

EXECUTIVE LEADERSHIP: a rational approach



by Dr. Albert Ellis

Executive Leadership A Rational Approach

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Executive Leadership A Rational Approach:

Executive Leadership Albert Ellis, 1972-01-01 **The Executive--philosophy, Problems, Practices** United States. Department of the Army, 1975 The Wiley-Blackwell Handbook of the Psychology of Coaching and Mentoring Jonathan Passmore, David Peterson, Teresa Freire, 2016-08-08 A state of the art reference drawing on key contemporary research to provide an in depth international and competencies based approach to the psychology of coaching and mentoring Puts cutting edge evidence at the fingertips of organizational psychology practitioners who need it most but who do not always have the time or resources to keep up with scholarly research Thematic chapters cover theoretical models efficacy ethics training the influence of emerging fields such as neuroscience and mindfulness virtual coaching and mentoring and more Contributors include Anthony Grant David Clutterbuck Susan David Robert Garvey Stephen Palmer Reinhard Stelter Robert Lee David Lane Tatiana Bachkirova and Carol Kauffman With a Foreword by Sir John Whitmore **Executive Manpower** United States Civil Service Commission. Library, 1975 Developing Leaders by Executive Coaching Andromache Athanasopoulou, Sue Dopson, 2015 This book offers an overview of the executive coaching field what the coaching practice involves and who are its key stakeholders It assesses the empirical research on executive coaching outcomes and links the executive coaching field with the fields of leadership and leadership development *I Am Albert Ellis* Dr Anjali Joshi, Dr Albert Ellis is one of the greatest psychologists in the world and an eminent personality from the United States He became immortal in the history of psychology with his Rational Emotive Behaviour Therapy or REBT which he founded in 1955 Today REBT has gained recognition and is widely followed everywhere In the present world full of stress and strife we all are in pursuit of peace and happiness Based on rational and humanistic life philosophy REBT has helped people from all walks of life in uplifting their lives and is hence extremely popular all over the world This autobiographical novel gives the reader an insight into his thoughts and his dauntless and resolute personality Dr Ellis lived actively and zealously till his death He overcame several hurdles and shortcomings in his long life of 93 years only because of REBT My life is my message he said REBT and Ellis life were synonymous which is proved by his life journey The novel unravels his emotions and puts forth his revolutionary views about sexuality in a forthright but sensitive way It motivates the reader to introspect on his own life philosophy thereby enabling him to tide over his emotional problems and make life more meaningful Readers have found the original Marathi novel first published in 2009 to be a self help guide It enjoys a wide readership and is popular among psychiatrists psychologists counsellors students and celebrities as well and has thus been a consistent best seller till date

At the Breakpoint Montse Rovira, Jorge Calvo, 2025-07-15 What if leading didn't mean losing yourself In today's fast paced high stakes world even the most accomplished leaders can hit a wall caught between relentless pressure unspoken expectations and the fear of falling short At the Breakpoint is a practical eye opening guide to leading with clarity and resilience without sacrificing your well being Rooted in Rational Emotive Behavior Therapy REBT this book delivers a

powerful toolkit to help you silence your inner critic manage emotional overload and stay grounded even when everything feels on the line Through real life examples actionable insights and a deeply human approach Montse Rovira and Jorge Calvo will help you Break free from anxiety perfectionism and burnout Rewire the thought patterns that undermine your leadership Lead with calm confidence and authenticity no matter the pressure Whether you re a CEO founder or rising leader this book will help you reconnect with your purpose and lead from strength not survival Because true leadership starts in the mind not just the mission

Advances in REBT Michael E. Bernard,Windy Dryden,2019-03-13 This authoritative volume commemorates six decades of Rational Emotive Behavior Therapy by assembling its current state of theory practice and research Bedrock chapters on defining features assessment and measurement and empirical findings place REBT squarely in the cognitive behavioral landscape reinforcing its status as a significant therapeutic approach The book s palette of applications shows the flexibility and effectiveness of REBT in school workplace and other settings with worried parents and stuck athletes and as a foundation for brief interventions And the survey of guiding principles and the evolution of the method by REBT founder Albert Ellis is a testament to its enduring clinical value Included in the coverage A comparison of REBT with other cognitive behavior therapies The measurement of irrationality and rationality Empirical Research in REBT theory and practice Rational Emotive Behavior Therapy and the working alliance Brief interventions in Rational Emotive Behavior Therapy REBT and positive psychology Rational emotive behavior education in schools Advances in REBT will be welcomed as a definitive reference across the REBT community frontline clinicians novices trainees students and researchers Seasoned practitioners looking to incorporate REBT into their repertoires will find it immensely helpful

