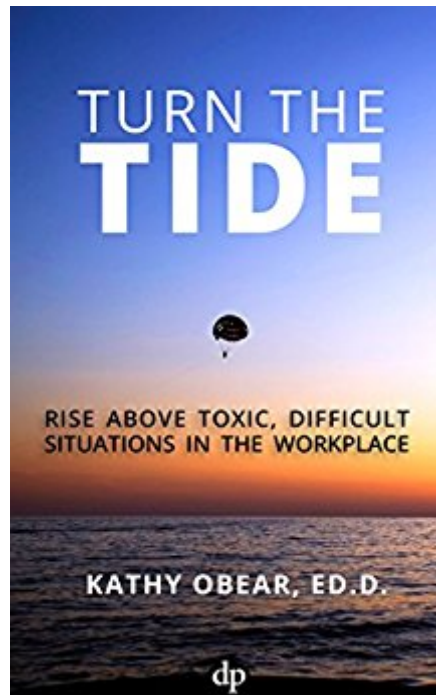




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Turn The Tide: Rise Above Toxic, Difficult Situations In The Workplace



Synopsis

Over the past 25 years, Kathy Obear has helped thousands of people in workshops and coaching sessions learn to effectively navigate difficult workplace situations. Now, she shares the tools and skills of her 7-Step process, The Triggering Event Cycle, so you can take back control of your emotions and successfully rise above toxic work environments. In the spirit of Brené Brown and Martha Beck, Kathy uses stories and realistic examples to make these concepts accessible and easy to apply in your life. Her book is full of tools and exercises designed to help you rise above workplace drama and create greater teamwork, productivity, and innovation in your organization. Discover practical tools to:

- De-escalate unproductive workplace conflict
- Interrupt automatic fight or flight reactions
- Identify what is fueling ineffective reactions
- Take back control of your emotions
- Rebuild working relationships
- Minimize feeling triggered in the future
- Turn the tide of workplace drama with greater ease and confidence

Join Kathy on this transformational journey and make this invaluable investment in yourself!

Book Information

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Customer Reviews

You know that feeling of regret that you have five minutes after you react too strongly to the behaviors of others? If you can identify with that, then this is the book you must read. Using relevant stories and real-life examples, Dr. O'bear's approach recognizes the challenge in changing the way we interpret situations and project intention onto others. O'bear walks you through a process for examining the "Intrapersonal Roots" of your triggers and then practical exercises for exploring alternate ways of responding. Maintaining positive relationships with others is a crucial skill whether in the boardroom, team meeting, or one-on-one with a co-worker. Managing our emotions and reactions in these interactions is key to maintaining those relationships.

As a white collar professional contracted worker who feels she does not have a voice and who has no access to management trainings, Dr. Kathy O'bear's "Turn the Tide" is a most valuable resource for me. Toxic Work environments exist everywhere and many non-management professionals do not have access to tools that are available to upper management and employees. My triggers get pushed early and often. I have learned so many skills from Turn the Tide for coping internally when I feel I can't speak out. Do yourself a favor and read this book. The tools and exercises are incredibly valuable....not only for work relationships but in all personal relationships.

Kathy O'bear keeps the reader engaged with interesting and relatable examples and practical and comprehensive guidance about how to deal with difficult workplace situations. Her deep knowledge and considerable experience with these situations coupled with her skills at coaching in real life gives the reader a practical how to guide that can be put into practice immediately. Each section of the book includes examples, a deeper explanation, and exercises that the reader can complete. An added bonus is the availability of more in depth examples and exercises on her website. As a business coach, I appreciate the perspective that Kathy has and her breakdown of the issues, which I can apply immediately with my own clients. As someone who works in the business world (which is almost all of us) I appreciate the perspective that I can use for myself to lessen the impact of workplace triggers.

Dr. Kathy O'bear's new book "Turn the Tide: Rise Above Toxic, Difficult Situations in the Workplace" offers the reader useful and realistic strategies to blossom effectively in our work place in contact with others, and successfully become the best

version of ourselves. This book invites the reader to go deep, and explore our own triggers through the “Triggering Event Cycle”, and navigate our own “Intrapersonal Roots”, so that our personal life and our work life flow together in the best and smoothest way, for us and for those around us. As our work place and life have become a considerable part of who we are, this book is not only a necessary reference book for anybody who works with others, but also for anyone who desires to find a productive and peaceful common ground between heart and mind; in other words, Dr. Obear’s new book is a book for life.

Much like Kathy’s presentations in person, I finished this book feeling empowered and excited to do better. The use of storytelling and vulnerability engages the reader in powerful reflection. Echoing sentiments of another of my favorite authors, Brene Brown, Kathy helps the reader unlock their own potential to manage their emotions in the workplace through recognizing they have a choice and can be intentional. Readers will be able to relate to the missteps and difficult situations shared in the book and learn how to take steps to truly rise above. My favorite part of the book is the guided reflection and activities; it goes beyond asking the reader to think about things and pushes them to take action.

Kathy is a master at giving creative solutions for helping deal with stressful work (or personal) situations that are likely to trigger unproductive interactions. She helps me realize that I hold the power to choose an intentional, thoughtful and more effective response when I realize one of my hot buttons has been pushed. I especially appreciate her relatable examples and potential scenarios of how each situation can be handled with kindness and respect. Each trigger point is a new opportunity for more awareness, collaboration, healing and growth to express my best self. I now have a full toolkit for shifting my perspective and navigating any difficult dynamic that may arise!

Dr. Kathy Obear has presented an opportunity for everyone to enter into a journey of social justice and inclusion work. This book focuses on the triggering event cycle and how to become aware of our own and others’ triggers and to respond effectively with care. She has put decades of work into this volume and her work speaks loud and clear to a void that exists in too many workplaces. The concepts in this book, though, extend far beyond the workplace and into the personal and private lives of anyone who reads it. Without hesitation I recommend that you read this book and share with all those you hold dear.

"Turn the Tide" serves as a self-paced personal workshop to illustrate to the reader that the locus of control in terms of how to perceive and hence how to relate to the work, the people and the environment comes from within us all and is ultimately a choice we make in the moment. Written from a place of both optimism and pragmatism, this book is an empowering read for people at all levels of an organization who feel that their workplace is toxic, stressful or riddled with conflict. Incredibly insightful...I only wish I had read it 15 years ago but I will use the concepts going forward to be sure.

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