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Mike Robbins



Be Your Whole Self:

Bring Your Whole Self to Work Mike Robbins, 2018-05-01 In today's work environment the lines between our professional and personal lives are blurred more than ever before. Whatever is happening to us outside of our workplace, whether stressful, painful, or joyful, follows us into work as well. We may think we have to keep these realities under wraps and act as if we have it all together. But as Mike Robbins explains, we can work better, lead better, and be more engaged and fulfilled if, instead of trying to hide who we are, we show up fully and authentically. Mike, a sought-after motivational speaker and business consultant, has spent more than 15 years researching, writing, and speaking about essential human experiences and high performance in the workplace. His clients have ranged from Google to Citibank, from the U.S. Department of Labor to the San Francisco Giants. From small start-ups in Silicon Valley to family-owned businesses in the Midwest, from what he's seen and studied over the years, Mike believes that for us to thrive professionally, we must be willing to bring our whole selves to the work that we do. Bringing our whole selves to work means acknowledging that we're all vulnerable, imperfect human beings doing the best we can. It means having the courage to take risks, speak up, have compassion, ask for help, connect with others in a genuine way, and allow ourselves to be truly seen. In this book, Mike outlines five principles we can use to approach our own work in this spirit of openness and humanity and to help the people we work with feel safe enough to do the same, so that the teams and organizations we're a part of can truly succeed. This book will offer you insights, ideas, and tools to inspire you to bring all of who you are to the work that you do, regardless of where you work, what kind of work you do, and with whom you do it. And if you're an owner, leader, or just someone who wants to have influence on those around you, this book will also give you specific techniques for how to build or enhance your team's culture in such a way that encourages others to bring all of who they are to work.

Bring Your Whole Self To Work Mike Robbins, 2018-05-01 In today's work environment the lines between our professional and personal lives are blurred more than ever before. Whatever is happening to us outside of our workplace, whether stressful, painful, or joyful, follows us into work as well. We may think we have to keep these realities under wraps and act as if we have it all together. But as Mike Robbins explains, we can work better, lead better, and be more engaged and fulfilled if, instead of trying to hide who we are, we show up fully and authentically. Mike, a sought-after motivational speaker and business consultant, has spent more than 15 years researching, writing, and speaking about essential human experiences and high performance in the workplace. His clients have ranged from Google to Citibank, from the U.S. Department of Labor to the San Francisco Giants. From small start-ups in Silicon Valley to family-owned businesses in the Midwest, from what he's seen and studied over the years, Mike believes that for us to thrive professionally, we must be willing to bring our whole selves to the work that we do. Bringing our whole selves to work means acknowledging that we're all vulnerable, imperfect human beings doing the best we can. It means having the courage to take risks, speak up, have compassion, ask for help, connect with others in a genuine way, and allow ourselves to be truly seen. In this book, Mike outlines

five principles we can use to approach our own work in this spirit of openness and humanity and to help the people we work with feel safe enough to do the same so that the teams and organizations we're a part of can truly succeed This book will offer you insights ideas and tools to inspire you to bring all of who you are to the work that you do regardless of where you work what kind of work you do and with whom you do it And if you're an owner leader or just someone who wants to have influence on those around you this book will also give you specific techniques for how to build or enhance your team's culture in such a way that encourages others to bring all of who they are to work *Singing with Your Whole Self* Samuel H.

Nelson, Elizabeth L. Blades, 2018-04-05 *Singing with Your Whole Self* A Singer's Guide to Awareness through Movement teaches performers to use the Feldenkrais Method of neuromuscular education to ameliorate problems of tension muscle strain and illness in order to obtain optimal vocal performance With new lessons and chapters on kinesthetic imagination and neuroplasticity this second edition features unique modularized Feldenkrais lessons designed specifically to liberate function in singers and other voice professionals The first part of the book presents the theory behind the approach in an easy to understand and concrete fashion The remaining chapters explore anatomy by area and explain usage and problems as well as how both relate to singing Finally an appendix allows performers to find lessons that are most effective for a specific problem As a valuable exercise guide the second edition of *Singing with Your Whole Self* is an essential resource for singers at all levels and in all styles *Let Your Healing Be Loud Enough: Show Up As Your Whole Self* Onyeka Godfrey, 2025-08-13

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Connection Rabbi Lawrence Kushner, 2012-01-10 Suppose there is something going on in the universe which is to ordinary everyday reality as our unconscious is to our daily lives Softly but unmistakably guiding it Most of the time we are unaware of it Yet every now and then on account of some fluke we are startled by the results of its presence We realize we have been part of something with neither consciousness nor consent It is so sweet and then it is gone You say But I don't believe in God And I ask What makes you think it matters to God from Lawrence Kushner whose previous books have opened up new spiritual possibilities now tells us stories in a new literary form Through his everyday encounters with family friends colleagues and strangers Kushner takes us deeply into our lives finding flashes of spiritual insight in the process Such otherwise ordinary moments as fighting with his children shopping for bargain basement clothes or just watching a movie are revealed to be touchstones for the sacred This is a book where literature meets spirituality where the sacred meets the

ordinary and above all where people of all faiths all backgrounds can meet one another and themselves Kushner ties together the stories of our lives into a roadmap showing how everything ordinary is supercharged with meaning if we can just see it

Mindfulness in Multicultural Education Kathryn Esther McIntosh, 2022-08-15 Grounded in critical race feminism this book explores mindfulness as an empowering approach in multicultural education The author explores how learners of multicultural education by re centering the body through mindfulness with concrete strategies and scaffolded practice can be empowered to handle the activated emotions and deep self inquiry that come with the work of social justice liberation and anti racism This book includes counter stories of students of colors and offers both an epistemological and a curricular approach to mindfulness in multicultural education including discussion of theory and key principles in addition to ten modules with practices to engage learners These modules can be directly applied as the basis for curricular changes in teacher education and university wide social justice courses or they can be independently read by learners interested in enhancing their wellbeing and social justice Written for teacher preparation and university social justice courses this book encourages educators to contextualize their mindfulness practice within a critique of systems of oppression and ask questions about how mindfulness can empower action towards a more just society **The Complete Idiot's Guide to**

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Reviewing **Be Your Whole Self**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Be Your Whole Self**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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