

# The Work-Life Equation

WILLIAM L. MAW



Six Key Values That Drive  
Happiness and Success

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# Life Coaching For Work The Formula For Happiness And Success At Work

**Robert Holden, Ph.D.**



## **Life Coaching For Work The Formula For Happiness And Success At Work:**

**Life Coaching for Work** Eileen Mulligan, 2001-01-01 Life Coaching for Work is an inspiring and practical guide to finding prosperity and happiness in the modern workplace Eileen Mulligan Britain's leading life coach explains how her simple yet powerful Formula for success will help you to achieve your ideal working situation Whether you are starting your first job dissatisfied with your current position working for the wrong company or seeking a new job this book describes what you can do to bring about total job satisfaction Eileen shows you how to Assess your values and set your goals Evaluate your skills Build harmonious working relationships Handle office politics with confidence Get the promotion you deserve Double your salary Overcome technological overload Deal with stress And much more Life Coaching for Work will enable you to create the perfect work life balance and achieve what you want to achieve

**Life Coaching For Dummies** Jeni Mumford, 2009-09-11 Trusted advice on finding a coach and getting more out of life Life coaching is a popular though unregulated personal development tool This no nonsense guide debunks the myths behind life coaching and gives expert advice on incorporating it into daily life Whether readers want to self coach or work with a professional this savvy resource provides essential tips on getting priorities straight being more productive and achieving goals Jeni Mumford London UK is a qualified personal life coach and an accredited NLP practitioner

*The Work-Life Equation* William L. Maw, 2015-03-03 This book supplies a simple memorable and effective formula to solve problematic behaviors in the work environment and life in general An invaluable guidebook it will help readers move beyond mediocrity and achieve happier more successful lives The Work Life Equation Six Key Values That Drive Happiness and Success is for the millions of people and business managers who are surrounded by bad behavior with its attendant mediocre or unsatisfying results at work and in their private lives but who hope and dream for happier and more successful lives The book begins with a frank explanation of the need for self awareness and self improvement then describes how the winning formula and the equation for happiness and success in work life H S f 4C 2R can be applied via six types of behaviors to effect sweeping changes The formula means Happiness and Success can be achieved by is a function of Cooperation Consideration Compassion Courtesy Respect and Responsibility The book focuses not just on the meaning of these values but also on how to better live them It concludes with a self assessment tool for the individual team or organization to complete that enables objective measurements of behaviors and identification of areas of potential improvement Dismissing the familiar corporate value clichés the author focuses on six key values most readers probably learned as kids but have forgotten about in adulthood or didn't realize were still apt and relevant The book provides priceless information and guidance for all readers but will be especially appreciated by those in the corporate workplace interested in self improvement and success educators and business students executives looking to shift their firm's behavioral atmosphere in a positive direction and individuals seeking inspiration and hope in their daily lives

**Life Coaching For Dummies** Jeni Purdie, 2010-09-07 Become a life coach for yourself and others with this practical informative

guide If you re interested in doing away with negative beliefs making a significant change in your life and finally create and live the life you want life coaching is the key In this practical introduction you will learn the empowering techniques essential to life coaching including putting together an action plan getting your priorities straight staying focused defining true success overcoming common obstacles and coaching yourself to happiness With more information than ever before this new updated edition includes material on emotional intelligence and active listening With insights on what to expect from life coaching and how to develop your own life coaching techniques the book offers sound advice on what it takes to become a professional life coach If you simply want to create more balance in your life become more productive and enjoy a more fulfilling existence Life Coaching For Dummies holds the answer *The Happiness Formula* Alyssa Shaffer,2020-03-24 Don t worry be happy It s easier said than done But science has shown that we can live a more joyful life and quickly go from feeling miserable to marvelous by changing our habits This book investigates the latest breakthroughs in positive psychology and examines the most effective ways to increase a reader s sense of satisfaction with life From exploring the benefits of the mind body connection and the power of gratitude to the surprising ways that money parenting and relationships can impact happiness this publication will give readers the essential skills to finding peace and make them appreciate the life they already have **The British National Bibliography** Arthur James Wells,2009 Taking the Leap Kasia

