

Step Up To Success In Business And In Life

Step Up To Success Stand Out and Step Up Step-Up to Pediatrics MATH PLUS: Step Up, Grade 1-2, eBook The Fruits of Inclusion Step-Up to USMLE Step 2 CK Step Up and Lead Step Up Step Up Step Up, Step Back Millions Saved Strategize to Win Step Up Your Teamwork Step-up to USMLE Step 2 CK Step Up and Focus Step Up Your Game Step-Up to Family Medicine What It Takes: Speak Up, Step Up, Move Up Step Up, Step Back Step Up Step-Up to Surgery The Step 1 Method: A Step by Step Guide to Success on the USMLE Step 1 Exam Step Up and Play Big Step Up! Step Up Your Game Step Up Commit to Confidence: 30 Strategies to Help Women Step Up and Stand Out Step In, Step Up Extreme You Step Up Show Up. Step Up. Step Out. Leadership Through a New Lens Step Up to Better Grades Step Up MATH PLUS: Step Up, Grade K-1, eBook READ: Step Up, Gr. K-1, eBook What It Takes: Speak Up, Step Up, Move Up Stepping Up Step Up Exam Prep for: Step Up To Success In Business and In Life Wake Up, Man Up, Step Up

Step Up To Success

As a sports and wellness medicine practitioner whose clients include Olympic and professional athletes, triathletes, and weekend warriors, Dr. Naresh Rao has uncovered the secrets of how and why elite athletes consistently perform at the highest levels. In *Step Up Your Game*, he reveals what separates the best athletes from the rest of us, despite our best efforts in any chosen sport. According to Rao, top athletes know that peak performance requires much more than consistent practice. He reveals a comprehensive program that takes into account every aspect of optimizing wellness—from monitoring health to improving nutrition, following a thorough training protocol, and developing a plan for recovering from and preventing injury. The mental game is just as important as the physical one; these athletes make sure to address their motivational, psychological, and spiritual needs, too. In short, the athletes who are at the top of their game know that if they want to improve—whether it's their accuracy at the goal, time at the finish line, or consistency of play—they need to take each of these aspects into consideration every single day. *Step Up Your Game* reveals how remarkable success is available to athletes with the conviction and desire to improve. By integrating Dr. Rao's program into an existing fitness routine, readers will take ownership of their training in a systematic way, remove the stress that often hampers outcomes, and—most importantly—begin to fully enjoy their exercise experience as they work to achieve their healthiest selves. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Stand Out and Step Up

As a child, Sarah Robb O'Hagan dreamed she could be a champion. Her early efforts failed to reveal a natural superstar, but she refused to settle for average. Through dramatic successes and epic fails, she studied how extraordinary people in sports, entertainment and business set and achieve extremely personal goals. Sarah became an executive at Virgin Atlantic and Nike, and despite being fired twice in her twenties, she went on to become the global president of Gatorade and of Equinox—as well as a wife, mother, and endurance athlete. In every challenging situation, personal or professional, individuals face the pressure to play it safe and conform to the accepted norms. But doing so comes with heavy costs: passions stifled, talents ignored, and opportunities squelched. The bolder choice is to embrace what Sarah calls Extreme You: to confidently bring all that is distinctive and relevant about yourself to everything you do. Inspiring, surprising, and practical, Extreme You is her training program for becoming the best version of yourself.

Step-Up to Pediatrics

This book is a a whistle-stop tour of a whole 'toolbox' of personal development success habits and best practice techniques to allow the reader to identify and then adopt to move them forward towards their goals with even more clarity. Lindsay Hopkins is an experienced life and wealth coach.

