

Free download The dragonfly effect quick effective and powerful ways to use social media drive change jennifer aaker (Download Only)

this book sheds light on marketing effectiveness and accountability marketing in small and medium sized enterprises smes using a multi method investigation it includes a knowledge inquiry of marketing knowledge and customer knowledge a qualitative inquiry utilizing semi structured interviews and thematic data analysis a quantitative analysis utilizing survey and structural equations modelling and a case study that employs both narrative storytelling data analysis and an accountability audit with a techno marketing sme smes generally face financial constraints that limit their ability to carry out the marketing function addressing this limitation the author presents conceptual models based on the resource based view and the knowledge based view to show how marketing capabilities can lead to performance improvement in the smes the lessons learnt provide guidance in the practice of marketing for small and medium firms to be more effective in their marketing investments and make wiser marketing decisions this book will prove useful for both researchers and practitioners by extending knowledge on marketing performance management in the smes using a staircase you can now easily do short intensive interval training using only your own body weight give your body exactly what it needs plenty of strength and conditioning but without taking too much time out of your busy day or spending loads of money on a gym learn to utilize the staircases in your everyday environment and maximize every step with this practical guide step training workout contains sixty exercises along with suggestions on structuring your workouts into time saving and utility boosting intervals each exercise typically takes between 5 and 15 minutes and can be done on the go on a lunch a break or at home after a long day perfect for anyone who can t fit in a full workout whether you re just starting out or are an avid exercise this book will add new incredible workouts to your repertoire with step training workout learn how to get fit fast and feel great it has been a pleasure watching skyhorse publishing develop into one of the largest and fastest growing independent publishers over the last decade trident does a good deal of business with skyhorse skyhorse has become a cornerstone of independent publishing and has taken its rightful seat in the world of major trade publishing robert gottlieb chairman of trident media group llc home workout and exercise for busy people are you struggling to find time for exercise amidst your hectic schedule in today s fast paced world it s easy to neglect our health and well being when juggling work family and countless responsibilities meet sarah a career driven professional who once felt trapped in the chaos of her daily life long hours at the office and family commitments left her feeling drained and out of shape yearning for a change sarah discovered home workout and exercise for busy people this empowering book transformed sarah s fitness journey with its expertly curated home workouts and exercises specifically designed for busy individuals she found a new path to wellness short effective routines catered to her time constraints easily fitting into her daily routine witnessing newfound energy and strength sarah s life began to thrive embrace the transformative power of home workout and exercise for busy people within the comfort of your home join the movement and prioritize your well being you have the power to reclaim your health and achieve your fitness goals starting today grab a copy now this public governance review of mexico examines the regulatory framework in mexico explains how e government could be used to find new approaches to old challenges and looks at the challenge of professionalising public servants in mexico assessing command and control effectiveness dealing with a changing world offers a description of the current state of command and control c2 research in imperfect settings showing how a research process should assess analyse and communicate results to the development cycle of methods work manning and c2 technology special attention is given to the development of c2 research methods to meet the current and coming needs the authors also look forward towards a future where effective assessment of c2 abilities are even more crucial for instance in agile organisations the infographics edition dr covey s

