

When To Speak Up And When To Shut Up

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Speak Up, Show Up, and Stand Out: The 9 Communication Rules You Need to Succeed - Loretta Malandro 2014-11-17

MASTER A NEW WAY OF COMMUNICATING TO BUILD INFLUENCE AND ACHIEVE UNPARALLELED SUCCESS
Speak Up, Show Up, and Stand Out provides the rules for exemplary business communication. This lean and effective guide isn't just about choosing the right words; it's a whole new way of communicating to achieve unparalleled success. It offers the tools and skills readers need to build influence, deliver results, and significantly increase their communication effectiveness.

Speak Up - Miranda Paul 2020

Illustrations and easy-to-read, rhyming text encourage the reader to speak up about everything from their own name being mispronounced to someone bring a weapon to school. Includes author's note about real people who have found their voices, when to speak up, and how to express oneself without speaking.

Speak Up, Blanche! - Emily Arnold McCully 2012-10-01

Stagestruck Blanche would like to be a part of a theatrical bear troupe's new play, but, her shyness causes problems until she discovers a special talent of her very own.

Speak Up - Douglas M. Fraleigh 2011-01-04

When was the last time you actually looked forward to reading a textbook? With "Speak Up", thousands of students have been doing just that -- getting more out of their speech courses and having fun while doing it. It's a different kind of textbook, combining great writing and examples with more than 500 hand-drawn illustrations that bring speechmaking to life. It's all designed to help you ace the course and prepare you to speak effectively on campus, on the job, and beyond. -- From publisher's description.

Speak Up! - Douglas M. Fraleigh 2016-10-14

"An introduction to public speaking that's smart, compelling, fun, and affordable, *Speak Up* offers great writing and examples, strong coverage of course topics, practical guidelines for creating effective presentations, and hundreds of custom-drawn illustrations that bring speech concepts to life. This new edition adapts *Speak Up* to the emerging world of virtual meetings, vlogs, digital platforms, and e-learning with new coverage throughout that helps students develop and deliver presentations online. *Speak Up* takes advantage of the media by integrating speech video and assessment right into the book, modeling techniques and helping students apply their knowledge to their own speeches. Access is automatic and includes more than 200 video clips, the largest library available. Even better, students get all of this at less than half the price of competing texts,"--Amazon.com.

Choosing Courage - Jim Detert 2021-05-18

An inspirational, practical, and research-based guide for standing up and speaking out skillfully at work. Have you ever wanted to disagree with your boss? Speak up about your company's lack of diversity or unequal pay practices? Make a tough decision you knew would be unpopular? We all have opportunities to be courageous at work. But since courage requires risk—to our reputations, our social standing, and, in some cases, our jobs—we often fail to act, which leaves us feeling powerless and regretful for not doing what we know is right. There's a better way to handle these crucial moments—and *Choosing Courage* provides the moral imperative and research-based tactics to help you become more competently courageous at work. Doing for courage what Angela Duckworth has done for grit and Brene Brown for vulnerability, Jim Detert, the world's foremost expert on workplace courage, explains that courage isn't a character trait that only a few possess;

it's a virtue developed through practice. And with the right attitude and approach, you can learn to hone it like any other skill and incorporate it into your everyday life. Full of stories of ordinary people who've acted courageously, *Choosing Courage* will give you a fresh perspective on the power of voicing your authentic ideas and opinions. Whether you're looking to make a mark, stay true to your values, act with more integrity, or simply grow as a professional, this is the guide you need to achieve greater impact at work.

Speak Up, Molly Lou Melon - Patty Lovell 2020-09-08

The beloved modern classic character, Molly Lou Melon, is tackling the timely topic of speaking up for yourself and others. Molly Lou Melon's mother taught her to use her big voice for good--to speak up for what's right, for those who can't, and even when it's hard. So she does. When school starts and a bully begins teasing everyone, including a new student, Molly Lou knows just what to do. From standing up for a friend to admitting when you've made a mistake, Molly Lou shows us how speaking up is always the right choice. The beloved classic character has another important message to share, and David Catrow's vibrant and spunky illustrations continue to expand Molly Lou's larger-than-life personality.

