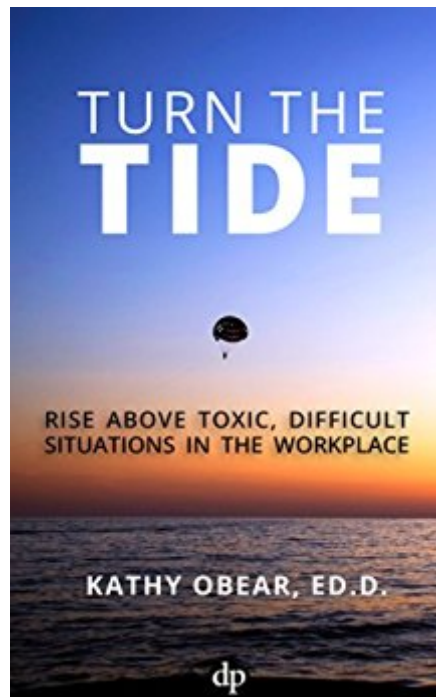


The book was found

Turn The Tide: Rise Above Toxic, Difficult Situations In The Workplace



Synopsis

Over the past 25 years, Kathy Obear has helped thousands of people in workshops and coaching sessions learn to effectively navigate difficult workplace situations. Now, she shares the tools and skills of her 7-Step process, The Triggering Event Cycle, so you can take back control of your emotions and successfully rise above toxic work environments. In the spirit of Brené Brown and Martha Beck, Kathy uses stories and realistic examples to make these concepts accessible and easy to apply in your life. Her book is full of tools and exercises designed to help you rise above workplace drama and create greater teamwork, productivity, and innovation in your organization. Discover practical tools to:

- De-escalate unproductive workplace conflict
- Interrupt automatic fight or flight reactions
- Identify what is fueling ineffective reactions
- Take back control of your emotions
- Rebuild working relationships
- Minimize feeling triggered in the future
- Turn the tide of workplace drama with greater ease and confidence

Join Kathy on this transformational journey and make this invaluable investment in yourself!

Book Information

File Size: 2506 KB

Print Length: 126 pages

Simultaneous Device Usage: Unlimited

Publisher: Difference Press (January 17, 2016)

Publication Date: January 17, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01AREQ6K6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #144,034 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #56

in Books > Business & Money > Human Resources > Conflict Resolution & Mediation #259

in Books > Self-Help > Communication & Social Skills #893 in Kindle Store > Kindle eBooks >

Business & Money > Business Life

Customer Reviews

Dr. Kathy Obear has developed a method that will save hundreds of jobs, prevent hours of restless nights, and will contribute to building happier, more productive workplaces. And sheâ€™s presented and written it in such a way that we will be able to begin making changes in your life the very minute we decide to! Her ability to break down the steps of a reactive triggering event cycle so that we can understand how to proactively slow down or stop harmful thoughts and interactions is transformational. Turn the Tide helps us to know that we are not alone in experiencing difficult situations, but we can be the one who responds wisely to them. She has sincerely offered each of us a giftâ€”it is up to us to open it and use it!

I was consistently one of the only women in a male dominated profession for nearly 20 years. I earned a seat at the executive table, but that didnâ€™t mean I was accepted or welcomed or heard. The insights in this book would have been incredibly valuable to me at that time, where I too often let toxic people get under my skin, inhibiting teamwork, productivity and innovation on behalf of both of our teams. Turn the Tide helps you navigate challenging and emotional workplace dynamics to drop the drama and keep your integrity intact.

Turn the Tide is an excellent, practical resource for anyone interested in reducing workplace conflict â€” either for themselves or as a workplace conflict coach. Kathy Obear concretely helps people identify what is at the core of conflictual relationships, determining the source and offering practice guidance for successfully reducing and navigating conflict. It includes the core tenets of emotional intelligence - knowing the self in relation to others - to help readers rise to their full potential.

In "Turn the Tide" Dr. Kathy Obear presents a practical guide for identifying workplace triggers and responding to them in a more intentional and productive way. Each chapter is filled with helpful scenarios that illustrate key points. Each chapter provides helpful exercises to assist the reader in developing the tools to respond to workplace challenges in a positive, productive way. I felt as if I was getting a glimpse of what it would be like to work with a skilled life coach.

Dr. Kathy Obear takes 25 years worth of wisdom and experience and combines it into a clear, concise tool that we can use to learn how to live with less reactivity and more intentionality over how we show and up and interact with the world. Wonderful book whether you're in a toxic workplace or not!

I would rate this book as decent for both people working in an environment that is difficult and those seeking to prevent one. There's nothing ground breaking here but for many people, this might be the first time they've considered the concepts presented. For managers, it can be good recognize behaviors and hopefully, begin to address them.

You know that feeling of regret that you have five minutes after you react too strongly to the behaviors of others? If you can identify with that, then this is the book you must read. Using relevant stories and real-life examples, Dr. O'Keefe's approach recognizes the challenge in changing the way we interpret situations and project intention onto others. O'Keefe walks you through a process for examining the "Intrapersonal Roots" of your triggers and then practical exercises for exploring alternate ways of responding. Maintaining positive relationships with others is a crucial skill whether in the boardroom, team meeting, or one-on-one with a co-worker. Managing our emotions and reactions in these interactions is key to maintaining those relationships.

Turn the Tide helped me to understand the reason why I get emotionally triggered and then it often becomes a runaway train. This dynamic has left me feeling unprofessional and frankly, embarrassed over the years. I believe that Kathy O'Keefe has provided me with foundational tools to make a shift and change my reactions and behaviors in the future. Thank you Kathy!

[Download to continue reading...](#)

Turn the Tide: Rise Above Toxic, Difficult Situations in the Workplace Toxic Workplace!: Managing Toxic Personalities and Their Systems of Power Rising Above a Toxic Workplace: Taking Care of Yourself in an Unhealthy Environment Dealing With Difficult People: Get to Know the Different Types of Difficult People in the Workplace and Learn How to Deal With Them (How To Win People, How To Influence People) Working with Bitches: Identify the Eight Types of Office Mean Girls and Rise Above Workplace Nastiness Getting Past No: Negotiating in Difficult Situations Stress Relief: Relax the Body and Calm the Mind, Restore Balance, and Resolve Difficult Situations Smart Policies for Workplace Technologies: Email, Blogs, Cell Phones & More (Smart Policies for Workplace Technology) Visual Workplace/Visual Thinking: Creating Enterprise Excellence through the Technologies of the Visual Workplace Difficult Decisions in Colorectal Surgery (Difficult Decisions in Surgery: An Evidence-Based Approach) Difficult Conversations Just for Women: Kill the Anxiety. Get What You Want. (Similar to Difficult Conversations: How to Discuss What Matters Most and to Crucial Conversations but tailored for women) A Cut Above: Turn Charm Squares, Strips, and More into Beautiful Patchwork The Discomfort Zone: How Leaders Turn Difficult

Conversations Into Breakthroughs Forex Dreaming: The hard truth of why retail traders don't stand a chance... and how YOU can rise above and start WINNING Deals from Hell: M&A Lessons that Rise Above the Ashes The Rise of the Naked Economy: How to Benefit from the Changing Workplace The Leadership GPS: Your Turn by Turn Guide to Becoming a Successful Leader and Changing Lives Along the Way Sticky Situations 2: 365 Devotions for Elementary Kids Hyperbole and a Half: Unfortunate Situations, Flawed Coping Mechanisms, Mayhem, and Other Things That Happened Girls in Real Life Situations, Grades 6-12: Group Counseling Activities for Enhancing Social and Emotional Development (Book and CD)

[Dmca](#)