Wezowski,2017-10-17 Taking the Leap provides relevant and practical advice from 24 well known coaches who have built sustainable coaching businesses while doing what they love helping people What do the most successful coaches in the world all have in common They all started from nothing If you ve not yet reached the level of impact and income that you want as a coach then Taking the Leap is the handbook you have been searching for For the first time ever the world s top coaches are sharing their core success strategies in a groundbreaking book With unique original contributions from coaching legends like Marshall Goldsmith Jack Canfield and John Demartini this is the ultimate guide for becoming a successful coach Practical step by step business and marketing advice is merged with inspirational material about attitude and mindset Combined the chapters in this book add up to a rock solid recipe for building a lucrative business simply by helping others and following your passion Many of the people in the coaching profession are really good coaches but they are awful business people Marshall Goldsmith If you re a new coach the advice in this book will help you take your leap and build a business with confidence following proven strategies from the best of the best If you re an industry veteran the success stories techniques and advice in this book will give you renewed motivation and drive you to reach even greater heights This book provides practical advice from 24 globally recognized coaches MARSHALL GOLDSMITH on becoming a better businessperson JACK CANFIELD on continuous improvement KIERON SWEENEY on promoting yourself HEATHER RAMSEY on selecting a business model MARK THOMPSON on partnering with industry leaders KELVIN LIM on specialization PATRYK WEZOWSKI on scaling your business MARC STEINBERG on inner wisdom MIRNA BACUN on leveraging LinkedIn VISHEN LAKHIANI on

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**Prof. Drouu's Career Coaching** Akshita Bahuguna, Dr Rajesh Naithani, 2021-06-01 Which stream of study to pick after Class 10 Should one choose to follow a dream or choose a stable career When are parents justified in choosing their children's careers After years of experience in advising students on careers options and tracking their success the authors of this book present their combined wisdom on how to make informed decisions regarding your career This book offers valuable advice to graduating students and their parents It also talks about the skills and values needed to build successful careers and explores all the alternate career options available to the students besides professional courses

Authentic Success Robert Holden, Ph.D., 2011-04-01 Are you living a successful life Have you got a vision Do you enjoy your work Are your relationships thriving Previously released under the title Success Intelligence Authentic Success examines how to enjoy real soulful success while living in a manic busy and hyped up world Robert Holden is the creator of a unique program called Success Intelligence used worldwide by artists and writers entrepreneurs and leaders and also global companies and brands such as DOVE the Body Shop the BBC and Virgin This landmark book is an invaluable guide to genuine success and happiness The themes of Authentic Success include Creating a vision for your life work and relationships that doesn't get lost in sick hurry Identifying what the REAL YOU really wants and discovering the real purpose of your life Freeing your mind liberating your talent and attracting more effortless success Conducting a Busyness Audit giving up Destination Addiction releasing dysfunctional independence and overcoming your fear of success Learning why happiness is the key to greater inspiration creativity and meaningful success

**Feel Happy Now!** Michael Neill, 2008-01-01 In his bestseller You Can Have What You Want NLP master trainer Michael Neill revealed the practical benefits of cultivating inner happiness for creating tangible real world success Now he reveals the how of happiness simple effective ways to beat stress overcome anxiety move beyond depression and reap the rewards of feeling happy in spite of it all Inside you will find The Happy Formula three simple steps that will enable you to feel good feel better and feel happy in any situation Why unhappiness is not the enemy and paradoxically is one of the keys to feeling good on an ongoing basis The Permission Principle overcoming the biggest obstacle to a happy life Specific proven techniques for making stress anxiety and fear a thing of the past Behavioral Prozac be your own doctor with these unofficial prescriptions for happiness health and well being Whether you're in search of a quick pick me up or lasting change you'll find that this book is packed with everything you need to put the power of happiness to work in your own life