emphasis on self renewal and his understanding that leadership and creativity require us to tap into our own physical mental and spiritual resources are exactly what we need now arianna huffington wall street journal best seller 1 best seller in leadership personal success and finance self help commemorate the timeless wisdom and power of stephen covey s cherished classic the 7 habits of highly effective people and do it in a highly readable and understandable infographics format dr covey s 7 habits book is one of the most inspiring and impactful books ever written now you can enjoy and learn critical lessons about the habits of successful people and enrich your life s experience and it s in an infographics format that makes it easy for you to learn and apply dr covey s 7 habits learn the habits of successful people the 7 habits of highly effective people has captivated readers for over 30 years and sold over 40 million internationally it has transformed the lives of presidents and ceos educators parents and students in short millions of people of all ages and occupations have benefited from dr covey s 7 habits book and it can transform you the 7 habits of highly effective people infographics edition guides you through each habit step by step habit 1 be proactive habit 2 begin with the end in mind habit 3 put first things first habit 4 think win win habit 5 seek first to understand then be understood habit 6 synergize habit 7 sharpen the saw if you are a fan of the 7 habits you will want to also try the 7 habits of highly effective people 30th anniversary card deck the 7 habits on the go timeless wisdom for a rapidly changing world and the 7 habits of highly effective people 30th anniversary guided journal school effectiveness and school improvement have different origins school effectiveness is more directed to finding out what works in education and why school improvement is practice and policy oriented and intended to change education in the desired direction however in their orientation to outcomes input processes and context in education they also have much in common in the theoretical part different orientations have been analysed and combined in a model for effective school improvement based on this analysis an evaluation framework was developed for the analysis of the case studies of school improvement projects in the participating countries the theoretical model and the results of the analyses of the case studies were combined in a framework of effective school improvement an innovative book that centers on developing and measuring true overall equipment effectiveness oee which as the author demonstrates correlates with factory output and has a strong link to profitability leadership personal effectiveness and team building amalgamates leadership theories with the competencies and tools needed for effectively leading teams and organizations with its lucid presentation it explicates the concept of leadership through illustrative examples and case studies along with discussions on leadership this direct accessible guide uses a human rights perspective to define effectiveness in aid delivery and offer a robust framework for creating sustainable health programs and projects and assessing their progress geared toward hands on professionals in such critical areas as food aid maternal health and disease control it lays out challenges and solutions related to funding planning and complexity as individual projects feed into and impact larger health and development systems contributors clarify optimum roles of government academia ngos community organizations and the private sector in aid delivery to inspire readers broader and deeper uses of teamwork communication and imagination throughout the guiding principles of justice equity and respect that underlie foundational documents such as the millennium declaration inform this visionary work included in the coverage assessing the effectiveness of health projects scaling up of high impact interventions aid effectiveness and private sector health organizations when charity destroys dignity and sustainability effective conversations in global health projects lessons from the field on sustainability and effectiveness for professionals in global health and development aid effectiveness in global health is a trusted and encouraging mentor this volume gives its readers the necessary logistical and attitudinal tools to bring about lasting change and shows how to use them meaningfully in both the short term and the long run recent trends in health care across the united states and internationally have emphasized a novel approach that consists in comparing the effectiveness and efficacy of treatment interventions with a patient centered emphasis i e evidence based health care while ensuring cost constraints maximizing benefits and minimizing risks in this book experts in comparative effectiveness and efficacy research and analysis for practice ceerap in health care in general address a range of topical issues the emphasis is on implications for endodontics and nursing both of which are considered in

a series of detailed chapters commonalities and differences among ceerap utility based and logic based analysis and decision making and evidence based and patient centered practice are defined and discussed the book concludes by examining applications for ceerap in developing patient centered optimal treatment interventions for the next decade as a consequence of the federal no child left behind nclb law there is tremendous pressure on school principals teachers school superintendents district staff state departments of education and governors to maximize the increase in student achievement that is obtained with every dollar of expenditure currently teachers are forced to rely on extremely inefficient approaches that take enormous amounts of time both during the school day and throughout the k 12 learning years this is experienced in terms of the reduced time that is available to teach subjects other than math and reading as schools resort to double periods of math double periods of reading and enormous amounts of remedial instruction that directly reduce the time available for other subjects including science art and music in contrast this book suggests that student achievement may be increased in a way that is not only cost effective in dollar terms but efficient in the sense that it does not rely on unusual investments in the time required to obtain results the book draws upon a wealth of cost effectiveness data to dispel common notions about what works in addressing the achievement gap increased expenditure per pupil charter schools voucher programs increased educational accountability class size reduction comprehensive school reform increased teacher salaries more selective teacher recruitment the use of value added methods to measure and reward teacher performance the use of national board teacher certification to identify high performing teachers and a host of other approaches become a confident leader and use data experience and intuition to drive your decisions agile decision making is imperative as you lead in a data driven world amid streams of data and countless meetings we make hasty decisions slow decisions and often no decisions uniquely bridging theory and practice decisions over decimals breaks this pattern by uniting data intelligence with human judgment to get to action a sharp approach the authors refer to as quantitative intuition qi qi raises the power of thinking beyond big data without neglecting it and chasing the perfect decision while appreciating that such a thing can never really exist successful decision makers are fierce interrogators they square critical thinking with open mindedness by blending information intuition and experience balancing these elements is at the heart of decisions over decimals this book is not only designed to be read but frequently referenced as you face innumerable decision moments it is the hands on manual for confident accurate decision making you ve been looking for the rare resource that provides a set of pragmatic leadership tools to accelerate effectively framing the problem for stakeholders synthesizing intelligence from incomplete information delivering decisions that stick strike the right balance between information and intuition and lead the smarter way with the real world guidance found in decisions over decimals effective school leadership raises many questions about effective leadership and how it is seen from different viewpoints the issues are placed in political context and in relation to a changing world scene the international handbook of educational effectiveness and improvement draws together leading academics and researchers in the field to reflect on the history traditions and the most recent developments in this dynamic and influential field this handbook provides a comprehensive overview of the foundations of the field the evolution of educational effectiveness theory and methodology the links with other research disciplines the links between policy and practice in conclusion the handbook sets out a new agenda for future educational effectiveness research this handbook is an essential resource for those interested in the effectiveness of educational systems organisations and classrooms it offers academics researchers students and policy makers new insights into the latest thinking and evidence about educational effectiveness in this book i ve covered exercises in the following 12 areas warm up stretching chest back shoulder biceps triceps quadriceps calf gluteus hamstring core and total body cardiovascular eight of the chapters from 3 10 deal with working on specific body areas chapters 1 2 deal with pre workout exercises and chapters 11 12 deal with exercises for the whole body including cardiovascular workouts the book is structured just as your workout should be with warm up stretching exercises first then targeted strength exercises as well as whole body workouts then a section devoted to cardio training the chapters that follow deal with nutritional information hydration basic workout procedures supplements reading understanding labels shopping smart serving sizes portions there is also a

