

the energy bus field guide

The Energy Bus Field Guide: Driving Positivity and Success in Life and Work

the energy bus field guide serves as a practical companion to Jon Gordon's bestselling book, *The Energy Bus*. It's designed to help individuals, teams, and organizations harness the power of positive energy and overcome negativity that can drain motivation and productivity. If you've ever wondered how to inject enthusiasm, focus, and purpose into your daily routine or leadership style, this guide offers actionable strategies and insights to transform your mindset and environment.

Understanding what makes *The Energy Bus Field Guide* unique starts with recognizing its core message: positivity fuels success. Jon Gordon's work revolves around the idea that we are all drivers of our own "energy bus," and how we choose to direct that energy influences everything from personal happiness to professional achievement. This field guide breaks down those concepts into digestible lessons, exercises, and reminders that help you stay on track even when life throws curveballs.

What Is The Energy Bus Field Guide?

At its heart, the field guide is more than just a summary or companion book; it's a hands-on toolkit. It brings Jon Gordon's principles to life with practical applications, reflection prompts, and motivational insights. Whether you're a manager aiming to inspire your team or someone looking to revamp your attitude toward challenges, this guide is tailored to make positivity actionable.

Unlike traditional self-help books, the *Energy Bus Field Guide* encourages you to take the driver's seat literally and figuratively. It provides exercises to identify your current energy level, recognize "energy vampires" (those negative influences that drain your enthusiasm), and cultivate habits that foster resilience and optimism.

Key Principles Behind the Energy Bus Philosophy

The *Energy Bus* is built around ten core rules that help individuals steer their lives toward success. The field guide elaborates on these principles, encouraging readers to:

- Take responsibility for their energy and attitude
- Create a clear vision of what they want to achieve
- Invite positive people onto their bus and avoid negativity
- Fuel their ride with positive energy daily

- Overcome obstacles with perseverance and hope

These principles emphasize mindset shifts that lead to tangible improvements in motivation, teamwork, and leadership.

How The Energy Bus Field Guide Enhances Personal Growth

Personal development is a journey often riddled with setbacks and distractions. The Energy Bus Field Guide provides a structured approach to navigating this journey by focusing on energy management. It teaches readers how to recognize when their energy is low and offers strategies to recharge and refocus.

Developing Positive Habits

One of the most valuable aspects of the field guide is its focus on habit formation. Positive habits, like starting your day with gratitude or setting clear intentions, are emphasized as essential drivers of sustained energy. The guide helps you build routines that reinforce your goals and reduce the influence of negativity.

Mindset Shift for Resilience

Resilience—the ability to bounce back from adversity—is a recurring theme. The field guide uses stories, quotes, and exercises to help readers reframe challenges as opportunities rather than obstacles. This mental shift is crucial for maintaining momentum when facing difficulties at work or in life.

Applying The Energy Bus Field Guide in the Workplace

Workplaces today are often stressful environments where burnout and disengagement are common. The Energy Bus Field Guide offers a blueprint for leaders and employees to cultivate a culture of positivity and collaboration.

Leadership Lessons from the Energy Bus

Leaders can use the guide to inspire their teams by modeling energy management and positive communication. It encourages leaders to:

- Clearly communicate vision and goals
- Recognize and celebrate team achievements
- Address negativity promptly and constructively
- Foster an inclusive environment where everyone feels valued

By applying these lessons, leaders can transform workplace dynamics, boosting morale and productivity.

Team Building and Energy Management

Team energy is a collective resource. The field guide offers exercises designed to enhance team cohesion, such as group reflections on shared goals and identifying “energy drains” within team interactions. These activities help build trust and a shared commitment to positive energy.

Practical Tips from The Energy Bus Field Guide

The field guide is packed with actionable advice that readers can implement immediately to improve their energy and outlook. Some tips include:

- **Start each day with a positive affirmation:** Set the tone for your day by reminding yourself of your purpose and strengths.
- **Identify and eliminate energy vampires:** Whether it’s negative self-talk or toxic coworkers, recognizing these influences is the first step to reducing their impact.
- **Celebrate small wins:** Acknowledging progress, no matter how minor, fuels motivation and confidence.
- **Visualize your destination:** Keep your goals in sight to maintain focus and direction.
- **Practice gratitude regularly:** Shifting attention to what you appreciate naturally boosts positivity and energy.