Minding God's Business Ray S. Anderson,2008-10-01 Pastors leaders of Christian organizations and lay persons will find an invaluable guide and spiritual wisdom in this book Focusing primarily on the what rather than the how of managing Christian organizations Ray Anderson clearly presents a biblical and theological basis for understanding the unique characteristics of Christian organizations and what it means to manage such organizations in a Christian way Anderson emphasizes the role of leadership for pastors and those who manage Christian organizations providing helpful teaching on issues such as strategic planning the development of mission statements as a definition of the organization s goals and what it means to use biblical principles prayer and dependence on the Holy Spirit in carrying out the organization s goals

Albert Ellis Revisited Jon Carlson,William Knaus,2013-10-15 Albert Ellis was one of the most influential psychotherapists of all time revolutionizing the field through his writings teachings research and supervision for more than half a century He was a pioneer whose ideas known as Rational Emotive Behavior Therapy REBT formed the basis of what has now become known as Cognitive Behavior Therapy CBT the most widely accepted psychotherapeutic approach in the world This book contains some of Ellis most influential writings on a variety of subjects including human sexuality personality disorders and religion with introductions by some of today s contemporary experts in the psychotherapy field The 20 articles included capture Ellis wit humor and

breadth of knowledge and will be a valuable resource for any mental health professional for understanding the key ingredients needed to help others solve problems and live life fully Psychomanagement Robert Spillane, 2017-04-28 The ultimate test of management is performance the achievement of actual results Why then do Australian managers concern themselves with their colleagues personalities and motives Why have they become infatuated with emotional intelligence and in bizarre cases with spiritual intelligence Traditionally managers who performed earned the right to argue with their colleagues Nowadays individuals who argue are said to lack soft skills while a sad few are thought to be suffering from a personality disorder The popularity of soft skill management has created psychomanagers managers who have entered into a Faustian bargain with psychologists Some managers work with psychologists to master themselves others work with psychologists to master other people As psychomanagement requires specialised knowledge many Australian managers have yielded their authority to counsellors coaches and consultants many of whom believe that human behaviour is determined by internal and external forces over which individuals have little or no control Accordingly psychologists have laboured to absorb the idea of the free and responsible individual into a pseudo scientific framework that denies moral agency The result is that ideas of right and wrong have been replaced with healthy and sick In their pursuit of a therapeutic state psychologists have medicalised morality and managers have embraced powerful myths about minds motive forces personality traits social conditioning leadership occupational stress and mental illness Consequently the twin ideas of personal freedom and responsibility have been sabotaged Freud Maslow Eysenck Skinner and other influential psychologists have denied or minimised the importance of personal responsibility And insofar as managers have entered into an unholy alliance with them they too have minimised personal responsibility at the workplace This book is about Australian managers and their long standing love affair with psychologists For fifty years the author has studied taught and consulted with managers and waltzed with several famous psychologists and an infamous psychiatrist Fortunately they represented both sides of the debate about personal responsibility and human freedom This book is therefore a personal and selective account of a professional life spent studying the problematic relationship between managers and psychologists Personnel Literature, 1973 **Handbook of Coaching Psychology** Stephen Palmer, Alison Whybrow, 2014-01-02 The Handbook of Coaching Psychology provides a clear perspective on this emerging area of professional practice The book begins with a mixture of personal and factual narratives on the historical and current context of coaching and coaching psychology Stephen Palmer Alison Whybrow and leading coaching psychologists and coaches outline recent developments in the profession providing the reader with straightforward insights into the application of eleven different psychological approaches to coaching practice including solution focused coaching psychodynamic and systems psychodynamic coaching narrative coaching cognitive behavioural coaching Part three of the book considers the coach client relationship coach development and professional boundaries together with issues of diversity and sustainability The final part covers coaching initiatives in organisations and

supervision followed by an introduction to professional bodies and available resources The Handbook of Coaching Psychology is an essential resource for practising coaching psychologists coaches human resource and management professionals and those interested in the psychology underpinning their coaching practice