MATH PLUS: Step Up, Grade 1-2, eBook

The Fruits of Inclusion

Many strategic change efforts fail. And virtually all of them are harder than they need to be. Why is this? And what can we do to make change more likely to stick? Dr. Elsbeth Johnson, a former equity analyst and London Business School Professor now teaching at MIT, has spent a decade researching how to deliver strategic change in practice. Based on asking managers what they needed from leaders, rather than just asking leaders what they did, her resulting Step Up, Step Back approach challenges some of our most fundamental beliefs about how to lead change – and indeed, about what we even consider to be 'leadership'. The Step Up, Step Back approach suggests leaders need to step up and do more than they typically do in the early stages of the change – in specific ways and at specific times; and then step back and do less than they typically do in the later stages of the change – again, in specific ways, at specific times. The result is not only change that sticks, but empowered, motivated managers who can get on with delivering change, without needing ongoing input or cover from leaders. Using real-world examples of how to apply the science in practice, Step Up, Step Back gives you a roadmap for how to deliver strategic change in your organization.

Step-Up to USMLE Step 2 CK

Over the past fifteen years, people in low- and middle-income countries have

experienced a health revolution—one that has created new opportunities and brought new challenges. It is a revolution that keeps mothers and babies alive, helps children grow, and enables adults to thrive. *Millions Saved: New Cases of Proven Success in Global Health* chronicles the global health revolution from the ground up, showcasing twenty-two local, national, and regional health programs that have been part of this global change. The book profiles eighteen remarkable cases in which large-scale efforts to improve health in low- and middle-income countries succeeded, and four examples of promising interventions that fell short of their health targets when scaled-up in real world conditions. Each case demonstrates how much effort—and sometimes luck—is required to fight illness and sustain good health. The cases are grouped into four main categories, reflecting the diversity of strategies to improve population health in low-and middle-income countries: rolling out medicines and technologies; expanding access to health services; targeting cash transfers to improve health; and promoting population-wide behavior change to decrease risk. The programs covered also come from various regions around the world: seven from sub-Saharan Africa, six from Latin America and the Caribbean, five from East and Southeast Asia, and four from South Asia.

Step Up and Lead

Amy Henry, a formidable businesswoman and the last woman standing on NBC's hit reality show *The Apprentice*, shares her experiences, tips, and in-your-face advice for moving up in today's workplace. Yes, men have written the rules for a long time---in *What It Takes*, Amy Henry shows young businesswomen how to make those rules work for them. With a ten-year career in business, Amy has shown she has what it takes---determination, brains, creativity, professionalism, and charm---to thrive in today's business world. *What It Takes* is an in-depth look at the strategies and tactics Amy uses to make the workplace work for her. With examples from Amy's and other businesswomen's real-life experiences, as well as advice from experts, *What It Takes* is the most honest guide for women in the workplace available today. Hip, frank, and controversial, *What It Takes* is the ultimate guide to the reality of today's business world---and Amy Henry is the new model for young businesswomen.

Step Up

The Wall Street powerhouse and author of *Expect to Win* offers a new way to conceptualize career strategies and gives us proven tools for successful change. Whether we're starting out, striving toward a promotion, or looking for a new opportunity, the working world isn't what it used to be. Wall Street veteran Carla Harris knows this, and in *Strategize to Win* she gives readers the tools they need to get started; get "unstuck" from bad situations; redirect momentum; and position themselves to manage their careers no matter the environment. With her trademark galvanizing advice, Harris identifies and clarifies issues that are often murky, offering lessons on: Identifying and making the most of your work profile (are you a Good Soldier? a Leader? an Arguer?); preparing for a career change without going back to school or taking a step down: honing three essential skills industry leaders possess (and how to get them); tuning into unspoken cues; and thriving through change. Introducing a new way of planning one's career in five-

year units, *Strategize to Win* distills battle-tested and step-by-step tools that Carla has used to launch and sustain her own successful career and help others move forward, recover from setbacks, and position themselves for success.

Step Up

Wake Up, Man Up, Step Up: Transforming Your Wake-Up Call Into Emotional Health and Happiness provides an insightful and practical seven-step roadmap for how you can transform large or small crises into opportunities for better relationships, happiness and success. Author Ray Arata invites you to rise above your challenging life transition to rewrite your future as an emotionally healthy, masculine and contributing man – the man you aspire to be.