These simple habits are easy to integrate yet powerful in their cumulative effect.

The Science Behind Positive Energy and The

Energy Bus

While The Energy Bus Field Guide is motivational, it also aligns with scientific research on positive psychology and energy management. Studies show that positive emotions broaden thinking patterns, enhance problem-solving skills, and improve resilience. Conversely, negative energy can narrow focus and increase stress.

By adopting the guide's recommendations, readers tap into these psychological benefits, leading to improved well-being and performance. The emphasis on gratitude, vision, and positive social connections is supported by evidence linking these practices to increased happiness and reduced burnout.

Neuroscience Insights

Neuroscience research supports the idea that positive energy rewires the brain for better functioning. Practices promoted in the guide, like affirmations and visualization, stimulate neural pathways associated with motivation and reward. This biological basis explains why consistent practice of Energy Bus principles can create lasting change.

Who Can Benefit Most from The Energy Bus Field Guide?

The beauty of the field guide lies in its versatility. It's not just for corporate leaders or motivational speakers; anyone facing the daily grind can find value in its pages. Students, parents, entrepreneurs, and community leaders alike can use it to:

- Overcome negativity and stress
- Improve communication and relationships
- Increase focus and productivity
- Cultivate a mindset of growth and possibility

Because the guide is easy to follow and filled with relatable examples, it suits a wide range of audiences seeking practical tools for positive change.

Using the Guide for Coaching and Mentoring

Coaches and mentors often incorporate The Energy Bus Field Guide into their practices. Its structured approach to energy management complements traditional coaching methods by providing a clear framework for clients to set intentions and maintain motivation.

Integrating The Energy Bus Field Guide into Daily Life

Ultimately, the true power of the field guide is realized through consistent application. It encourages users to make positivity a daily habit rather than a fleeting moment. Some ways to integrate its teachings include:

- Keeping a journal to track energy levels and reflections
- Setting weekly goals aligned with Energy Bus principles
- Sharing insights with friends or colleagues to create accountability
- Revisiting the guide regularly for inspiration and course correction

By making these practices part of your routine, you're more likely to experience sustained benefits and a greater sense of control over your life's direction.

The journey with The Energy Bus Field Guide is ongoing, inviting you to continually steer your life with intention, optimism, and unwavering energy. It's a reminder that while you can't control every circumstance, you can always choose the energy you bring to the ride.

Frequently Asked Questions

What is 'The Energy Bus Field Guide' about?

The Energy Bus Field Guide is a practical companion to Jon Gordon's book 'The Energy Bus,' offering exercises, tips, and strategies to help individuals apply the principles of positive energy and leadership in their personal and professional lives.

Who is the author of 'The Energy Bus Field Guide'?

Jon Gordon is the author of 'The Energy Bus Field Guide,' as well as the original book 'The Energy Bus.' He is a well-known motivational speaker and author specializing in leadership and positive energy.

What are the main themes covered in 'The Energy Bus Field Guide'?

The main themes include positivity, overcoming negativity, leadership, teamwork, creating a vision, and harnessing positive energy to achieve success and happiness.

How can 'The Energy Bus Field Guide' help improve

workplace culture?

'The Energy Bus Field Guide' provides actionable strategies and exercises that leaders and employees can use to foster a positive, energetic, and collaborative workplace culture, enhancing motivation and productivity.

Is 'The Energy Bus Field Guide' suitable for individual or group use?

The guide is designed for both individual use and group settings, making it useful for personal development as well as team-building workshops and leadership training sessions.

What makes 'The Energy Bus Field Guide' different from the original book?

While the original book tells a motivational story, the Field Guide focuses on practical application, offering tools, exercises, and reflection questions to help readers implement the energy principles in their daily lives.