Speak Up, Speak Out - Derek O'Brien 2013

Speak Up, Speak Out: My Favourite Elocution Pieces and How to Deliver Them A brilliant compilation of the best elocution pieces from the inimitable Derek OBrien. Are you stumped about what to speak at the upcoming elocutioncontest? Are you tired of surfing the Internet searching for a piece that is right for you? Are you wondering how you can speak more confidently? Then this handy collection is just what you need. In *Speak Up, Speak Out* you will find: Poetry, prose and speeches suitable for junior, middle and senior school students An introduction to each piece by Derek, along with his recommendations on how best to deliver it Derek's tips on how to become an expert public speaker Classic and rare writings by masters such as Roald Dahl, Vikram Seth, Ruskin Bond, Mahatma Gandhi, Nelson Mandela and Barack Obama, among many others. So, grab this book and let Derek OBrien take you into a world of literary masterpieces and you will discover that all you need to be a winner is to speak up, and speak it right! About Author: Derek OBrien Derek OBrien was born in Kolkata. He studied at St. Xavier's Collegiate School, Kolkata, St. Columbas School, New Delhi, and Scottish Church College, Kolkata. During his school and college years, he participated in numerous public speaking competitions where he won multiple awards. Derek began his career as a sports journalist but soon shifted to advertising and worked for a number of years as Creative Head of Ogilvy. However, his natural ability as a public speaker led Derek to focus all his energy and talent on his passion: quizzing. Today, Derek OBrien is Asia's best-known quizmaster and CEO of Derek OBrien and Associates Pvt. Ltd. Over the years, he has written more than forty reference and quiz books. He is currently a Member of Parliament, and also the Chief Whip of the Trinamool Congress in the Rajya Sabha

Speak Up! - Eddie "Piolin" Sotelo 2015-03-03

In *Speak Up!*, radio icon Eddie "Piolin" Sotelo opens up for the first time about his humble beginnings and the long, hard road to finding purpose and achieving triumph. Drawing upon his strong family values and his unflinching work ethic, Piolin recounts his very personal and resilient story—how a once undocumented immigrant rose to become the voice of a generation and a symbol of hope. Through intimate, uplifting and engaging real-life accounts, Piolin shares profound inspiration, wisdom, and guidance with his legions of fans and listeners who are searching for their own paths to success and happiness.

JUST SPEAK UP. 2(CD1) - Olga Geissler 2009-03-01

Designed to develop English language learners' speaking abilities by engaging them in conversations on multiple topics in a variety of communicative formats. Provides instructors with classroom materials to guide students through more than 60 hours of extensive speaking practice. With more than 250 question prompts organized into 20 thematic units in each book, students are bound to find something to talk about in every class period.

Speak Up, Sister! - Jamie Dandar McKinney 2020-05

Learning to use confidence as a strategic tool to bridge the differences of you and your co-workers will help you rise to the top of your game...even if you find yourself in a testosterone infused work environment. Jamie Dandar McKinney brings her edgy humor, real life examples, and practical exercises to crush your insecurities, quiet the voices of judgment, and empower yourself and other women around you to boldly Speak Up, Sister!

Speak Up! Giving an Oral Presentation - Jeff McHugh 2015-01-01

Learn how to prepare and give an oral presentation with these fun activities. Using their prior relevant knowledge of public speaking, students will learn foundational skills that will benefit them both academically and personally. Additional text features and search tools, including a glossary and an index, help students locate information and learn new words.

Speak Up, Show Up, and Stand Out: The 9 Communication Rules You Need to Succeed - Loretta Malandro 2014-11-21

MASTER A NEW WAY OF COMMUNICATING TO BUILD INFLUENCE AND ACHIEVE UNPARALLELED SUCCESS
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Speak Up, Speak Out! - Tonya Bolden 2022-01-04

From award-winning author Tonya Bolden comes a biography of the first Black woman elected to the U.S. House of Representatives and the first Black woman to run for president with a major political party: Shirley Chisholm. Before there was Barack Obama, before there was Kamala Harris, there was Fighting Shirley Chisholm. A daughter of Barbadian immigrants, Chisholm developed her political chops in Brooklyn in the 1950s and went on to become the first Black woman elected to the U.S. House of Representatives. This "pepper pot," as she was known, was not afraid to speak up for what she thought was right. While fighting for a better life for her constituents in New York's 12th Congressional District, Chisholm routinely fought against sexism and racism in her own life and defied the norms of the time. As the first Black woman in the House and the first Black woman to seek the presidential nomination from a major political party, Shirley Chisholm laid the groundwork for those who would come after her. Extensively researched and reviewed by experts, this inspiring biography traces Chisholm's journey from her childhood in a small flat in Brooklyn where she read books with her sisters to Brooklyn College where she got her first taste of politics. Readers will cheer Chisholm on to victory from the campaign trail to the hallowed halls of the U.S. Capitol, where she fought for fair wages, equal rights, and an end to the Vietnam War. And while the presidential campaign trail in 1972 did not end in victory, Shirley Chisholm shows us how you can change a country when you speak up and speak out.