Step Up, Step Back

No matter what your title or place on the organization chart, you have the potential to be a leader—or more precisely, the potential to exercise leadership in the moments that matter most. Leadership is not a job title or position, but rather an action. In certain moments and situations, anyone can rise to the occasion to act as a leader—gaining respect, confidence, and ultimately greater success in the organization. But how can you recognize these moments where leadership is required, and then know what to do? *Step Up* explains six critical "leadership moments"—everyday instances when you have a choice to shine or let opportunity pass you by. Based on their own research and extensive client work, Evans and Foster identify six regularly occurring moments and help you understand how to act wisely and decisively when those moments arise, showing how to: Get Angry, Not Stupid Avoid Terminal Politeness Decide Already Act When You are the Problem Leverage Pessimism Reverse Momentum Anyone can take advantage of opportunities to act as a leader when the time is right—and reap the rewards. *Step Up* is a guide to exercising leadership when it matters most, boosting your personal impact and effectiveness, and making a real difference.

Millions Saved

Now includes Step 2 practice Questions and Answers, with explanations, for each chapter! Current, concise, and easy to use, the updated fifth edition of *Step-Up to USMLE Step 2 CK* makes essential information engaging and retainable, delivering the perfect exam prep for today's busy medical student. Access just what you need to ace the USMLE Step 2 CK and make a confident transition to clinical practice with this high-yield, system-based review. This updated fifth edition of *Step-Up to USMLE Step 2 CK* helps you quickly memorize essential information and gives you the realistic test-taking practice to succeed. Full-color illustrations, "Quick Hits," and mnemonics clarify must-know information on causes, risk factors, history and physical exam, lab studies and radiology, treatment, and complications for the most common diseases and disorders. USMLE-style study questions for each chapter mimic those found on the Step 2 exams, accompanied by complete explanations for maximum comprehension and test preparation.

Strategize to Win

MATH PLUS is a smart new workbook series that makes math fun to learn! Uniquely designed to help young learners experience enjoyable, real-world math interaction, MATH PLUS helps students master key math concepts that are important for success in school and in life. Appealing math-based activities and games, along with humorous stories and story questions that relate math to a child's everyday world-build successful math knowledge while making math fun to learn. In addition, grade-specific fact cards and a helpful glossary provide support and practice of critical math vocabulary and concepts. Designed to complement the READ series, each MATH PLUS grade level offers a Step In workbook with simpler math activities and stories and a Step Up workbook with activities and stories that invite a bit more reasoning. Both options are expertly developed to help young learners discover that MATH+ Fun = Math Success!

Step Up Your Teamwork

Read, Explore, And Discover early reading success! The innovative workbook series is expertly designed to support beginning readers as they color Explore And Discover early reading success! The series combines lively learn-to-read stories with fun, kid-tested activities expertly designed to match the abilities of developing readers. Each grade level offers a STEP IN workbook with shorter stories and simpler sentences and a STEP UP workbook with stories and sentences that are a bit longer. STEP IN workbooks contain story questions that feature more recall, main idea and detail, and simple comparison. Then choose a workbook when your young reader is ready for story questions that place more emphasis on answers that highlight reasoning, prediction, and acquired word knowledge. The STEP IN, Gr. K1 workbook features the following: A collection of best-selling learn-to-read stories that kids love to read, , Engaging questions that spark discovery of new words and story discussion, , Creative and dynamic story-based activities that reinforce essential reading skills, , Flash cards and activities that provide practice with the words every reader must know, , Parent-friendly teaching tips that make it easy to support beginning readers, Young readers can enjoy the stories and activities on their own or with a parent. Unique to each story are engaging can-you-find-it questions that kids and even parents will enjoy exploring as they color

Step-up to USMLE Step 2 CK

Efficiently prepare for your family medicine rotation and exams! This high-yield review book gives you exactly the help you need to succeed on your family medicine clerkship, the NBME Family Medicine Shelf Exam, and the ambulatory component of the USMLE Step 2 CK. -Focus on what you really need to know with chapters and topics based on the Society of Teachers of Family Medicine National Clerkship Curriculum, as well as content areas of the NBME Family Medicine Shelf Exam. -Succinct outline approach keeps "extra" material to a minimum, focusing on the core content you need to know -"Quick Hits" in the margins highlight highly testable topics. -Easy-to-follow algorithms show examples of effective clinical reasoning, particularly for similar complaints. -Includes must-know information on causes, risk factors, history and physical exam, lab studies and radiology, treatment, and complications for the most common diseases and disorders. -Review questions with full explanations at the end of each chapter test your knowledge.