Where can I purchase or access 'The Energy Bus Field Guide'?

'The Energy Bus Field Guide' can be purchased through major online retailers like Amazon, as well as on Jon Gordon's official website and other bookshops.

Additional Resources

The Energy Bus Field Guide: Navigating Positivity and Leadership in the Workplace

the energy bus field guide serves as a practical companion to Jon Gordon's bestselling book, *The Energy Bus*, aiming to translate its core principles into actionable strategies for individuals and organizations alike. Rooted in the concept of harnessing positive energy to drive personal and professional success, this guide expands upon the original narrative by providing tools, exercises, and insights designed to foster engagement, motivation, and leadership effectiveness. As workplace culture increasingly values emotional intelligence and resilience, understanding how the Energy Bus Field Guide complements these trends is critical for managers, employees, and coaches seeking sustainable performance improvements.

Examining the Core Philosophy of The Energy Bus

Field Guide

At its essence, the Energy Bus Field Guide builds upon Jon Gordon's foundational idea that positivity is not just a feel-good concept but a strategic asset. The guide emphasizes the deliberate cultivation of positive energy to overcome obstacles, unite teams, and achieve goals. Unlike traditional leadership manuals that focus predominantly on metrics and tactics, this field guide prioritizes mindset, attitude, and interpersonal dynamics as drivers of success.

One of the distinctive features of the guide is its interactive approach. It offers readers practical exercises that encourage reflection and behavior change, such as identifying "energy vampires" – negative influences that drain motivation – and techniques for maintaining focus on a compelling vision. This hands-on method aligns with contemporary adult learning theories which highlight active engagement as critical for long-term retention and application.

Integration of Positive Psychology and Leadership Principles

The Energy Bus Field Guide is deeply influenced by positive psychology, a scientific discipline that studies what makes life most worth living. It integrates concepts such as gratitude, resilience, and optimism into leadership frameworks, making it a hybrid resource that blends emotional wellbeing with organizational effectiveness.

For instance, the guide encourages leaders to practice gratitude regularly, which studies have shown can increase job satisfaction and reduce burnout. By linking such psychological constructs with practical leadership challenges, the field guide stands out from more conventional manuals that may overlook the human element in management.

Practical Features and Tools Within the Guide

The Energy Bus Field Guide is designed not merely as a reading experience but as an actionable workbook. It incorporates a variety of features that support its users in applying the Energy Bus principles.

- **Self-assessment questionnaires:** These tools help individuals evaluate their current energy levels and identify areas of improvement.
- **Goal-setting frameworks:** The guide provides structured approaches to establishing and maintaining clear, motivating goals aligned with

personal and team values.

- **Interactive exercises:** Activities such as journaling prompts and visualization techniques foster mindset shifts essential for embracing positivity.
- **Team-building suggestions:** The guide offers practical advice for leaders to cultivate a positive team culture, including recognizing contributions and managing conflict constructively.

This multifaceted approach makes the Energy Bus Field Guide particularly valuable for corporate trainers and HR professionals who require resources that can be adapted to diverse organizational contexts.

Comparative Advantages Over Similar Resources

When compared to other leadership and motivation guides, the Energy Bus Field Guide distinguishes itself through its narrative-driven methodology and focus on energy management. While many leadership books provide theoretical frameworks or case studies, this guide emphasizes emotional engagement and personal accountability.

For example, unlike Dale Carnegie's classic "How to Win Friends and Influence People," which centers on social skills and persuasion, the Energy Bus Field Guide prioritizes internal mindset recalibration as a prerequisite for effective leadership. This approach aligns well with modern leadership trends that emphasize authenticity and emotional intelligence.

Moreover, the guide's emphasis on managing "energy" rather than just "time" or "tasks" resonates with professionals who recognize that productivity depends heavily on psychological and emotional factors. This nuanced perspective can lead to more sustainable performance improvements compared to mere time-management strategies.

