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For Women Who: Work Too Hard Do Too Much - Learn To Delegate: Increase Professional Productivity and Reduce Stress

By Carolena Lyons Lawrence PhD

High Pointe Productivity. Paperback. Condition: New. 90 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This book focuses on delegation from a woman's perspective in the work environment. As women we tend to do too much, work too hard, work too long, and try to do everything ourselves, then we wonder why we are always so tired and stressed. The best we can do is get things in an acceptable comfort level for ourselves and then let it go. Understand that the principles and strategies of delegation are standard and are not gender specific. Although this book is written specifically for women, the principles and strategies presented work in male dominated settings as well. There is no difference; men use the same principles. An important principle that as women we should realize (which men already know), is that we need to master the art of delegation and try not to do everything ourselves. We must learn to delegate responsibilities to empower others. The more you empower others, the more powerful and successful you become. Bottom line, we must learn to delegate effectively. Women, we need to master delegation to set ourselves up for success by directing, training, and encouraging others. By not...



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