Step Up and Focus

Amy Henry, a formidable businesswoman and the last woman standing on NBC's hit reality show *The Apprentice*, shares her experiences, tips, and in-your-face advice for moving up in today's workplace. Yes, men have written the rules for a long time---in *What It Takes*, Amy Henry shows young businesswomen how to make those rules work for them. With a ten-year career in business, Amy has shown she has what it takes---determination, brains, creativity, professionalism, and charm---to thrive in today's business world. *What It Takes* is an in-depth look at the strategies and tactics Amy uses to make the workplace work for her. With examples from Amy's and other businesswomen's real-life experiences, as well as advice from experts, *What It Takes* is the most honest guide for women in the workplace available today. Hip, frank, and controversial, *What It Takes* is the ultimate guide to the reality of today's business world---and Amy Henry is the new model for young businesswomen.

Step Up Your Game

"The Only Book You Need to Succeed both at Work and Home." In this engaging, witty and conversational book, Anju Jain explains why gender disparity is an issue both at home and work and how that can be changed. With insights gained from extensive research and experience, she presents practical techniques in a simple matrix for women to use to become successful. This book will help you to:

- Increase your productivity
- Create work-life balance
- Get support from those who matter
- Build your own brand at work
- Reach your goals and succeed

There are also interviews with key leaders—both women and men—who talk about the challenges they faced and the solutions which worked for them. Among those featured are Kiran Mazumdar Shaw (Biocon), Sonia Singh (NDTV), Devyani Rana (Caterpillar), Geetu Verma (Unilever), Ipsita Dasgupta (GE), Sunita Maheshwari (RxDx and Teleradiology Solutions), Vaishali Kasture (Deloitte Consulting), Divya Suri (Lalit Suri Resorts), Kumud Srinivasan (Intel), Gwen Ryan (EY), N. V. Tyagarajan (Genpact), Mohandas Pai (Manipal Global Education) and Raj Nayak (Colors TV). Full of interesting anecdotes and great advice, *Step Up* will both entertain and guide women towards personal and professional growth.

Step-Up to Family Medicine

How *Step Up and Play Big* will benefit you: The style of this book approaches the reader in the same way I coach - directly and in a practical manner. My overall goal is to show you that it doesn't require a great deal of extra effort to be exceptional i.e. to "Step Up and Play Big." You will be given simple but effective strategies and tactics you can use to create a future vision; make better decisions; develop effective business "habits"; what it means to be a leader; how to challenge your team and how to identify and solve problems. There are exercises at the end of each chapter to help you implement the tactic or skill discussed. At the end of the book, there is a template to help you create your own self-development game plan. The "stuff" in the book works only if you "work the stuff." Register Your Book for Ongoing Learning Opportunities And, Get a Free Workbook! The "Step Up and Play Big" concept encompasses more than can be captured in

just one book. To “Step Up and Play Big” is a lifetime commitment that you make to yourself. By registering your book, you will receive up to date tips; tactics and advice to help you continue to “Play Big” on a regular basis. See page 15 to learn how to register your book and get your free workbook.

What It Takes: Speak Up, Step Up, Move Up

Perhaps you aspire to hold the top job? Or is it that you want to start your own business but struggle to make your voice heard in a sector dominated by men? Maybe the problem is that you are trudging slowly up the career ladder and want to learn how to ascend more quickly? And how do you actually do it all, without compromising your female values or abandoning your family? And where do you find the time? Step Up is the ultimate career self-help book for women. It blends kick-up-the-bum advice with 10-minute a day career workouts to help you build career success fast. Perhaps it's networking? Or, maybe it's learning how to utilise the influence of others? Read, rehearse and watch your career take off!

