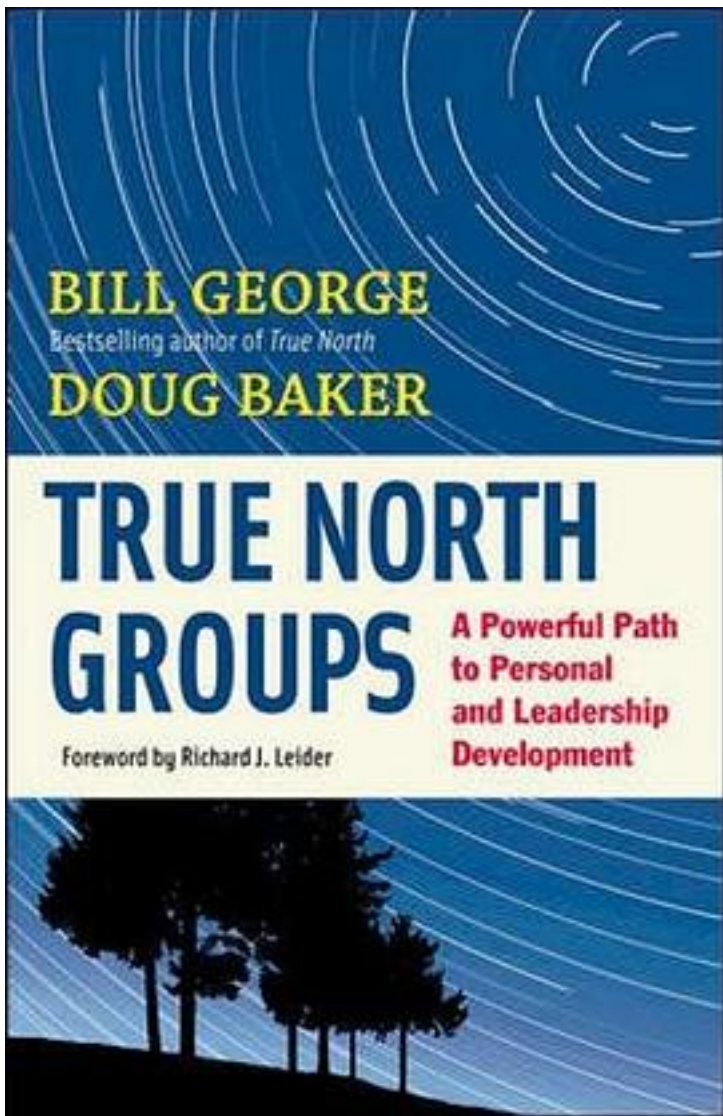# True North Groups

[True North Groups_下载链接1_](#)

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Navigating life's challenges on your own isn't just lonely, it is also counterproductive to personal growth and development. Whether you are looking to develop your leadership skills or to grow as a person, you need long-term feedback, support, and encouragement. For the past thirty-five years Bill George and Doug Baker have found this in what they call a True North Group, a small, diverse collection of individuals who meet on a regular basis to explore their lives and develop their self-awareness, self-compassion, authenticity, and EQ. Unlike a typical affinity group such as a book club or prayer group, the purpose of True North groups is to help its members succeed in their work and in their lives by providing a consistent environment in which personal development is not just possible, but the aim. In this desperately needed new book George and Baker have uncovered a new secret to success in work and life. They demonstrate why these small groups are the vital link to both leadership and personal development, and adapting an established five-stage team-building format, show exactly how to form a new group or transform an existing group into a True North Group. They provide a wealth of practical resources, including advice on selecting members, suggested topics for the first twelve meetings, techniques to evaluate group satisfaction, and much more. For the millions of people who are searching for greater meaning and intimacy in their lives, this book will help them to grow as leaders and as human beings and to stay on course to their True North.

作者介绍:

目录:

True North Groups_下载链接1_

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投资

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Group

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