



# The Power of Pause: How to be More Effective in a Demanding, 24/7 World

*Nance Guilmartin*

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A clear, actionable plan to fight frustration at work, make savvier decisions, and avoid costly mistakes when we're short on time, attention, and choices

One of the most frustrating dilemmas for working people today is how to be effective when we feel we don't have time or we're facing non-stop demands. *The Power of Pause* process is a dynamic practice that Nance Guilmartin has taught thousands of people worldwide, equipping them to regain control of thoughts and avoid miscommunications. This tested method helps readers to take a moment to wonder what's called for when we feel we're short on time, attention, temper, or choices. In that instant, we can use a simple method to rewire our overloaded circuits, tap into our "missing-in-action" common sense, and raise our communication intelligence. This process is *not* about slowing down the pace of workday life. It is about enabling anyone who is time-pressed to make savvier choices and avoid costly mistakes.

- Shows how to exercise leadership skills that save time and strengthen relationships
- Offers a process for learning to engage in productive exchanges rather than attacking or being resigned
- Enables managers and teams to save time and money
- Reveals how to fix problems and achieve goals with less stress

*The Power of Pause* methods enable managers and teams across varying industries/any industry to save time and money, fix problems and achieve goals with less stress—even in the face of competition, cultural and language differences, or tight budgets.

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