Step Up, Step Back

As a sports and wellness medicine practitioner whose clients include Olympic and professional athletes, triathletes, and weekend warriors, Dr. Naresh Rao has uncovered the secrets of how and why elite athletes consistently perform at the highest levels. In Step Up Your Game, he reveals what separates the best athletes from the rest of us, despite our best efforts in any chosen sport. According to Rao, top athletes know that peak performance requires much more than consistent practice. He reveals a comprehensive program that takes into account every aspect of optimizing wellness—from monitoring health to improving nutrition, following a thorough training protocol, and developing a plan for recovering from and preventing injury. The mental game is just as important as the physical one; these athletes make sure to address their motivational, psychological, and spiritual needs, too. In short, the athletes who are at the top of their game know that if they want to improve—whether it's their accuracy at the goal, time at the finish line, or consistency of play—they need to take each of these aspects into consideration every single day. Step Up Your Game reveals how remarkable success is available to athletes with the conviction and desire to improve. By integrating Dr. Rao's program into an existing fitness routine, readers will take ownership of their training in a systematic way, remove the stress that often hampers outcomes, and—most importantly—begin to fully enjoy their exercise experience as they work to achieve their healthiest selves. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Step Up

In his new book *Step Up and Lead*, Frank Viscuso--author, speaker, and career deputy chief--shares the secrets of effective fire service leadership, introduces the traits and skills essential for successful fire service leaders, and discusses the importance of customer service. Designed to help you reach the top of your profession, this new book is considered must-read material for anyone who is ready to step up and lead!

Step-Up to Surgery

MATH PLUS is a smart new workbook series that makes math fun to learn! Uniquely designed to help young learners experience enjoyable, real-world math interaction, MATH PLUS helps students master key math concepts that are important for success in school and in life. Appealing math-based activities and games, along with humorous stories and story questions that relate math to a child's everyday world-build successful math knowledge while making math fun to learn. In addition, grade-specific fact cards and a helpful glossary provide support and practice of critical math vocabulary and concepts. Designed to complement the READ series, each MATH PLUS grade level offers a Step In workbook with simpler math activities and stories and a Step Up workbook with activities and stories that invite a bit more reasoning. Both options are expertly developed to help young learners discover that MATH+ Fun = Math Success!

The Step 1 Method: A Step by Step Guide to Success on the USMLE Step 1 Exam

Step Up and Play Big

Have you ever wished you had an exceptional resource to help you with the setup and strategic development of a sustainable diversity and inclusion program . . . Well your wish has come true with this book!

Step Up!

A New Vision of Inclusive Leadership What makes someone a leader? Someone you vote for, work for, or listen to for their expertise? With *Step Up*, equality advocate Ash Beckham challenges us to embrace a different vision of leadership—to stop focusing on external authorities and start reclaiming our own ability to create change. “What we need most is everyday leaders,” she writes. “We need people who step up and be the change they wish to see in the world. Anyone can do it. You can do it.” Whether your path involves activism, political engagement, or simply being a positive voice in your workplace, home, and community, Beckham’s *Step Up* provides essential guidance on cultivating the eight pillars of everyday leadership:

- Empathy—the art of relating to others with compassion for our shared humanity, regardless of whether we agree
- Responsibility—how we can raise our awareness and consciously choose to behave in ways that heal instead of harm
- Courage—understanding the nature of fear so we can move beyond our

comfort zone one step at a time • Grace—how keeping our higher purpose always in sight helps us stop reacting with fear or anger • Individuality—learning to value and celebrate our uniqueness, including the parts of ourselves we often reject • Humility—ways to keep the ego in check and open the door to honest, collaborative relationships • Patience—guidance for disarming our tendency to rush ahead so we can act with greater deliberation and forethought • Authenticity—how we can embody our deepest truths and lead by example in any situation For each pillar, Beckham shares engaging stories of her own journey from isolation and anger to a place of greater openness and connection—supported by scientific research and everyday practices to mindfully change the way you relate to yourself and the people in your life. Step Up is a powerful call to action—to speak when it feels easier to be silent, to do good without being self-righteous, and to create a world of inclusion where everyone has a voice and everyone belongs.

