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Power Up Your Confidence: How to master the ultimate business skill (Paperback)

By Alice Muir

Pearson Education Limited, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. This is terrific. A friendly and sensible guide for anyone needing to give their confidence a boost. Dr David Lewis, Chairman and Director of Research, Mindlab International Ltd Professionally speaking, there s nothing more important than confidence. It s the single skill that matters most - whatever the situation. From meetings and presentations to negotiating, selling and managing staff, better confidence will give you better results. It ll make you more capable and convincing, it ll raise your performance and prospects, and it ll give you the courage and determination you need to succeed. Specially written to help you build and boost your confidence at work, Power Up Your Confidence is a friendly, powerful and practical guide that ll show you how to: Stay in control - always feel on top however tough the situation Find your positive mindset - switch your confidence on whenever you need it most Say what you want - be taken seriously and never regret what you didn t say Look self-assured - be convincing even when you don t feel it Be more resilient - bounce straight back from...

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