section on how to maintain a proper nutrition plan while traveling you should look at the nutrition guidelines to determine how many grams of each macro nutrient you should be consuming per day based on your age sex exercise routine this section also discusses micro nutrients such as vitamins minerals that your body needs to remain healthy calories are explained as well as cholesterol fats things you should avoid key points in this section are macro nutrients micro nutrients cholesterol saturated fats trans fats also be sure to check out the food guide pyramid at the links provided workout basics describe how to get the most from your workout proper warm up procedure is shown as well as proper breathing clothing choice depending on temperature type of workout performed key points here are inhalation exhalation breath holding staying cool proper hydration procedures are given to ensure your body always has enough water distributed to its cells especially when working out and how to properly replenish water after losing it as perspiration during exercise symptoms of dehydration are listed as well as the proper fluids to drink to replenish lost water key points here are when what to drink how to recognize determine your hydration needs a section on supplements is included you are given honest proper information on these popular pills powders the general recommendation is not to take them or to look for natural substitutes reading labels properly is important so a section on how to understand the information given on calories fat protein etc is included formula to calculate the proper percentages for you as an individual are given key points here are calories fat cholesterol sodium carbohydrates protein servings per container a daily value dv formula is given to assist you in the shopping section you will find information on how to properly prepare shopping lists as well as what foods to include tips are given on how to be prepared to shop as well as what areas of the grocery to go to in order so that you will be sure to fill up your cart with healthy food any food that needs to be kept cool remains frozen or chilled one key thing to remember here is never shop when you re hungry portion control is an important part of any nutrition plan some everyday object comparisons are given to make it easy quick to estimate portion size without weighing every single food item ways means as well as tips are given in the eating while traveling section to ensure that you don t break your nutrition plan just because you have to eat what is available at restaurants in airports etc methods on how to find or pack healthy food so that you remain eating healthy are given this section also encourages you to eat healthy and super tasty seafood when on a cruise ship even airline food offers you choices and the need for water often is stressed again finally a link to find your basal metabolic rate bmr a target heart rate chart are given as well as a typical activity chart to help you determine your caloric needs for use as a text in foundations generalist social policy courses either at the baccalaureate or master s level this book examines the process of defining need analyzing social policy and developing new policy a clear philosophical base and a common theoretical framework underlie the discussion of each component of the policy process each chapter builds on the knowledge foundation provided in previous chapters to equip students with skills necessary for effective policy practice four themes are interwoven throughout the book the importance of thinking critically about social policy the benefits of using the strengths perspective in policy analysis and development the critical role social policy plays in all areas of practice and the absolute responsibility of every social worker to engage in policy practice routledgesw com now contains 6 cases the sanchez case has been revised to include much more policy content instructor materials include extra readings powerpoints test questions annotated links syllabi and epas guidelines as with the third edition instructors can choose chapters relevant to their course and custom publish them at routledge customgateway com with expert analysis of technique for more than 100 resistance training exercises effective strength training is just the guide you need to ensure these exercises are performed correctly and with minimal risk drawing on the latest scientific principles and theories related to resistance training effective strength training provides the how and the why behind the proper performance of popular upper body lower body and trunk exercises by understanding the purpose and correct form for each exercise you can gain the full benefit each exercise provides and avoid injury whether you teach strength training or do it yourself you ll find new and helpful information that you can put to use douglas brooks one of the top personal trainers in the united states questions the safety of controversial exercises such as the upright row dipping movements cable exercises and machine chest presses after putting these exercises to the test of objective scientific evaluation he then

