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Here's How To Establish Healthy Stress Habits Before It's Too Late

It may not always seem like it, but stress is one of the the greatest gifts we have. It's a motivator, a source of strength. Failing to properly harness, manage, and cope with that stress, however, can serve to damage careers, personal relationships and even health and well-being...

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Satya Nadella is the CEO of Microsoft and a bestselling author. Adam Grant is an organizational psychologist and the top-rated professor at Wharton. The two recently sit down to discuss the soul of Microsoft, the future of work and why learn-it-all's beat know-it-all's every time...

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4 Common Mistakes Job Seekers Make That Are Easy to Fix

A job search is tricky enough as it is. Don't trip yourself up by making the same common mistakes as countless others. Here is a breakdown of some of the most common - and easy-to-fix - mistakes people make...

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The habit of procrastination deserves special attention because it is so widespread and so costly. Joel Garfinkle has ideas on how to stop procrastinating and start working more productively...

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Improve Your Conflict Resolution Skills: The Proven Process for Managing Conflict in the Workplace

March 19th, 2019 - Webinar at 1pm EST

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Current Executive Coaching Engagements







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- **What stresses us out:** 49% say money, 22% family responsibilities, 22% work deadlines, and 7% say it is commuting. (USA Today)
- **New work place vibe:** Length of time before you knew of you could stay in a new position long term was less than a week for 23%, within a month for 40%, half a year for 24%, 6% within a year and 7% over a year. (USA Today)

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"I have three precious things which I hold fast and prize. The first is gentleness; the second is frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men". ~Lao Tzu

"The biggest wall you have to climb is the one you build in your mind: Never let your mind talk you out of your dreams, trick you into giving up. Never let your mind become the greatest obstacle to success. Yo get your mind on the right track, the rest will follow". ~Roy T. Benett, The Light in the Heart

Books Authored by Joel A. Garfinkle

Gain the Competitive Edge In Your Career



Garfinkle Executive Coaching - The top online resource for creating fulfillment at work.
Recognized as one of the best: Acknowledged as one of the top 50 executive coaches in America.
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Garfinkle Executive Coaching 6918 Thornhill Drive oakland, CA 94611 USA
 Tel: 510-339-3201 • Email: joel@garfinkleexecutivecoaching.com



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