Step Up Your Game

What value do you put on your reputation? A good reputation can set you up for success. A bad reputation can be destructive and difficult to repair. Having no reputation at all is a waste of a massive opportunity. How do some people have a good reputation while others don't? How do some organisations manage their reputation successfully while others fail? Stand Out and Step Up is based on Fiona Fenwick's international experience protecting the reputations of prominent individuals and organisations from global giants to small start ups. It covers what you need to know to understand the value of reputation and how it can shape your success. You'll be challenged through practical exercises to build your personal Reputation Toolkit and:

- > Develop your personal brand
- > Create a positive reputation
- > Gain influence
- > Network effectively

Stand Out and Step Up! It might just change your life.

Step Up

Has a lack of confidence ever kept you from pursuing your goals? Have you ever experienced self-doubt to the point where you talked yourself out of pursuing a job, a promotion, or a relationship? Are you facing a particular challenge in your life right now? If you answered yes to any of these questions, this book is for you. You no longer have to feel uncertain, less-than, or hesitant. You are capable of eliminating that negativity and replacing it with a renewed sense of optimism. Filled with helpful advice, relevant stories, and tangible exercises, Commit to Confidence will help you recalibrate your confidence level so that you want to - and can't wait to - step up and stand out. Starting today, you can make a commitment to stop playing small.

Commit to Confidence: 30 Strategies to Help Women Step Up and Stand Out

The third edition packs illustrations, Next Steps, Mnemonics, and Quick Hits in a single, ingenious tool. Each element is tailored for immediate content absorption, and an all-new full-color interior differentiates elements for faster, more efficient review.

Step In, Step Up

Give Neena Newberry five minutes, and she'll show you a new way to become a better leader. Then she'll show you another one. And another one. That's because each chapter of Newberry's book — Show Up. Step Up. Step Out. Leadership Through a New Lens — takes less than five minutes to read. And each chapter identifies a proven strategy to help leaders take their business results and careers to the next level. Why “a new lens”? Drawing from more than 20 years of experience in the corporate world, Newberry noticed that people do not always see the opportunities in front of them, put what they know into play, or consistently focus on what really gets results. Newberry invites you to question your leadership — literally. Many of her chapter titles address key questions related to your career: “Is self-care really selfish?” “What's getting in the way of your success?” “Do you recognize the impact of your strengths?” “Can you afford not to ask for help?” “Are you missing the two most important steps in giving feedback?” And “what guides your leadership?” What do readers say? Here's a representative quote from Colleen Barrett, president emeritus of Southwest Airlines: “I think Neena hit a home run with this book, and I hope you will enjoy looking through her 'new lens.'” Refocus your vision to achieve leadership success today with Show Up. Step Up. Step Out. Neena Newberry is president of the Dallas-based professional leadership development company Newberry Executive Solutions (www.newberrysolutions.com), author of the WOW! Women On the Way to Peak Performance Program and the book Show Up. Step Up. Step Out., an experienced executive with Deloitte, adjunct professor at SMU Cox School of Business Executive Education, a champion of education reform, and an active board member of several nonprofit organizations.

Extreme You

In his bestselling book *The Five Secrets You Must Discover Before You Die*, John Izzo tackled the secrets to lifelong happiness. Now he gives readers the key to a great career, a great workplace, better relationships, and a better world. *Stepping Up* argues that almost every problem, from personal difficulties and business challenges to social issues, can be solved if all of us look to ourselves to create change rather than looking to others. By seeing ourselves as agents of change we feel happier, less stressed, and more powerful. Izzo offers seven compelling principles that enable anyone, anywhere, anytime to effectively bring about positive change. And the book is filled with stories that will inspire you: a middle-aged Italian shopkeeper who fought back against the Mafia, two teenagers who took a stand and ignited an antibullying movement, an executive who turned a dying division into a profit center, and many more. We all have the power to change the world—John Izzo shows us how.

