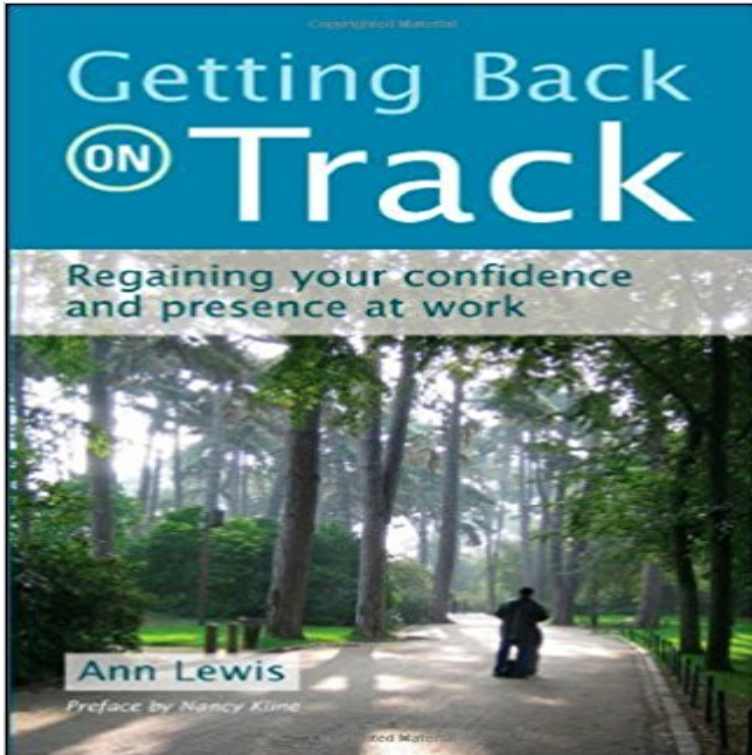


Getting Back on Track: Regaining Your Confidence and Presence at Work: 0



Many bright, capable people go through a confidence-draining experience at work and do not share it with anyone because of their fears of what others will think, and of how they will be perceived. They feel isolated with the problem, and it causes huge distress. If you have experienced this then this book is written for you.

If your confidence is compromised by what is going on in your working life, you can do something about it, and you can emerge stronger. You may not be able to change the circumstances, but you can choose how you respond to them.

Getting Back on Track acts as a virtual coach, encouraging you back towards self-belief, confidence and the positive emotions that will fuel a full recovery and literally get you back on track. You will understand what is going wrong, and get really clear about what you want from the situation and from your life. And you can start taking action right now to recover your self-belief and effectiveness. I will show you how. The book is built around the real stories of people - my clients and others - who have gone through, and recovered from, some really challenging and difficult events at work. Throughout the book they reflect on what was happening for them, how they recovered and what they learned.

Getting Back on Track will help you to inhabit again the fully functioning persona you had before your setback occurred, and with greater awareness and resilience.

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