recommends valuable guidelines for safe use effective strength training also addresses high risk situations where exercises fall short of safe biomechanical standards if you re dealing with orthopedic limitations such as knee or back problems or challenging training goals these solutions will help you make prudent corrective modifications practical and to the point this book also presents the latest information related to resistance training program design and defines and discusses topics such as training systems periodization principles and a continuum of training programs effective strength training is full of no nonsense strategies and expert advice that will simplify the design and teaching of programs to meet the best interests of your clients or students and if you re a strength trainer yourself especially if you re seeking certification by the international weightlifting association this resource will help you successfully reach all your training goals conflict theory and research has traditionally focused on conflict management strategies in relation to individual and work team effectiveness and productivity far less attention has been devoted to soft outcomes including job satisfaction organizational commitment turnover intentions and individual health and wellbeing this state of affairs is unfortunate because it isolates conflict theory and research from broader issues in organizational sciences and practice the individual contributions to this volume each in their own way deal with one of these issues in more depth shedding light on how conflict theory and research can be connected to organizational psychology in general for use as a text in foundations generalist social policy courses either at the baccalaureate or master s level this book examines the process of defining need analyzing social policy and developing new policy a clear philosophical base and a common theoretical framework underlie the discussion of each component of the policy 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funding and its impact and best practice case studies the contributors are active in school effectiveness research worldwide organizations today are facing heightened challenges in their efforts to perform effectively these challenges are reflected in the failure of many long standing organizations and the shortened tenure of senior level executives there is increasing agreement that the unique competitive advantage organizations have today lies in their people their human resource management practices and their cultures all other elements of production can be readily obtained bought or copied we are now in the era of human capital to be successful organizations need to unleash the talents of their people fortunately we now have considerable understanding of what high performing organizations look like however a large gap still exists between what we know and what managers actually do with contributions from a team of leading academics and practitioners building more effective organizations provides an extensive survey of human resource management and the organizational practices associated with the high performance of individuals with distributed generation interconnection power flow becoming bidirectional culminating in network problems smart grids aid in electricity generation transmission substations distribution and consumption to achieve a system that is clean safe protected secure reliable efficient and sustainable this book illustrates fault analysis fuses circuit breakers instrument transformers relay technology transmission lines protection setting using digsilent power factory intended audience is senior undergraduate and graduate students and researchers in power systems transmission and distribution protection system broadly under electrical engineering when fort sumter was attacked in april 1861 hundreds of soldiers were stationed at the u s army s camp floyd forty miles southwest of salt lake city the camp established in june 1858 was the nation s largest military post utah and the american civil war presents a wealth of primary sources pertaining to the territory s participation in the

civil war material that until now has mostly been scattered incomplete or difficult to locate organized and annotated for easy use this rich mix of military orders dispatches letters circulars battle and skirmish reports telegraph messages command lists and other correspondence shows how utah s wartime experience was shaped by a peculiar blend of geography religion and politics editor kenneth l alford opens the collection with a year by year summary of important events in utah territory during the war with special attention paid to the army s recall from utah in 1861 the lot smith utah cavalry company s 107 day military service the union army s return in 1862 and relations between the military and mormons readers will find accounts of an 1861 attempt to court martial a virginia born commander for treason battle reports from the january 1863 bear river massacre documents from the army s high command authorizing governor james doty to enlist additional utah troops in october 1864 and evidence of colonel patrick edward connor s personal biases against native americans and mormons a glossary of nineteenth century phrases military terms and abbreviations along with a detailed timeline of key historical events places the records in historical context collected and published together for the first time these records document the unique role utah played in the civil war and reveal the war s influence both subtle and overt on the emerging state of utah progress in behavior modification volume 11 covers the developments in the study of behavior modification the book discusses the pluralistic psychology of behavior change the methodological issues in child behavior therapy and the interpersonal skills training with adolescents the text also describes the behavior modification of work and work related problems the behavioral treatment of migraine and muscle contraction headaches and the modification of children s social withdrawal an assessment of hyperactive children with regard to the psychometric methodological and practical considerations is considered psychologists psychiatrists and sociologists will find the book invaluable written by two renowned experts this book surveys the use of botulinum toxin a in aesthetic medicine including patient selection and evaluation as well as rules and requirements the book provides hands on information for common indications such as forehead and glabella lateral brow lift crow s feet and lower eyelid bunny lines and marionette lines nose and nasolabial folds cheeks and gummy smile upper and lower lip and the chin and neck a section with tips and tricks makes this book an invaluable resource for the practicing dermatologist plastic surgeons and all other physicians interested in the field of aesthetic medicine the manager s pocket guide to social media offers managers a solid look at the world of social media spelled out in clear and simple english if you want to get started with social media and look at ways it can be used to improve internal and external communication sell products and services and boost your productivity and effectiveness as a manager this pocket guide is for you

Effective and attractive communication signals in social, cultural, and business contexts

2023-06-30

this book sheds light on marketing effectiveness and accountability marketing in small and medium sized enterprises smes using a multi method investigation it includes a knowledge inquiry of marketing knowledge and customer knowledge a qualitative inquiry utilizing semi structured interviews and thematic data analysis a quantitative analysis utilizing survey and structural equations modelling and a case study that employs both narrative storytelling data analysis and an accountability audit with a techno marketing sme smes generally face financial constraints that limit their ability to carry out the marketing function addressing this limitation the author presents conceptual models based on the resource based view and the knowledge based view to show how marketing capabilities can lead to performance improvement in the smes the lessons learnt provide guidance in the practice of marketing for small and medium firms to be more effective in their marketing investments and make wiser marketing decisions this book will prove useful for both researchers and practitioners by extending knowledge on marketing performance management in the smes