*What Happy Working*

*Mothers Know* Cathy L. Greenberg, Ph.D,Barrett S. Avigdor,2009-08-31 A fact based and proven approach to help working mothers rediscover happiness as they balance their duties at home and work Science and sociology have made great strides in understanding what makes us happy and how we achieve it For working mothers who face endless demands on their time and attention What Happy Working Mothers Know provides scientifically proven and practical ways to find the right balance and replace stress with happiness Written by a behavioral scientist and global leadership guru and an international lawyer and career coach this mom friendly guide offers practical tactics that truly work The demands of juggling work and home lead many women to try to do everything and be everything to everyone In the effort to be Superwoman many women lose sight of what makes them happy and they fail to realize how important their happiness is to being a good worker and a good mother The key to being your best at everything you do is to take care of your happiness the way you take care of your health through conscious choices every day You ll learn to overcome obstacles apply lessons learned at work to your motherhood skills and learn lessons from your children that you can apply at work Includes interactive activities that illustrate important lessons in the book Shows you how to use positive psychology to shift from a scarcity mentality to an abundance mentality for workplace success Helps you tap into your own sense of joy every day for your own happiness and the happiness of those around you Science based and packed with real case studies of real working moms Written by authors with impeccable qualifications and real world experience Many moms raise great kids and achieve the professional success they desire and deserve but if they aren t happy what s the point This book doesn t show you how to have it all but how to have all the things that really matter     [The Reinvention Formula](#) Craig Siegel,2023-08-04 WALL STREET JOURNAL BESTSELLER USA TODAY BESTSELLER Reinvention is ready when you are In The Reinvention Formula How to Unlock a Bulletproof Mindset to Upgrade Your Life accomplished speaker and performance coach Craig Siegel walks you through the exciting process of fundamentally redefining your identity and how you choose to show up in the world In the book you ll find a new level of clarity feel more worthy learn to grow from failure and pivot successfully find what sets your soul on fire and commit to changing the course of your life and finding the fulfilment you ve been missing The author explores lasting lessons stories and strategies drawn from his popular The CLS Experience podcast where he has interviewed countless celebrities athletes thought leaders and bestselling authors The material within is raw real and relatable to anyone from any background and in any industry You ll also find Strategies for eliminating negative unproductive thoughts and replacing them with constructive new beliefs that drive incredible results in your personal and professional lives Ways to balance making an impact earning a lucrative living and cultivating a new mindset Methods for reimaging how you present yourself to other people The Reinvention Formula is a step by step walkthrough for anyone ready to put in the effort to completely reimagine how they relate to the world around them     **365 Days of Coaching** Rachelle Disbennett-Lee,2004 365 Days of Coaching is like having your own personal coach who visits daily and supports you in making changes in your life Coach Lee provides support

motivation and encouragement in a fun and enthusing way      **The Ultimate Success Formula** Carlos Marin,2014-08-15 The Ultimate Success Formula is a systematic approach to getting everything you want in life using proven principles Carlos Marin uses his unique business experience applying these principles to build massive marketing networks while helping thousands of people become financially free as a powerful launch pad to empower many more millions around the world to be free and live their dreams The Ultimate Success Formula provides the solutions people are searching for today to give purposeful meaning to their lives and achieve the success we all deserve      **Life Lessons on Leadership, Coaching and Culture** Keith Hertling,2018-05-24 Great companies know that attracting and retaining the best people requires having a great business culture in place Keith Hertling a lifelong leader and the vice president of leadership coaching and culture for Jersey Mike s Franchise Systems the popular sandwich chain explores how to create and maintain a great culture in this guide for business owners managers and employees In revealing how Jersey Mike s Franchise Systems has built a stellar worldwide brand he provides insights on creating a leadership and culture plan inspiring teams to rethink how they approach work conducting interviews and hiring the right staff and adapting tactics to different learning styles Discover how Jersey Mike s has become a world class company and follow in its footsteps to build a top performing team with Life Lessons on Leadership Coaching and Culture      *Brilliant Career Coach* Sophie Rowan,2012-07-09 For anyone who wants to have a more fulfilling and successful work life this coach in a book will guide you step by step through the process of finding your ideal career Whether you are looking for your next opportunity stuck in a rut or even wanting a complete change of career this book will help you have a happy successful career It is packed with smart advice clever exercises insights from world class careers experts and stories from people like you who ve already taken the journey **BRILLIANT OUTCOMES** Understand what makes you happy at work and how to identify your ideal job Create a plan to ensure your future success and satisfaction Know every technique to land the job of your dreams Use smart ways to get ahead and stay ahead at work Know that your future work will be fulfilling and rewarding      **Seven Secrets of Great Entrepreneurial Masters: The GEM Power Formula For Lifelong Success** Allen E. Fishman,2006-08-09 Revealed for the first time the exclusive formula for business success practiced by thousands of entrepreneurs Allen E Fishman founder and CEO of The Alternative Board TAB interviewed top entrepreneurs identifying their common traits and practices to create the GEM Power formula As a business leader speaker and Great Entrepreneurial Master himself he has taught the formula to thousands of businesspeople Now in Seven Secrets of Great Entrepreneurial Masters he shares these secrets with you Filled with thought provoking written exercises savvy advice and inspiring anecdotes the book takes readers on a journey of guided introspection to help them balance work and life for maximum success and happiness      Executive Coaching Robert Moment, Are you a NEW Executive Leader who need a blueprint for success and has untapped potential Do you want to release it and be an even stronger and more effective leader as a result This book will show you how to do it Every leader wants to be the best they can

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