



uBalancer

SOLUTIONS

Professional Resources List

A Collaborative Approach | resolving conflict and building trust in your teams (Tip Sheet)

Active Listening | what, why and how (Video)

Attention Training | a neuroscience approach to reframing mindfulness (Tip Sheet)

Brain friendly emails | how to increase open rates and get your message across (Tip Sheet)

Building Rituals | using the A.W.A.R.E Framework (Worksheet)

Challenging Conversations | controlling your emotions (Article Review)

Challenging Conversations | flipping performance management on it's head (Tip Sheet)

Challenging Conversations | a collaborative performance turnaround plan (Worksheet)

Clear VS Smart Goals | setting up your team for success (Article Review)

Communicating clearly | a brain friendly approach (Tip Sheet)

Decision Making using Emotional Intelligence | the Six Seconds KCG Model (Worksheet)

Exceptional Teams | an emotionally intelligence ritual to guide success (Worksheet)

Focus, Goal Setting and Success | using the GROW model to coach your team in goal setting (Worksheet)

Growing trust in teams | a guide for leaders wanting to grow trust, quickly (Tip Sheet)

Having uncomfortable conversations | leaning into the rumble (Tip Sheet)

Hiring for Emotional Intelligence | interview questions for the right hire (Tip Sheet)

How neuroscience can make you more productive | tips to finding your flow (Blog)

Inbox Zero | five simple steps to conquering your email (Tip Sheet)



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Intrinsic VS Extrinsic Motivation | understanding the difference when motivating your team (Tip Sheet)

Kicking Goals | a framework for setting and achieving your goals (Worksheet)

Knowing and showing your value | how to make sure you get the job (Tip Sheet)

Leadershift | from high potential managers to high performing leaders (Video)

Leading in a VUCA World | an interview with Joshua Freeman, CEO of Six Seconds (Podcast)

Leading with Emotional Intelligence | unlocking potential (Video)

Leading with Optimism | the role optimism plays in successful teams (Video)

Leading teams | an emotionally intelligent approach (Worksheet)

Leaning into difficult conversations, early | why nipping it early will save you a lot of angst in the long run (Video)

Management VS Leadership | understanding the difference (Tip Sheet)

Management VS Leadership | top tips for leadership in 2020 (Article Review)

Maybe stress is a laughing matter | using humour to reduce stress (Article Review)

Navigating difficult leaders | a framework to navigate power dynamics (Worksheet)

Promoting peak performance | tips to supporting well-being in the workplace (Tip Sheet)

Optimism in the workplace | an interview with Joshua Freeman, CEO of Six Seconds (Podcast)

Performance conversations | thinking about how you approach it differently (Video)

Performance feedback conversations | how to get a positive result (Podcast)



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The importance of quality conversations | how to grow trust in your team (Video)

The presence of performance | how to be present to boost performance (Tip Sheet)

The science behind productivity | tips to being more effective (video)

Think, Feel, Act | an overview of the Six Seconds Model (Video)

Tips to achieve a win-win-situation | challenging conversations (Tip Sheet)

Time Management - Productivity Tips | take control of multi-tasking (Tip Sheet)

True Happiness | what does it take for leaders to be happy (Tip Sheet)

Self care in Leadership | getting off autopilot to avoid burnout (Blog)

Seven habits of highly effective people | summary of Stephen R Covey's world famous book (Blog)

Sharpening your conversational skills | ways to get your message across (Podcast)

Stress less | by embracing the third space (Tip Sheet)

Uncomfortable Conversations | tips to having uncomfortable conversations well (Video)

Values and Emotional Intelligence | the powerful link for performance (Video)

Writing your vision | step into the future, to find out your why (Worksheet)