Contextual Relevance in Today's Work Environment

The relevance of the Energy Bus Field Guide extends beyond individual self-help into broader organizational culture transformations. In an era marked by remote work, increased stress levels, and complex team dynamics, fostering positive energy has become more challenging yet more essential.

The guide's principles address these contemporary challenges by encouraging proactive positivity and resilience. For example, its strategies for combating "energy vampires" are particularly pertinent in virtual settings

where negative attitudes can spread swiftly through digital communication channels.

Additionally, the Energy Bus Field Guide supports diversity and inclusion efforts by promoting empathy, open-mindedness, and collaborative problem-solving. Incorporating these principles can help organizations build more cohesive and adaptive teams.

Pros and Cons of Implementing the Energy Bus Field Guide

- **Pros:**

- Encourages a holistic approach to leadership by integrating emotional and psychological factors.
- Provides practical, easy-to-implement tools suitable for individuals and teams.
- Supports sustainable motivation and engagement strategies beyond quick fixes.
- Adaptable to a variety of industries and organizational sizes.

- **Cons:**

- May be perceived as overly simplistic by those seeking data-driven or analytical leadership models.
- Effectiveness depends heavily on user commitment to mindset shifts, which can be challenging to maintain.
- Does not extensively cover technical leadership skills such as project management or financial acumen.

These considerations suggest that while the Energy Bus Field Guide is a powerful motivational tool, it is best used in conjunction with other leadership development resources to address a full spectrum of managerial competencies.

Final Thoughts on The Energy Bus Field Guide

In summary, the Energy Bus Field Guide provides a meaningful extension to Jon Gordon's original work by offering structured, actionable strategies for infusing positivity into leadership and daily work life. Its focus on energy management, emotional resilience, and practical exercises makes it a versatile resource for individuals and organizations aiming to improve workplace culture and performance.

While it may not replace more technical or analytical leadership training, its unique emphasis on mindset and emotional engagement aligns well with evolving workplace priorities centered on wellbeing and sustainable success. As companies continue to navigate complex challenges in a rapidly changing environment, tools like the Energy Bus Field Guide offer valuable guidance for cultivating the positive energy essential to thriving teams and leaders.

[The Energy Bus Field Guide](#)

the energy bus field guide: The Energy Bus Field Guide Jon Gordon, 2017-12-06 A Road Map for living and implementing the 10 Principles of The Energy Bus The Energy Bus Field Guide is your roadmap to fueling your life, work and team with positive energy. The international bestseller The Energy Bus has helped millions of people from around the world shift to a more positive outlook; the story of George and Joy bus driver has resonated with people from all walks of life, each with their own individual vision of success. This guide is designed as a practical companion to help you live and share the ten principles every day, with real, actionable steps you can immediately put into practice in your life, work, team and organization. Navigate the twists and turns that sabotage success. Cultivate positive energy and bring out the best in your team. Create a compelling vision for your life and team. Cultivate positivity and remove negativity from your life and organization. Learn how every day people and organizations utilized the Energy Bus to create amazing success and results. Filled with insightful questions, practical action steps, best practices and inspiring case studies you'll be equipped to energize yourself and your team in new and powerful ways. Whether it's a family team, work team, sports team, or school team, everyone benefits from getting on the bus.

the energy bus field guide: The Energy Bus for Schools Field Guide Jon Gordon, Jim Van Allan, 2025-07-29 Implement the exciting solutions and strategies from the bestselling The Energy Bus for Schools with this practical collection of hands-on resources In The Energy Bus for Schools Field Guide, bestselling author Jon Gordon and respected education leader and speaker Dr. Jim Van Allan deliver an easy-to-use roadmap for transforming the insights found in the author's companion book, The Energy Bus for Schools, into effective and powerful solutions for schools everywhere. This Field Guide is a practical resource designed to help you live and apply the invaluable lessons of The Energy Bus for Schools immediately. Readers will use the Field Guide's templates, tools, and other resources to create an exciting and collaborative school culture where students and staff can develop as leaders together. The Guide also contains: Resources to help empower staff and students and build connected teams Hands-on strategies for strengthening relationships between and amongst staff, administrators, students, and parents Ways to eliminate the negativity that sabotages morale and culture Filled with insightful questions, best practices, inspirational case studies from real schools finding new ways to succeed and thrive, and practical action steps and implementations,

