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Want to Get Unstuck? How Science Can Help

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Lori Ryerkerk is D CEO's CEO of the Year

Ryerkerk says she heard just about every comment one could imagine: "You shouldn't be here. You're taking a man's job. Why aren't you at home?" All that. But you know what? I couldn't control what anyone else thought about me...

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Three Immediate Strategies to Increase Your Influence at Work

Leadership is not about a title or a destination. It's about impact, influence and inspiration. Impact involves getting results, influence is about spreading the passion you have for your work. Here are three strategies to help you increase your influence at work...

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6 Ways Women Can Get Hired and Promoted

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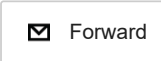
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Can Positive Conflict Lead to Positive Employee Relations

It sounds counter-intuitive, but there is such a thing as positive conflict. Conflict is normal. However, the concept of conflict is deeper than just arguing over a particular matter, like to complete work. It can be a path to a stronger employee engagement by creating a more inclusive work environment...

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- **The average productivity growth in the US is 1.3% per year:** On average productivity has increased by 1.3% since 2007, which is not even half the rate of productivity from 2000 to 2007. In 2018, productivity also rose by 1.3%, which is a small improvement from the 1.1% rate in 2017. It may be on the rise, productivity increased by 2.3% in the second quarter of 2019. (Bureau of Labor Statistics)
- **90% of employees suffer from work-related stress:** The American Institute of Stress states that increased workload pressures and occupational fears such as lack of job security continue to be the leading cause of stress. In fact, around 80% of workers suffer from work-related stress. Not to mention that nearly half of these workers need help managing it. (American Institute of Stress)

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"Don't aim for success. If you want it; just do what you love and believe in, and it will come." ~David Frost

*"Leadership is the art of getting someone else to do something you want done because he wants to do it.."
~Dwight D. Eisenhower*

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.
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Global Gurus named Joel #15 on its list of [top 30 global coaching experts](#).

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