Step Up

Step Up is a transformative journey that provides women with the necessary tools to become powerful leaders. It is an ‘inner journey’ to reveal commonly held beliefs that women have of themselves and others, as well as patterns of behaviour and choices that form the lens through which they see the world. Being aware of this

allows them to look at the world differently and make impactful changes in their professional lives. Borrowing from the well-known frameworks of Generative Leadership (GL) and Transactional Analysis (TA), the book provides an inside-out approach advocating potent practices that can create effective leadership.

Show Up. Step Up. Step Out. Leadership Through a New Lens

Through powerful stories and proven principles, Step Up Your Teamwork teaches how to create momentum, prepare for success, prevent collapse, and turn a group of individuals into a high-functioning team. Frank Viscuso encourages each person to tap into individual talents, skills, and abilities and recognize how to use these skills to improve the team as a whole. The book discusses various proven firefighting team-building methods you can implement immediately.

Step Up to Better Grades

Hiring a new person for your team is one of the leading challenges in today's world. Blue-collar home service companies face the critical challenge of not only hiring but also training as many applicants - who, quite simply, will not have the skills required to work in these fields successfully. And the cost of failure of a new hire can be astronomical. In Step Up To Success, Blue Collar Coach and Trainer Jerry Isenhour lays out a winning success strategy for owners and managers of blue-collar businesses of all sizes. This workbook explains the steps you need to take to not only hire the right people, but to create and implement initial and ongoing training, understand learning styles and how to incorporate them into your training, and how to use that all-important first day to set your new hires on the path to success, individually and as part of your team. Following the steps in this workbook will guide you through processes that work for others and can work for you.

Step Up

"The Only Book You Need to Succeed both at Work and Home." In this engaging, witty and conversational book, Anju Jain explains why gender disparity is an issue both at home and work and how that can be changed. With insights gained from extensive research and experience, she presents practical techniques in a simple matrix for women to use to become successful. This book will help you to:

- Increase your productivity
- Create work-life balance
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- Build your own brand at work
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There are also interviews with key leaders—both women and men—who talk about the challenges they faced and the solutions which worked for them. Among those featured are Kiran Mazumdar Shaw (Biocon), Sonia Singh (NDTV), Devyani Rana (Caterpillar), Geetu Verma (Unilever), Ipsita Dasgupta (GE), Sunita Maheshwari (Rx Dx and Teleradiology Solutions), Vaishali Kasture (Deloitte Consulting), Divya Suri (Lalit Suri Resorts), Kumud Srinivasan (Intel), Gwen Ryan (EY), N. V. Tyagarajan (Genpact), Mohandas Pai (Manipal Global Education) and Raj Nayak (Colors TV). Full of interesting anecdotes and great advice, Step Up will both entertain and guide women towards personal and professional growth.

MATH PLUS: Step Up, Grade K-1, eBook

This new addition to the Step-Up Series is a high-yield study aid for surgery clerkships and USMLE Step 2 and an excellent reference for common questions arising during rotations or in the operating room. The book covers all the major topics on the surgery rotation and additional high-yield topics for USMLE Step 2. The user-friendly, highly visual format features over 150 illustrations and numerous tables. "Quick Hit" margin notes highlight important facts likely to be tested. Over 120 "Next Step Questions" and "Shelf Questions" provide excellent opportunity for review.

READ: Step Up, Gr. K-1, eBook

Outline format, high-yield-yet-comprehensive review of pediatric pathophysiology and clinical information, written specifically as a guide for third year medical, PA, or NP students during their pediatrics rotation. Key features include Quick Hits margin notes to highlight key points and a set of 100 "end-of-book" exam questions offered in both print and as a free iPhone app to accompany the text. A website on thePoint offers full text online, plus an image bank, and possible online or mobile video clips or audio clips (ie, heart sounds).

What It Takes: Speak Up, Step Up, Move Up

A real-world business guide to getting ahead of the competition—and staying there: "I recommend you read this book!" (Tim Armstrong, president, advertising & commerce, Google). Making it big in business today means never staying satisfied with things as they are. You must always look to the future. After all, it's a guarantee that your competition has stepped up, so why wouldn't you? In Step Up! Daniel Grissom explains the six vital steps to business success. He identifies critical challenges facing sellers—and the streetwise strategies for overcoming them. He shows you how to work smarter, not harder, and even includes a collection of "classic quotes" from other leaders in the field of excellence. The rich content of this unique guide is the result of many years of research, interviews and personal experience. So, the advice is not mere theory . . . it's the real deal on results! Are you ready to kick your company to the next level? Then get ready to Step Up!