Marketing Effectiveness and Accountability in SMEs

2022-09-27

using a staircase you can now easily do short intensive interval training using only your own body weight give your body exactly what it needs plenty of strength and conditioning but without taking too much time out of your busy day or spending loads of money on a gym learn to utilize the staircases in your everyday environment and maximize every step with this practical guide step training workout contains sixty exercises along with suggestions on structuring your workouts into time saving and utility boosting intervals each exercise typically takes between 5 and 15 minutes and can be done on the go on a lunch a break or at home after a long day perfect for anyone who can t fit in a full workout whether you re just starting out or are an avid exercise this book will add new incredible workouts to your repertoire with step training workout learn how to get fit fast and feel great it has been a pleasure watching skyhorse publishing develop into one of the largest and fastest growing independent publishers over the last decade trident does a good deal of business with skyhorse skyhorse has become a cornerstone of independent publishing and has taken its rightful seat in the world of major trade publishing robert gottlieb chairman of trident media group llc

Step-Training Workout

2020-01-07

home workout and exercise for busy people are you struggling to find time for exercise amidst your hectic schedule in today s fast paced world it s easy to neglect our health and well being when juggling work family and countless responsibilities meet sarah a career driven professional who once felt trapped in the chaos of her daily life long hours at the office and family commitments left her feeling drained and out of shape yearning for a change sarah discovered home workout and exercise for busy people this empowering book transformed sarah s fitness journey with its expertly curated home workouts and exercises specifically designed for busy individuals she found a new path to wellness short effective routines catered to her time constraints easily fitting into her daily routine witnessing newfound energy and strength sarah s life began to thrive embrace the transformative power of home workout and exercise for busy people within the comfort of your home join the movement and prioritize your well being you have the power to reclaim your health and achieve your fitness goals starting today grab a copy now

Home Workouts and Exercises for Busy People

2023-07-18

this public governance review of mexico examines the regulatory framework in mexico explains how e government could be used to find new approaches to old challenges and looks at the challenge of professionalising public servants in mexico

Leveraging Mutual Aid for Effective Emergency Response

2009

assessing command and control effectiveness dealing with a changing world offers a description of the current state of command and control c2 research in imperfect settings showing how a research process should assess analyse and communicate results to the development cycle of methods work manning and c2 technology special attention is given to the development of c2 research methods to meet the current and coming needs the authors also look forward towards a future where effective assessment of c2 abilities are even more crucial for instance in agile organisations

Evolution of Effective and Economical Reclamation Technology for Salt Affected Soils Using Brakish Water

2007

the infographics edition dr covey s emphasis on self renewal and his understanding that leadership and creativity require us to tap into our own physical mental and spiritual resources are exactly what we need now arianna huffington wall street journal best seller 1 best seller in leadership personal success and finance self help commemorate the timeless wisdom and power of stephen covey s cherished classic the 7 habits of highly effective people and do it in a highly readable and understandable infographics format dr covey s 7 habits book is one of the most inspiring and impactful books ever written now you can enjoy and learn critical lessons about the habits of successful people and enrich your life s experience and it s in an infographics format that makes it easy for you to learn and apply dr covey s 7 habits learn the habits of successful people the 7 habits of highly effective people has captivated readers for over 30 years and sold over 40 million internationally it has transformed the lives of presidents and ceos educators parents and students in short millions of people of all ages and occupations have benefited from dr covey s 7 habits book and it can transform you the 7 habits of highly effective people infographics edition guides you through each habit step by step habit 1 be proactive habit 2 begin with the end in mind habit 3 put first things first habit 4 think win win habit 5 seek first to understand then be understood habit 6 synergize habit 7 sharpen the saw if you are a fan of the 7 habits you will want to also try the 7 habits of highly effective people 30th anniversary card deck the 7 habits on the go timeless wisdom for a rapidly changing world and the 7 habits of highly effective people 30th anniversary guided journal

OECD Public Governance Reviews Towards More Effective and Dynamic Public Management in Mexico

2011-06-30

school effectiveness and school improvement have different origins school effectiveness is more directed to finding out what works in education and why school improvement is practice and policy oriented and intended to change education in the desired direction however in their orientation to outcomes input processes and context in education they also have much in common in the theoretical part different orientations have been analysed and combined in a model for effective school improvement based on this

analysis an evaluation framework was developed for the analysis of the case studies of school improvement projects in the participating countries the theoretical model and the results of the analyses of the case studies were combined in a framework of effective school improvement

Assessing Command and Control Effectiveness

2014-07-28

an innovative book that centers on developing and measuring true overall equipment effectiveness oee which as the author demonstrates correlates with factory output and has a strong link to profitability