The Energy Bus for Schools Field Guide equips you to energize yourself, your team, your students, and their parents in original and powerful ways. It's an essential resource for everyone interested in bringing to life the one-of-a-kind vision offered by The Energy Bus for Schools.

the energy bus field guide: The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy Bundle Jon Gordon, 2025-01-02 A one-stop, start-to-finish collection of resources to transform your organization and help you realize your potential In The Energy Bus bundle, you'll find the Wall Street Journal bestseller The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy and The Energy Bus Field Guide. Combined, these two resources will show you how to harness the power of positive energy in your own personal and professional life. You'll learn how optimism, trust, enthusiasm, love, purpose, joy, passion, and spirit can help you overcome adversity at your job and in your home. You'll discover how to bring out the best in others - including your employees, co-workers, and partners - as you follow the 10 simple, powerful rules set out in the book. Readers will also find: Ideas, case studies, and best practices to help you create an Energy Bus initiative in your organization Additional resources, specific practical guidance, and work-book style content to implement the ten Energy Bus rules The principles and concepts you need to live by to transform your company and help it to realize it's full, awesome potential Perfect for executives, managers, coaches, teachers, parents, volunteers, community leaders, professionals, trainers, facilitators, and team builders, The Energy Bus bundle is a one-stop, A-to-Z collection that gives you the theory and the tools you need to make a difference in your organization, career, and personal life.

the energy bus field guide: The 7 Commitments of a Great Team Jon Gordon, 2025-05-20 From Jon Gordon, 17-time bestselling author, top leadership speaker, and the #1 consultant to elite CEOs, championship coaches, and high-performing teams in the NFL, NBA, and MLB, comes a powerful new fable on what it takes to build a truly great team. What separates great teams from the rest? It's not just talent—it's commitment. In The 7 Commitments of a Great Team, we follow the journey of Tim, a struggling leader facing declining business performance, low team morale, and self-doubt. While visiting his old college coach who is on his deathbed, Coach Richie reminds him of a lesson from years past: "Teammates are forever." This poignant moment triggers a powerful flashback to Tim's past, where his team defied all odds and achieved something remarkable. As Tim reflects on that experience, he realizes that the same 7 Commitments that led to success back then can be applied to his current team—and to any team striving to achieve extraordinary results together. Through engaging storytelling, real-world lessons, and actionable insights, Jon Gordon reveals the seven commitments that great teams must make to build trust, foster connection, overcome adversity, and achieve extraordinary success. □ The 7 Commitments Every Team Needs - Proven principles to transform any team into a high-performing, united force. □ The Secret to Building Unshakable Trust - Simple, yet powerful team-building exercises that create deeper connections. □ Why Positivity Is a Competitive Advantage - Learn how optimism fuels resilience and success, even in tough times. □ The Best Way to Hold Your Team Accountable - Strike the perfect balance between accountability and encouragement. □ The Formula for Giving Your Best - A powerful equation that individuals and teams can use to maximize their potential. □ How to Turn Challenges and Change into Growth - Discover how the greatest teams use adversity and change to grow stronger. □ The Mindset Shift That Leads to Long-Term Success - Focus on the relationships that drive the process to build a lasting legacy. Whether you're a business leader, coach, entrepreneur, or team member, this book will inspire you to commit, lead with purpose, and build a team that wins, thrives, and leaves a lasting impact. A team that reads this book together and applies its lessons will become stronger together and achieve more together.