Unmute Yourself - Nancy Medoff 2021-05-05

Unmute Yourself is a game changer for women who are tired of being both silent and silenced. Ready to step into your power and own your authenticity to truly thrive at work? Willing to do your part in closing the gender gap for female CEOs? Looking for some tools to overcome gender conversation bias? This handbook is a call to action for women (and men who support women) to take their careers and their lives to the next level and start getting what they want and deserve at work. The unicorn job, more clients, negotiating a salary increase, landing high profile projects, adding resources to your teams or simply being recognized for your ideas and unique value. Confidence impacts outcomes. If you're ready to Speak Up to Stand Out, this book is for you.

Nice Girls Don't Speak Up or Stand Out - Lois P. Frankel 2020-06-16

Discover the "must-listen for every smart, capable woman who wants to succeed"-a guide on how to

communicate with maximum impact in the workplace that's the new book in the New York Times bestselling Nice Girls Don't series (Anne Fisher, Fortune.com). How many times have you asked yourself why you didn't speak up in a meeting? Or pushed for the raise you deserved? Or agreed to take on someone else's task because you didn't want to rock the boat? Whether the answer is once or ten times or more, the reason is the same: It's because you're a nice girl who goes along to get along. But staying quiet and being ignored are not paths to achievement. Now, in Nice Girls Don't Speak Up or Stand Out, Dr. Lois Frankel shows you how to be an effective communicator and advocate for yourself. From the basics of speaking up to navigating sticky situations and mastering the art of influencing others, this audiobook provides step-by-step advice using real-life examples and powerful tools such as: Be a broken record Choose powerful word Never say no Enlist advocates And many more -- in bonus materials for extra tools in your pocket Dr. Frankel chose the format of this new audio-first work carefully, with the mission of creating an interactive and impactful listen, interweaved with actionable recommendations, real-life anecdotes, and concrete examples of not only what to say in various scenarios, but how to say it. Nice Girls Don't Speak Up or Stand Out dives deeply into nearly one hundred everyday challenges women face related to communication. With Dr. Lois Frankel as your guide, you can learn how to express yourself confidently, courageously, and clearly -- and start taking charge of your career.

Speak Up, Speak Out (HBR Women at Work Series) - Harvard Business Review 2022-02-22

Make yourself heard. Having your voice heard at work can be challenging, whether you're confronting a colleague about an inappropriate comment or trying to avoid being talked over by a male peer. But you can find ways to raise issues without raising your voice. Speak Up, Speak Out provides the research, advice, and practical tips you need to address issues large and small. From talking about sexual harassment to handling microaggressions to breaking through subconsciously gendered conversational patterns, you'll find the insight and sample language you need to be heard. This book will inspire you to: Address and redirect an inappropriate conversation Step in when you witness questionable behavior Break ingrained conversational habits like apologizing and complimenting Deal with interrupters and those who habitually speak over others The HBR Women at Work Series spotlights the real challenges and opportunities women experience throughout their careers. With interviews from the popular podcast of the same name and related articles, stories, and research, these books provide inspiration and advice for taking on issues at work such as inequity, advancement, and building community. Featuring detailed discussion guides, this series will help you spark important conversations about where we're at and how to move forward.

Speak Up with Confidence - Jack Valenti 2009-06-15

Public speaking is one of the most intimidating and important aspects of many jobs. As a one-time speechwriter for President Johnson, and in his current position as president of the Motion Picture Association of America, Jack Valenti has written and delivered speeches in all kinds of settings. Originally published in 1982, Speak Up with Confidence is an indispensable resource for anyone who wants to write and deliver a speech that people will listen to and remember.