The 7 Habits of Highly Effective People

2016-01-01

leadership personal effectiveness and team building amalgamates leadership theories with the competencies and tools needed for effectively leading teams and organizations with its lucid presentation it explicates the concept of leadership through illustrative examples and case studies along with discussions on leadership

School Effectiveness and School Improvement

2022-02-27

this direct accessible guide uses a human rights perspective to define effectiveness in aid delivery and offer a robust framework for creating sustainable health programs and projects and assessing their progress geared toward hands on professionals in such critical areas as food aid maternal health and disease control it lays out challenges and solutions related to funding planning and complexity as individual projects feed into and impact larger health and development systems contributors clarify optimum roles of government academia ngos community organizations and the private sector in aid delivery to inspire readers broader and deeper uses of teamwork communication and imagination throughout the guiding principles of justice equity and respect that underlie foundational documents such as the millennium declaration inform this visionary work included in the coverage assessing the effectiveness of health projects scaling up of high impact interventions aid effectiveness and private sector health organizations when charity destroys dignity and sustainability effective conversations in global health projects lessons from the field on sustainability and effectiveness for professionals in global health and development aid effectiveness in global health is a trusted and encouraging mentor this volume gives its readers the necessary logistical and attitudinal tools to bring about lasting change and shows how to use them meaningfully in both the short term and the long run

Brilliant Personal Effectiveness

2014-12-15

recent trends in health care across the united states and internationally have emphasized a novel approach that consists in comparing the effectiveness and efficacy of treatment interventions with a patient centered emphasis i e evidence based health care while ensuring cost constraints maximizing benefits and minimizing risks in this book experts in comparative effectiveness and efficacy research and analysis for practice ceerap in health care in general address a range of topical issues the emphasis is on implications for endodontics and nursing both of which are considered in a series of detailed chapters commonalities and differences among ceerap utility based and logic based analysis and decision making and evidence based and patient centered practice are defined and discussed the book concludes by examining applications for

ceerap in developing patient centered optimal treatment interventions for the next decade

Overall Equipment Effectiveness

2001

as a consequence of the federal no child left behind nclb law there is tremendous pressure on school principals teachers school superintendents district staff state departments of education and governors to maximize the increase in student achievement that is obtained with every dollar of expenditure currently teachers are forced to rely on extremely inefficient approaches that take enormous amounts of time both during the school day and throughout the k 12 learning years this is experienced in terms of the reduced time that is available to teach subjects other than math and reading as schools resort to double periods of math double periods of reading and enormous amounts of remedial instruction that directly reduce the time available for other subjects including science art and music in contrast this book suggests that student achievement may be increased in a way that is not only cost effective in dollar terms but efficient in the sense that it does not rely on unusual investments in the time required to obtain results the book draws upon a wealth of cost effectiveness data to dispel common notions about what works in addressing the achievement gap increased expenditure per pupil charter schools voucher programs increased educational accountability class size reduction comprehensive school reform increased teacher salaries more selective teacher recruitment the use of value added methods to measure and reward teacher performance the use of national board teacher certification to identify high performing teachers and a host of other approaches

Leadership: Personal Effectiveness and Team Building, 2nd Edition

2015-09-04

become a confident leader and use data experience and intuition to drive your decisions agile decision making is imperative as you lead in a data driven world amid streams of data and countless meetings we make hasty decisions slow decisions and often no decisions uniquely bridging theory and practice decisions over decimals breaks this pattern by uniting data intelligence with human judgment to get to action a sharp approach the authors refer to as quantitative intuition qi qi raises the power of thinking beyond big data without neglecting it and chasing the perfect decision while appreciating that such a thing can never really exist successful decision makers are fierce interrogators they square critical thinking with open mindedness by blending information intuition and experience balancing these elements is at the heart of decisions over decimals this book is not only designed to be read but frequently referenced as you face innumerable decision moments it is the hands on manual for confident accurate decision making you ve been looking for the rare resource that provides a set of pragmatic leadership tools to accelerate effectively framing the problem for stakeholders synthesizing intelligence from incomplete information delivering decisions that stick strike the right balance between information and intuition and lead the smarter way with the real world guidance found in decisions over decimals

Improving Aid Effectiveness in Global Health

2012-02-22

effective school leadership raises many questions about effective leadership and how it is seen from different viewpoints the issues are placed in political context and in relation to a changing world scene

Comparative Effectiveness and Efficacy Research and Analysis for Practice (CEERAP)

2011-03-01

the international handbook of educational effectiveness and improvement draws together leading academics and researchers in the field to reflect on the history traditions and the most recent developments in this dynamic and influential field this handbook provides a comprehensive overview of the foundations of the field the evolution of educational effectiveness theory and methodology the links with other research disciplines the links between policy and practice in conclusion the handbook sets out a new agenda for future educational effectiveness research this handbook is an essential resource for those interested in the effectiveness of educational systems organisations and classrooms it offers academics researchers students and policy makers new insights into the latest thinking and evidence about educational effectiveness