How To Stubbornly Refuse To Make Yourself Miserable About Anything-yes, Anything!, Albert Ellis, 2012-07-11 No other individual not even Freud himself has had a greater impact on modern psychotherapy Psychology Today All of us worry about something big or small every day But much of the emotional misery we feel is an overreaction and can be significantly reduced using the techniques in this book World renowned therapist Dr Albert Ellis who created Rational Emotive Behavior Therapy REBT believed that anger anxiety and depression are not only unnecessary they re unethical because when we allow ourselves to become emotionally upset we re being unfair and unjust to ourselves Thinking negative thoughts is a choice we can refuse to make Applying the proven time tested principles of REBT is a simple logical way to find true mental health and happiness REBT acknowledges the power of emotions but it also helps us understand which feelings are healthy and which are not This classic book teaches you how to Retrain your brain to focus on the positive and face obstacles without unnecessary despair Control your emotional destiny Refuse to upset yourself about upsetting yourself Solve practical problems as well as emotional problems Conquer the tyranny of should and much more Get the tools you need to take back your life and your happiness If you can refuse to make yourself miserable you re that much closer to making yourself happy every day Shows how to avoid the traps of self harm and find mental health Publishers Weekly

Sensible Thinking for Turbulent Times Martin H. Levinson, 2006-06-06 In these times of rapid change and constant upheaval can we learn to think and communicate more effectively at home in school on the job and as citizens in the larger world This book which is based on the formulations of general semantics says yes yes and yes Topics in it include practical ways to improve your thinking ability emotional self management creativity and analysis of important social issues Buyer beware Reading this book could result in serious improvements in your approach to self to others and to the ways you interact with the world Andrea Johnson President Institute of General Semantics This book provides a highly practical guide for problem solving decision making interpersonal relations and personal fulfillment Steve Stockdale Executive Director Institute of General Semantics *Sensible Thinking for Turbulent Times* brings the great ideas of general semantics into the 21st century in a clear and accessible manner Lance Strate President Media Ecology Association Martin Levinson has done an excellent job of applying sensible thinking to current problems Our culture needs this book Gregg Hoffmann author of *Searching for Unmediated Truth* This book offers a sound approach to the problems of everyday living Highly recommended Judith Feld M D President Western Chapter New York Psychiatric Society

Coaching Practiced David Tee, Jonathan Passmore, 2022-05-09 COACHING PRACTICED Explore the foundations of evidence based approaches to coaching A collection of the best papers over the last 15 years from the journal The Coaching Psychologist In Coaching Practiced Coaching Psychology Tools Techniques and Evidence Based Approaches for Coaches a team of distinguished

researchers delivers an insightful and complete handbook for practicing coaches From wellbeing to the workplace coaches of all stripes will find a fulsome discussion of effective methods strategies and frameworks for coaching clients In the book the editors include contributions from leading experts that discuss a wide variety of essential topics in the field including cognitive approaches motivational interviewing solution focused coaching mindfulness approaches narrative coaching and the influence of positive psychology in the field of coaching In this accessible and comprehensive resource readers will also find A thorough introduction to the psychology of coaching including available frameworks In depth examinations of reflective practice and professional development including reflective journaling Comprehensive discussions of wellbeing coaching including health and life coaching Fulsome explorations of workplace coaching including the Lead Learn and Grow Model Perfect for organizational and athletic leaders Coaching Practiced Coaching Psychology Tools Techniques and Evidence Based Approaches for Coaches will also earn a place in the libraries of professional coaches managers executives and others

Self Development Aids for Supervisors and Middle Managers United States Civil Service Commission. Library,1974

"It Can't Happen to Me" Samuel H. Klarreich,1992 What to do Job loss death pay inequity job discrimination work deadlines parent care death of spouse separation divorce suicide crime against family poverty disability care death of pet alcoholism abuse spousal abuse nervous breakdown car break down loneliness traffic delays drug addiction not achieving personal goals aging and much more

Personnel Bibliography Series United States. Office of Personnel Management. Library,1979

Unified Thought On Management Samar Deb,2004-09 The book gives a fundamental view on the notion of management process that goes to solve the problems of the world It is an answer to the 21st century order as to how the world order should be guided for cosmic nature of human development through business principles and its real philosophy of management on scientific temper Discusses path goal relationship between social development and global upliftment of the human race through new techniques of managerial challenge

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