Speak Up - Stephanie Perry Moore 2011-04-01

The Morgan Love Series is a chapter book series written for girls, 7 - 9 years old. The series provides moral lessons that will aid in character development. It will also help young girls develop their vocabulary, English and math skills as they read through the stories and complete the entertaining and educational exercises provided at the end of each chapter and in the back of the book. When Morgan discovers that Antoine and Alec, the new kids on her block are big bullies she doesn't know what to do. She thinks about telling her parents when her cousin because their latest victim but he tells her not to because he doesn't want to look like a wimp. When Morgan goes back to school, she finds out that Alec is the also the new kid in her class. She becomes worried about her friend Trey when he decides to stop hanging out with her and the others and start hanging with Alec instead. As Trey and Alec become good friends, Morgan sees nothing but trouble ahead. She doesn't want to get hurt or have the other kids think she's a tattletale but she also does not want her friend Trey to get in trouble. Morgan is having a hard time knowing what she should do. Should she continue to keep quiet or is it time to speak up?

Speaking Up - Frederick Gilbert 2013-04-01

Learn the Rules of the Executive Suite! If you are in middle management, to get anything done you must

present your ideas to decision makers, and those presentations can be brutal. The stakes are high—one presentation can make or break a career—but the rules are utterly unclear. Tactics and techniques that work well with peers, subordinates, and immediate supervisors can actually work against you when presenting up the chain. *Speaking Up* is an indispensable resource for anyone who needs to know how to present to those at the highest levels. Psychologist and coach Frederick Gilbert offers revelatory insights into the minds of the men and women at the top—information that is crucial to understanding what they’re looking for from presenters. Based on ten years of research and hundreds of interviews, *Speaking Up* features extensive comments from executives explaining exactly what they want and don’t want in a presentation and includes nine chapters containing QR codes for free videos on the chapter topics. This is a must-read book for surviving high-stakes meetings. “I wish I had access to these insights when I was on the other side of the table. Now I will recommend this book to my entire management team.” —John Kispert, CEO, Spansion “Speaking Up is to presentations what the Boy Scout motto is to life: be prepared.” —Todd Lutwak, Partner, Andreessen Horowitz, and former Vice President of Seller Experience, eBay “Impressive in its breadth and yet very much ‘on point.’” —Don Eilers, Managing Director, Vanguard Ventures “Speaking Up has outstanding insights for successful presentations not only in the boardrooms of corporate America but also in the briefing rooms within the Department of Defense.” —Winston Copeland, Jr., President, WWC Consulting, and Rear Admiral, US Navy (Retired)

[Stand Up! Speak Up! Shut Up!](#) - Dennis Call 2019-01-26

For the public speaker, whether experienced or novice, this book will help enhance your planning, preparation and performance in delivering your most amazing talk ever! In this book, Dennis Call draws upon his decades of observation, participation and analysis of thousands of talks. From youngsters just giving their first talk in public to well-known public figures - and - from the words and phrases we use to the body language signals we display, Dennis makes point after point that will help any speaker improve his or her speaking accomplishments. From understanding your speaking objective to reading your audience's mirror of appreciation - and - from speaking to your local PTA to giving a sermon at your church, you will find words of wisdom and practical advice within these pages.

[Speak Up!](#) - Nathan Bryon 2023-05-18

Join the brilliantly passionate and instantly loveable Rocket as she organises a peaceful protest to save her local library! Bookworm Rocket loves to collect new books on her weekly visit to the library, and to read all about inspirational figures like Rosa Parks. She is heartbroken when she discovers the library will be closing down! Can she use what she's learnt from Rosa and speak up to save the day? This empowering, heartwarming picture book is a love letter to libraries and the power of reading. And it shows the incredible power we ALL have when we find our voice and speak up about the things that matter. More Rocket stories from Nathan Bryon and Dapo Adeola- Look Up! Clean Up!

[Speak with Impact](#) - Allison Shapira 2018-10-16

When you know what to say and how to say it, people listen. Find your powerful voice, and step into leadership. Speak with impact. Every day, you have an opportunity to use your voice to have a positive impact -- at work or in your community. You can inspire and persuade your audience -- or you can distract and put them to sleep. Presentation styles where leaders are nervous, ramble, and robotic can ruin a talk on even the most critical topics. As your performances become weak, your career prospects start to dim. To get ahead and make an impact, you need to deliver well-crafted messages with confidence and authenticity. You must sound as capable as you are. Public speaking is a skill, not a talent. With the right guidance, anyone can be a powerful speaker. Written by former opera singer turned CEO and TEDx speaker Allison Shapira, *Speak with Impact* unravels the mysteries of commanding attention in any setting, professional or personal. Whether it’s speaking up at a meeting, presenting to clients, or talking to large groups, this book’s easy-to-use frameworks, examples and exercises will help you: Engage your audience through storytelling and humor Use breathing techniques to overcome stage fright Strengthen and project your voice by banishing filler words/uptalk Use effective body language and build your executive presence Compose a clear message and deliver confident, authentic presentations Learn to conquer fear, capture attention, motivate action, and take charge of your career with *Speak with Impact*.