Stepping Up

Step Up

Change happens! Make it work for you. That's the theme of the book. In today's fast-paced world, organisations and the people who work there are going through rapid change. Most successful leaders are able to make the most of these dynamic environments. They understand themselves, understand others and understand how to manage and motivate behavioural change. It is through these core skills that they are able to prosper through change, and gather the influence they need to be successful. These skills are relevant for everyone - regardless of their role or hierarchical position. However, Step Up has been written specifically for people who

are more technically focused, but are at that stage in their career where they know they need to change if they want to advance. They can be accountants, financial planners, risk management experts, financial controllers, engineers, scientists or even doctors. They are people who associate with their technical craft first, even though they may now be in a leadership role. Author, and change management expert, Michelle Gibbings believes that there are skills, practices and techniques that individuals, teams and organisations can apply to make change work. She shares these in her new book and they include learning how to: - Own your mindset - Strengthen your integrity - Be agile and know the system - Appeal to human insight and motivate - Create a story - Nurture relationships - Communicate with influence - Negotiate wisely. Step Up is practically focused and theoretically based. Every idea that is presented has at its core some form of scientific research or evidence that backs up the position. It includes practical things that you can do to build your platform for influence. 'To my mind, change is about getting stuff done and to get stuff done in an organisation you need to be influential' says Gibbings.

Exam Prep for: Step Up To Success In Business and In Life

Women have incredible potential to drive change in education if they step up to lead at all levels. In Step In, Step Up, authors Jane A. G. Kise and Barbara K. Watterston guide current and aspiring women leaders through a twelve-week leadership journey. An assortment of activities, reflection prompts, and stories empower readers to overcome gender barriers to leadership and engage in opportunities to learn, grow, and lead within their school communities. This book will inspire you to step into educational leadership with confidence. Examine the need for women in leadership positions at schools and districts. Consider your own leadership identity and learn where to make adjustments. Feel empowered to overcome gender barriers, female stereotypes, and the double bind experienced by women in leadership roles. Gain tools and strategies for creating an action plan for effective instructional leadership in schools. Learn about hard and soft leadership skills and their value in leadership. Complete reflection activities to reinforce learning and professional development. Contents: About the Authors Introduction: The Why and How of Women's Leadership Journey Chapter 1: Engaging Women in School Leadership Chapter 2: Navigating Gender Barriers Chapter 3: Finding Time for the Leadership Journey Chapter 4: Becoming Ready for Leadership Chapter 5: Taking the Path to Maturity Chapter 6: Knowing Your Hardwired Strengths Chapter 7: Challenging Your Limiting Beliefs Chapter 8: Exploring Emotional Intelligence Chapter 9: Making Yourself Heard Chapter 10: Finding the Courage for Tough Conversations Chapter 11: Encouraging More Women to Lead Chapter 12: Crafting Your Identity as a Female Leader A Final Note References and Resources Index

Wake Up, Man Up, Step Up

Many strategic change efforts fail. And virtually all of them are harder than they need to be. Why is this? And what can we do to make change more likely to stick? Dr. Elsbeth Johnson, a former equity analyst and London Business School Professor now teaching at MIT, has spent a decade researching how to deliver strategic change in practice. Based on asking managers what they needed from leaders,

rather than just asking leaders what they did, her resulting Step Up, Step Back approach challenges some of our most fundamental beliefs about how to lead change – and indeed, about what we even consider to be 'leadership'. The Step Up, Step Back approach suggests leaders need to step up and do more than they typically do in the early stages of the change – in specific ways and at specific times; and then step back and do less than they typically do in the later stages of the change – again, in specific ways, at specific times. The result is not only change that sticks, but empowered, motivated managers who can get on with delivering change, without needing ongoing input or cover from leaders.

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