



One Second Ahead: Enhance Your Performance at Work with Mindfulness

By Hougaard, Carter, Coutts

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One Second Ahead is about applying mindfulness techniques (mindfulness techniques enable people to manage their attention, improve their awareness, and sharpen their focus and clarity) to work life.

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Editorial Review

Review

"One Second Ahead provides practical tools and techniques as well as real-world examples and lessons from organizations that have implemented mindfulness on a large scale. ... One Second Ahead is a worthy addition to the armoury of every busy executive and essential reading for anyone striving to enhance their productivity and well-being in today's fast-paced work life." (Credit Control, Vol. 37 (2), 2016)

"One Second Ahead is a timely addition to the repertoire of individuals striving to enhance their productivity and well-being in a fast-paced work life through the application of mindfulness training techniques." Manish Chopra, PhD, Partner, McKinsey and Co., and author of The Equanimous Mind

"In One Second Ahead, Rasmus Hougaard describes in layman's terms how the brain works and the impacts of stress in an 'always on' culture. The authors provide hope through easy to understand practices, anyone can integrate mindfulness into daily routines and overcome the barriers that get in the way of reaching our full potential. The combination of science, mindfulness practices and business application make this a must read for employees and leaders at all levels in organizations." Meghan Seybold, Senior Manager of Diversity Leadership Initiatives, Royal Bank of Canada

"One Second Ahead arrives at a critical time for executives and our modern workforce. Leaders and employees are struggling to keep up with increasing amounts of information and demands on their time and ultimately their attention. Here the author's practical translation of mindfulness techniques to the workplace offers us all the opportunity to bring greater focus and presence to our work life and ultimately deliver higher impact performance. If you are interested in unlocking you and your teams full potential then start with One Second Ahead." Executive Vice President and Chief Commercial Officer, the LEGO Group

"Imagine taking the power of ancient wisdom, the effectiveness of research-proven practices, and the extensive, in-depth experience of teaching these skills in a wide range of organizational settings and you have the empowering book you hold in your hands. With clarity and eloquence, One Second Ahead reveals how the training of the mind can bring any member of a corporate team to a more productive, rewarding, and innovative way of being in the workplace." Daniel J. Siegel, M.D., Clinical Professor, UCLA School of Medicine, Executive Director, Mindsight Institute, Author, Mindsight, Brainstorm, and The Mindful Brain

"One Second Ahead is brilliant in its clarity and simplicity. Finally we have a highly usable guide to applying the practices of mindfulness at work." Michele Milan, Chief Executive Officer, Executive Programs, Rotman School of Management at the University of Toronto

"Rasmus Hougaard and The Potential Project have cleverly combined two hot topics in today's work life: mindfulness and working more effectively. You can find thousands of useful books on both topics, but Rasmus has gone one step further. Putting together a great variety of work techniques with mindfulness creates an extremely powerful toolset for any professional who not only wants more from him/herself, but is also interested in own self's wellbeing." Jouni Torunen, HR Director, Nokia

"One Second Ahead is a major contribution to bringing not only more sanity and mindfulness at the work place but also a more caring and open-minded attitude in all walks of life. Highly recommended." Matthieu Ricard, humanitarian and Buddhist monk, author of Altruism: How Compassion Can Change Your Life and

the World.

"In One Second Ahead Rasmus Hougaard ingeniously applies time-tested ancient methods of mental training to practical day-to-day circumstances that are regularly encountered in the business world. This book is bound to be of much practical benefit to all those who seek a more satisfying, creative, and fulfilling way of life within their professional and personal relationships." B. Alan Wallace, Ph.D. Author of bestseller *The Attention Revolution* and President, Santa Barbara Institute for Consciousness Studies

"Like many other busy professionals we at Herbert Smith Freehills face the same demands of long working hours, increasing commercial complexity, and competing distractions for our attention and for our effort. To be a globally elite law firm, we need to be focused, crystal clear in our thinking and highly effective. This book distils the essence of the Potential Project's mindfulness program. If you put into action what you learn here, particularly the daily practice, then I am sure you will gain a greater sense of who you are, and a sense of calm and perspective that will enable you to be the best person you can be at work and at home." Murray Paterson, Head of Capability Development, Herbert Smith Freehills, Australia

"A mindful organization is an organization where our leaders and employees do the right things - not just things. Through the program behind this book, we have gradually become a mindful organization." Former CIO, Carlsberg, Kenneth Egelund Schmidt