[Speak Up, Stand Out and Shine](#) - Regina Huber 2016-12-01

Speaking Up Without Freaking Out - Matt Abrahams 2016

50 Scientifically-Supported Techniques to Create More Confident and Compelling Speakers

Speak Up - Megan Reitz 2019

[The Little Book of Speaking Up](#) - Jutta Ritschel 2019-10-15

A charming, down-to-earth compendium of easy vocal exercises to help us better express ourselves

Speak Up, Mouse! - 2018-06

When to Speak Up and When To Shut Up - Dr. Michael D. Sedler 2006-08-01

Almost everyone has found themselves in a situation where they don't know if they should bite their tongue or speak their mind. When is silence golden and when is it better to speak up? *When to Speak Up and When to Shut Up* offers practical guidelines for people who want to improve their communication skills. It will help readers explore the cost and purpose of silence, how to ask good questions, how to overcome pressure to remain silent, and more. Using biblical and contemporary examples, this book shares important strategies for discerning God's direction, acting on his word, and building better communication within your workplace, church, and home.

I Choose to Speak Up - Elizabeth Estrada 2021-06-10

What happens when our children witnesses bullying, harassment, or discrimination? Or what do they do when it happens to them? In this rhyming story, children will learn what it means to speak up for themselves and for others. Through colorful illustrations and rhythmic rhymes, children will learn three different solutions - ask the bully to stop, ask an adult for help, and walk away. For every child who wants to use their voice, but might not have the courage to. "I Choose to Speak Up" is a story with social emotional learning (SEL) in mind. It has been praised by teachers and therapists worldwide. Finding your voice is a great way to build confidence and overcome bullying. With real life examples, your child will learn how to deal with difficult situations. "I Choose to Speak Up" is a thoughtful story that teaches readers how to respond and be proactive in dealing with issues like racism, bullying, and harassment. Teacher and Therapist Toolbox: I Choose is an empowering series curated to empower young children to become aware of big emotions. A new book series developed in tandem with teachers and therapists to help children cope with a range of emotions and teach them that they indeed hold the power to choose their actions and reactions. But though we may be different, There is no excuse for hate. Discrimination is a thing I'll never tolerate. "I Choose to Speak Up" was developed alongside counselors and parents to be used as a resource in a social emotional curriculum.

Raise Your Voice - Kathy Khang 2018-07-31

It can be hard to speak up when power dynamics keep us silent and marginalized, especially when race, ethnicity, and gender are factors. Activist Kathy Khang roots our voice and identity in the image of God, showing how we can raise our voices for the sake of God's justice. We are created to speak, and we can both speak up for ourselves and speak out on behalf of others.

Speak Up! : We are Unstoppable - Laura Coryton 2019

Use your voice to change the world! Don't just read about inspiring women: become one! *Speak Up!* is the must-have empowering book to inspire a whole new generation of rebel girls. Speaking up can be difficult, but did you know just how powerful your own voice can be? The author tackles tricky subjects like feminism, consent, online bullying and self-confidence in a meaningful but accessible and entertaining way. With a positive message about friendship, female empowerment and standing up for who you are.

[Speak Up with Confidence](#) - Carol Kent 2014-02-27

Whether speaking to a crowd or small group, you want your audience to really understand your message. *Speak Up with Confidence* is a step-by-step guide that will walk you through preparing and delivering any kind of presentation, whether you are sharing your testimony, preparing a devotional, or leading a meeting or workshop. A sought-after speaker, Carol Kent is a reassuring guide through the often intimidating world of public presentation—from deciding on your topic and speaking points to engaging with your audience and delivering your talk well. Rich in stories and packed with helpful tips and insights, this book will transform the way you communicate, opening up a new world of ministry for you. If you want to be a leader in your church

or simply want to be more comfortable talking in front of others, this book will give you the organizational skills and tips you need to make your presentation a success.

Speak Up - Carol Roan 2010-08

Public speaking becomes possible for all of us when we learn how to control and use our stage fright. The audiences that we face in our business and social lives become less formidable when we understand what they want and need from us. A performer herself from the age of eighteen, author Carol Roan has developed stage presence techniques that will work for anyone who wants to speak up with confidence.