The Cost-Effectiveness of 22 Approaches for Raising Student Achievement

2022-10-04

in this book i ve covered exercises in the following 12 areas warm up stretching chest back shoulder biceps triceps quadriceps calf gluteus hamstring core and total body cardiovascular eight of the chapters from 3 10 deal with working on specific body areas chapters 1 2 deal with pre workout exercises and chapters 11 12 deal with exercises for the whole body including cardiovascular workouts the book is structured just as your workout should be with warm up stretching exercises first then targeted strength exercises as well as whole body workouts then a section devoted to cardio training the chapters that follow deal with nutritional information hydration basic workout procedures supplements reading understanding labels shopping smart serving sizes portions there is also a section on how to maintain a proper nutrition plan while traveling you should look at the nutrition guidelines to determine how many grams of each macro nutrient you should be consuming per day based on your age sex exercise routine this section also discusses micro nutrients such as vitamins minerals that your body needs to remain healthy calories are explained as well as cholesterol fats things you should avoid key points in this section are macro nutrients micro nutrients cholesterol saturated fats trans fats also be sure to check out the food guide pyramid at the links provided workout basics describe how to get the most from your workout proper warm up procedure is shown as well as proper breathing clothing choice depending on temperature type of workout performed key points here are inhalation exhalation breath holding staying cool proper hydration procedures are given to ensure your body always has enough water distributed to its cells especially when working out and how to properly replenish water after losing it as perspiration during exercise symptoms of dehydration are listed as well as the proper fluids to drink to replenish lost water key points here are when what to drink how to recognize determine your hydration needs a section on supplements is included you are given honest proper information on these popular pills powders the general recommendation is not to take them or to look for natural substitutes reading labels properly is important so a section on how to understand the information given on calories fat protein etc is included formula to calculate the proper percentages for you as an individual are given key points here are calories fat cholesterol sodium carbohydrates protein servings per container a daily value dv formula is given to assist you in the shopping section you will find information on how to properly prepare shopping lists as well as what foods to include tips are given on how to be prepared to shop as well as what areas of the grocery to go to in order so that you will be sure to fill up your cart with healthy food any food that needs to be kept cool remains frozen or chilled one key thing to remember here is never shop when you re hungry portion control is an important part of any nutrition plan some everyday object comparisons are given to make it easy quick to estimate portion size without weighing every single food item ways means as well as tips are

given in the eating while traveling section to ensure that you don't break your nutrition plan just because you have to eat what is available at restaurants in airports etc methods on how to find or pack healthy food so that you remain eating healthy are given this section also encourages you to eat healthy and super tasty seafood when on a cruise ship even airline food offers you choices and the need for water often is stressed again finally a link to find your basal metabolic rate bmr a target heart rate chart are given as well as a typical activity chart to help you determine your caloric needs

Decisions Over Decimals

1898

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Metal Worker, Plumber and Steam Fitter

1998-11-19

with expert analysis of technique for more than 100 resistance training exercises effective strength training is just the guide you need to ensure these exercises are performed correctly and with minimal risk drawing on the latest scientific principles and theories related to resistance training effective strength training provides the how and the why behind the proper performance of popular upper body lower body and trunk exercises by understanding the purpose and correct form for each exercise you can gain the full benefit each exercise provides and avoid injury whether you teach strength training or do it yourself you'll find new and helpful information that you can put to use douglas brooks one of the top personal trainers in the united states questions the safety of controversial exercises such as the upright row dipping movements cable exercises and machine chest presses after putting these exercises to the test of objective scientific evaluation he then recommends valuable guidelines for safe use effective strength training also addresses high risk situations where exercises fall short of safe biomechanical standards if you're dealing with orthopedic limitations such as knee or back problems or challenging training goals these solutions will help you make prudent corrective modifications practical and to the point this book also presents the latest information related to resistance training program design and defines and discusses topics such as training systems periodization principles and a continuum of training programs effective strength training is full of no nonsense strategies and expert advice that will simplify the design and teaching of programs to meet the best interests of your clients or students and if you're a strength trainer yourself especially if you're seeking certification by the international weightlifting association this resource will help you successfully reach all your training goals

Consumer – The Boss (Essentials on Consumer Behaviour and marketing Strategies)

1985

conflict theory and research has traditionally focused on conflict management strategies in relation to individual and work team effectiveness and productivity far less attention has been devoted to soft outcomes including job satisfaction organizational commitment turnover intentions and individual health and wellbeing this state of affairs is unfortunate because it isolates conflict theory and research from broader issues in organizational sciences and practice the individual contributions to this volume each in their own way deal with one of these issues in more depth shedding light on how conflict theory and research can be connected to organizational psychology in general