"Rasmus Hougaard, Jacqueline Carter and Gillian Coutts have skillfully woven an elegant set of mindfulness tools and strategies that any professional can implement. This is a fantastic foundation for a more mindful workplace and life." Jeremy Hunter, PhD, Associate Professor of Practice Peter F. Drucker and Masatoshi Ito Graduate School of Management

"In our organization we have implemented the program of mindfulness and after completing the program the stress level have decreased significantly and our employees are more focused. But the techniques outlined in *One Second Ahead* are not just for work situations, they are also highly valuable in all kind of scenario - both professional and private. The book will give you better and more mindful interactions with everyone you meet." Hans Brobäck, Human Resources Director, Roche

Since undertaking mindfulness training, I have been pleasantly surprised by the positive impact the training has had on my creativity. By choosing to focus on only one task at a time, I engage in more useful conversations with my colleagues and have also found that my enhanced concentration has significantly improved my overall creative output." Nick Foley, President SE Asia Pacific & Japan, Landor

"The pace and complexity in today's organizations affects all co-workers and leaders in all aspects. Especially when the boundaries between work and 'life' becomes more and more interlinked. The decision to use CBMT as a tool in order to decrease stress levels in our organization turned out to be a real game changer for our co-workers. I can highly recommend this book because it captures all the benefits with working with CBMT in all kinds of organizations. The tone of voice is fact-driven and combines real examples from organizations backed up with theories and scientific studies." Henrik Scheutz, Function Manager HR Service Centre, IKEA AB

About the Author

Rasmus Hougaard is an internationally recognized authority on training the mind to be more focused, effective, and clear in an organizational context. Rasmus' background combines research in organizational development with a corporate career and more than 20 years of practicing and teaching mindfulness. He is the Founder and Managing Director of The Potential Project - the global leading provider of corporate mindfulness programs. The Potential Project has helped organizations like Microsoft, Accenture, Roche,

Nike, American Express, General Electric, Citrix, Google, Sony, Societe Generale, KLM, IKEA, Royal Bank of Canada, Ogilvy, Carlsberg and many more develop organizational excellence and helped thousands of individuals lead happier, kinder and more effective work lives.

Jacqueline Carter has over 20 years of consulting and management experience helping organizations manage change and achieve results. She is passionate about helping individuals and organizations realize their potential through training the mind. She is a Partner of The Potential Project International and Director of The Potential Project North America. Her clients include Google, Sony, American Express, Royal Bank of Canada, and Suncor to name a few. Jacqueline is a contributor to The Huffington Post and has appeared on Channel News Asia Breakfast Television, as well as radio talk shows.

Gillian Coutts has over 20 years of experience as a leader and change agent in the sales and operations functions of large corporations. She has worked across a range of industries including retail, government, transport, oil and gas, and human services. Gillian is a Partner with The Potential Project Australia. Her clients include Yahoo!7, Telstra, BUPA, and large not-for-profit organizations. She also sits on a number of boards and regularly speaks on integrating mindfulness into leadership, work life, and - following her own wake-up call of cancer diagnosis and treatment - programs for post-traumatic growth.

Users Review

From reader reviews:

Doris Edwards:

Do you have favorite book? Should you have, what is your favorite's book? Publication is very important thing for us to find out everything in the world. Each e-book has different aim or goal; it means that reserve has different type. Some people experience enjoy to spend their a chance to read a book. These are reading whatever they take because their hobby is reading a book. Why not the person who don't like reading through a book? Sometime, man or woman feel need book after they found difficult problem or maybe exercise. Well, probably you should have this One Second Ahead: Enhance Your Performance at Work with Mindfulness.

Nancy Sena:

People live in this new time of lifestyle always attempt to and must have the time or they will get large amount of stress from both day to day life and work. So , once we ask do people have spare time, we will say absolutely indeed. People is human not just a robot. Then we consult again, what kind of activity do you possess when the spare time coming to anyone of course your answer will probably unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative within spending your spare time, the actual book you have read will be One Second Ahead: Enhance Your Performance at Work with Mindfulness.

Marina Tucker:

Playing with family in a very park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, after that why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster

you are ride on and with addition of information. Even you love One Second Ahead: Enhance Your Performance at Work with Mindfulness, you can enjoy both. It is very good combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't understand it, oh come on its referred to as reading friends.

Sherry Nicholson:

The book untitled One Second Ahead: Enhance Your Performance at Work with Mindfulness contain a lot of information on the item. The writer explains the woman idea with easy technique. The language is very simple to implement all the people, so do definitely not worry, you can easy to read it. The book was compiled by famous author. The author brings you in the new period of time of literary works. You can read this book because you can please read on your smart phone, or device, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official website along with order it. Have a nice study.

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