systems. You can learn more at www.schmidtleadership.com.

Lynn and Kevin have written an insightful, down-to-earth source with a practical, easy-to-use process to boost your resiliency. Packed with real-life stories, action steps, and examples that bring the six strategies to life, the authors take you on a mind-expanding journey to build skills and competencies to navigate life's challenges with confidence and a clear focus. This book will empower you with the tools to "bounce back" and maintain the course to achieve your goals and objectives.

Lynn and Kevin have developed a marvelous book for individuals and teams within organizations. The six strategies are well-researched with many practical examples and engaging stories. It is a personal guide to being resilient and a useful tool for developers of leadership development programs. A must read for both women and men as they maneuver through the maze of career challenges and opportunities.

This book presents practical and clear strategies that could be utilized by both men and women to help them in their career growth. It contains useful information, worksheets and action steps but, in addition, is an enjoyable read. The case studies of women in diverse careers who have experienced setbacks help to clearly demonstrate how the resiliency strategies described can be put into action. I believe that this book can be a valuable resource to anyone interested in furthering their career.

One of the best things about this book are the chapters telling stories about leaders derailing and then thriving. Hearing the voices of women who have been dealt setbacks and who have chosen to step forward again anyway is really inspiring--particularly now given the political climate. Great read!

Lynn and Kevin have written a great book. It provides the right blend of stories and action steps making it an enjoyable read as well as a useful "how-to" for navigating careers for both women and men.

This book is terrific! Lots of good suggestions to keep your career on track. Highly recommend for men and women!

Excellent material!

perfect, as expected

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