Effective School Leadership

1955

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2015-08-14

this book reviews of the development implementation and practice of the disciplines of school effectiveness and school improvement seven main topics are addressed history of the school effectiveness movement over the last 25 years changes in accountability and standards leadership in school effectiveness changes in teacher education impact of diverse populations education funding and its impact and best practice case studies the contributors are active in school effectiveness research worldwide

The Impact of Unification, 1946–1950

2013-03-26

organizations today are facing heightened challenges in their efforts to perform effectively these challenges are reflected in the failure of many long standing organizations and the shortened tenure of senior level executives there is increasing agreement that the unique competitive advantage organizations have today lies in their people their human resource management practices and their cultures all other elements of production can be readily obtained bought or copied we are now in the era of human capital to be successful organizations need to unleash the talents of their people fortunately we now have considerable understanding of what high performing organizations look like however a large gap still exists between what we know and what managers actually do with contributions from a team of leading academics and

practitioners building more effective organizations provides an extensive survey of human resource management and the organizational practices associated with the high performance of individuals

The Routledge International Handbook of Educational Effectiveness and Improvement

2017-02-24

with distributed generation interconnection power flow becoming bidirectional culminating in network problems smart grids aid in electricity generation transmission substations distribution and consumption to achieve a system that is clean safe protected secure reliable efficient and sustainable this book illustrates fault analysis fuses circuit breakers instrument transformers relay technology transmission lines protection setting using digsilent power factory intended audience is senior undergraduate and graduate students and researchers in power systems transmission and distribution protection system broadly under electrical engineering

Quick, Easy, and Effective Strength Training for Women at Home

2001

when fort sumter was attacked in april 1861 hundreds of soldiers were stationed at the u s army s camp floyd forty miles southwest of salt lake city the camp established in june 1858 was the nation s largest military post utah and the american civil war presents a wealth of primary sources pertaining to the territory s participation in the civil war material that until now has mostly been scattered incomplete or difficult to locate organized and annotated for easy use this rich mix of military orders dispatches letters circulars battle and skirmish reports telegraph messages command lists and other correspondence shows how utah s wartime experience was shaped by a peculiar blend of geography religion and politics editor kenneth l alford opens the collection with a year by year summary of important events in utah territory during the war with special attention paid to the army s recall from utah in 1861 the lot smith utah cavalry company s 107 day military service the union army s return in 1862 and relations between the military and mormons readers will find accounts of an 1861 attempt to court martial a virginia born commander for treason battle reports from the january 1863 bear river massacre documents from the army s high command authorizing governor james doty to enlist additional utah troops in october 1864 and evidence of colonel patrick edward connor s personal biases against native americans and mormons a glossary of nineteenth century phrases military terms and abbreviations along with a detailed timeline of key historical events places the records in historical context collected and published together for the first time these records document the unique role utah played in the civil war and reveal the war s influence both subtle and overt on the emerging state of utah

Social Policy for Effective Practice

2020-10-28

progress in behavior modification volume 11 covers the developments in the study of behavior modification the book discusses the pluralistic psychology of behavior change the methodological issues in child behavior therapy and the interpersonal skills training with adolescents the text also describes the behavior modification of work and work related problems the behavioral treatment of migraine and muscle contraction headaches and the modification of children s social withdrawal an assessment of hyperactive children with regard to the psychometric methodological and practical considerations is considered psychologists psychiatrists and sociologists will find the book invaluable

Effective Strength Training

2014-03-05

written by two renowned experts this book surveys the use of botulinum toxin a in aesthetic medicine including patient selection and evaluation as well as rules and requirements the book provides hands on information for common indications such as forehead and glabella lateral brow lift crow s feet and lower eyelid bunny lines and marionette lines nose and nasolabial folds cheeks and gummy smile upper and lower lip and the chin and neck a section with tips and tricks makes this book an invaluable resource for the practicing dermatologist plastic surgeons and all other physicians interested in the field of aesthetic medicine

Conflict in Organizations: Beyond Effectiveness and Performance

2007-09-21

the manager s pocket guide to social media offers managers a solid look at the world of social media spelled out in clear and simple english if you want to get started with social media and look at ways it can be used to improve internal and external communication sell products and services and boost your productivity and effectiveness as a manager this pocket guide is for you

Social Policy for Effective Practice

1893

Multilateral development banks : promoting effectiveness and fighting corruption : hearing

2007-12-13

International Handbook of School Effectiveness and Improvement

2019-01-15

Illustrated Catalogue of Piston and Rotary Steam Fire Engines, Hose Carriages, Carts, and Wagons, Pumps for Fire Boats, Fire Protection, Etc., and Fire Department Supplies

1941

Building More Effective Organizations

2017-07-25

Power System Protection in Smart Grid Environment

1931

The Lancet

2013-10-22

Utah and the American Civil War

2007

Southern White Cedar

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Progress in Behavior Modification

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Botulinum Toxin in Aesthetic Medicine

The Big conversation

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