



Self-Leadership and Personal Resilience in Health and Social Care (Post-Qualifying Social Work Leadership and Management Handbooks)

Jane Holroyd

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This is essential reading for professionals making judgements under pressure. It demonstrates how self-leadership is not only about surviving but thriving in a continually changing environment and introduces key theories, skills and debates to help professionals deliver high quality professional practice every day. The book focuses in on the quality of professional thinking, self- and social awareness, self-regulation and self-management, and the fundamentals of sustained resilience.

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