



# Renewal Coaching Fieldbook: How Effective Leaders Sustain Meaningful Change

*Elle Allison, Douglas B. Reeves*

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The *Renewal Coaching Fieldbook* outlines the seven practices that leaders can learn and develop in order to sustain their energy to do meaningful work. These practices enable leaders to bounce forward in the face of loss, create networks of support, make wise and timely decisions, and engage in personal renewal daily. Throughout are compelling stories of leaders who have overcome the challenges that seek to diminish and overwhelm them, and succeeded in doing meaningful work for a greater good.

## Praise for Renewal Coaching Fieldbook

"Elle and Douglas have written an important book that could change the way business is done by changing the lives of people doing it. In our fantastically connected planet, worldwide commerce impacts all of us immediately, making almost nothing more important for our long term success than committing to meaningful work lives aimed at the 'greater good.' As Elle and Douglas suggest, individual happiness and global happiness will be the outcomes. If this is what you want in your own life—and I hope you do—read this book!"—Rick Foster, co-author, *How We Choose to Be Happy* and *Happiness & Health*; publisher, SustainableHappinessCourse.com

"The questions in this book will help you generate new ideas and ways of thinking about your predicaments. They will provide you with the way forward to hope, excitement, and satisfaction in service of a greater good."—Daniel J. Pesut, PhD, RN, professor of nursing, Certified Hudson Institute Coach, Indiana University, Indianapolis

"This is not a fairytale approach to leadership where all is good and everyone is happy. It is a skillfully written manual that addresses the challenges and hard times leaders experience and makes resiliency visible and sustained happiness attainable."—Dr. Kristine Servais, former principal and professor of leadership, North Central College, Naperville, Illinois

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#### **Alyssa Lewis:**

Spent a free time and energy to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could possibly be reading a book can be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the reserve untitled Renewal Coaching Fieldbook: How Effective Leaders Sustain Meaningful Change can be very good book to read. May be it might be best activity to you.

#### **Kelly Livingston:**

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