Speak Up! - Adora Svitak 2020-02-25

Speak Up! is a joyful celebration of 45 speeches by children and teenagers who have stood up for causes they passionately believe in and challenged adults in power to take note. This collection is testament to the hopefulness and spirit of the next generation, and the positive belief that we can, and should, act to protect the things we love. From ground-breaking scientific inventions to pleas for the environment, anti-war speeches to incredible testimony of lived experiences, the speeches collected here demonstrate the profound wisdom of youth and why it is important to speak up and out on what concerns us. 'A society that cuts itself off from its youth severs its own lifeline; it is condemned to bleed to death.' - Kofi Annan

Speak Up! - Cyndi Maxey 2008-11-11

The insider's guide for women who want to master the art of business, professional, and public speaking. Whether speaking one-on-one or one to one thousand, women have specific challenges that can get in the way of their ability to convey ideas and engage an audience. Public speaking professionals Cyndi Maxey and Kevin O'Connor give women the tips and tools they need to be able to speak clearly, with confidence and conviction, and present information effectively. In *SPEAK UP!*, you'll learn how to: Deal with difficult colleagues Speak on the spot Use technology in support of your message Sell your ideas with passion and power Connect confidently with your superiors For any woman who wants to get her point across, from the boss' office, to the conference room, to a convention center, *SPEAK UP!* will help you polish your presentation skills, get heard, and get what you want.

I Speak Up - Cheri J. Meiners 2019

"I love to talk with people!" announces the toddler narrator of this charming board book. Language is an essential communication skill and an important avenue for self-expression, meeting needs, conversation, problem-solving, and cooperation. "My friend and I talk about things we both like. We get along." Through simple text and engaging, realistic illustrations, young children learn when, why, and how to speak up: in order to share feelings, wants, and interests; to say thank you and ask for help; and to offer kind words and feel a sense of belonging. Includes tips and information for teachers, parents, and caregivers and

downloadable bonus activities.

When to Speak Up and When To Shut Up - Michael D. Sedler 2006-08

Practical guidelines and biblical and contemporary examples to help people improve their communication skills. Includes a discussion on the cost and purpose of silence.

Courageous Cultures - Karin Hurt 2020-07-28

From executives complaining that their teams don't contribute ideas to employees giving up because their input isn't valued--company culture is the culprit. *Courageous Cultures* provides a road map to build a high-performance, high-engagement culture around sharing ideas, solving problems, and rewarding contributions from all levels. Many leaders are convinced they have an open environment that encourages employees to speak up and are shocked when they learn that employees are holding back. Employees have ideas and want to be heard. Leadership wants to hear them. Too often, however, employees and leaders both feel that no one cares about making things better. The disconnect typically only widens over time, with both sides becoming more firmly entrenched in their viewpoints. Becoming a courageous culture means building teams of microinnovators, problem solvers, and customer advocates working together. In our world of rapid change, a courageous culture is your competitive advantage. It ensures that your company is "sticky" for both customers and employees. In *Courageous Cultures*, you'll learn practical tools that help you: Learn the difference between microinnovators, problem solvers, and customer advocates and how they work together. See how the latest research conducted by the authors confirms why organizations struggle when it comes to creating strong cultures where employees are encouraged to contribute their best thinking. Learn proven models and tools that leaders can apply throughout all levels of the organization, to reengage and motivate employees. Understand best practices from companies around the world and learn how to apply these strategies and techniques in your own organization. This book provides you with the practical tools to uncover, leverage, and scale the best ideas from every level of your organization.

Speak Up and Get Along! - Scott Cooper 2005-06-15

What if every kid had a handy toolbox of ways to get along with others? That's just what this book is: a collection of 21 concrete strategies kids can pull out and use to express themselves, build relationships, end arguments and fights, halt bullying, and beat unhappy feelings. Like the *Mighty Might*, which takes all the fun out of teasing. And the *Thought Chop*, which helps kids resist self-defeating thoughts. And the *Squeaky Wheel*, a type of persistence that gets results. And the *Coin Toss*, a simple way to resolve small conflicts. Each tool is clearly described, illustrated with true-to-life examples, and accompanied by dialogue and lines kids can practice and use. Stories and anecdotes show each tool in action. A terrific resource for any young person—and any adult committed to teaching social skills. Includes a note to adults. Part of the *Bully Free Kids™* line