the energy bus field guide: Success Journal Jon Gordon, 2024-06-26 Daily journal to help you transform your life by structuring your thoughts around success Success Journal: A Daily Practice for Positivity, Resilience, and Growth is a daily, lined journal where readers can write down their success of the day, shift their nighttime focus from negativity to positivity, and thereby create more success and opportunities in their lives. This resource is inspired by the legendary Bart Connor, who

credited his overcoming a torn bicep muscle to win two gold medals at the 1984 Olympics to his parents asking him about his success of the day as a child. Since hearing Bart Connor's story, bestselling author and influencer Jon Gordon has helped spread his secret to success far and wide, starting with his own children and continuing on to tens of thousands attending his renowned keynote speeches. In this journal, readers will find: A structured, consistent way to transform your nighttime thoughts for the better All of the guidance you need to figure out the event(s) or accomplishment(s) in your day that made you smile Quotes related to positivity and success as a way to get the gears turning and the inspiration flowing Success Journal: A Daily Practice for Positivity, Resilience, and Growth is an essential daily journal for everyone looking to consistently shape their thoughts, and therefore their lives, around positivity and success.

the energy bus field guide: *The Energy Bus for Schools* Jon Gordon, Jim Van Allan, 2024-03-06 National Bestseller Drive Your School Culture to Success with The Energy Bus! Transform your school culture into a thriving and positive environment. In *The Energy Bus for Schools: 7 Ways to Improve Your School Culture, Remove Negativity, Energize Your Teachers, and Empower Your Students*, bestselling author Jon Gordon and education leader Dr. Jim Van Allan provide concrete strategies and powerful stories to help build a positive school culture. This book shares a unique approach and proven practices for reimagining schools and districts as collaborative places where students and staff create their culture and develop as leaders together. The authors provide the blueprint and framework to create a positive campus culture including: Thriving during times of change Communication to strengthen relationships Proven strategies to empower staff and students Building a connected team Developing a positive mindset Implementing best practices to energize teachers and students Removing negativity that sabotages morale and culture Rediscovering the joy and excitement of being in education This book is intended for superintendents, district and school leadership, teachers, counselors, and coaches who are looking to leave a positive legacy and impact everyone on campus. Join the movement with other visionary educators who have already transformed their schools into dynamic centers of learning and growth.

the energy bus field guide: *The Power of Positive Leadership* Jon Gordon, 2017-04-11 We are not positive because life is easy. We are positive because life can be hard. As a leader, you will face numerous obstacles, negativity, and tests. There will be times when it seems as if everything in the world is conspiring against you and your vision seems more like a fantasy than a reality. That's why positive leadership is essential! Positive leadership is not about fake positivity. It is the real stuff that makes great leaders great. The research is clear. Being a positive leader is not just a nice way to lead. It's the way to lead if you want to build a great culture, unite your organization in the face of adversity, develop a connected and committed team and achieve excellence and superior results. Since writing the mega best seller *The Energy Bus*, Jon Gordon has worked and consulted with leaders who have transformed their companies, organizations and schools, won national championships and are currently changing the world. He has also interviewed some of the greatest leaders of our time and researched many positive leaders throughout history and discovered their paths to success. In this pioneering book Jon Gordon shares what he has learned and provides a comprehensive framework on positive leadership filled with proven principles, compelling stories, practical ideas and practices that will help anyone become a positive leader. There is a power associated with positive leadership and you can start benefiting yourself and your team with it today.

the energy bus field guide: *The No Complaining Rule* Jon Gordon, 2011-01-13 More than 200,000 sold Negativity in the workplace costs businesses billions of dollars and impacts the morale, productivity and health of individuals and teams. In *The No Complaining Rule: Positive Ways to Deal with Negativity at Work*, Jon Gordon, a bestselling author, consultant and speaker, shares an enlightening story that demonstrates how you can conquer negativity and inspire others to adopt a positive attitude. Based on one company's successful No Complaining Rule, the powerful principles and actionable plan are practical and easy-to-follow, making this book an ideal read for managers, team leaders and anyone interested in generating positive energy.

the energy bus field guide: *You Win in the Locker Room First* Jon Gordon, Mike Smith,

2015-09-21 NFL head coach Mike Smith lead one of the most remarkable turnarounds in NFL history. In the season prior to his arrival in 2008, the Atlanta Falcons had a 4-12 record and the franchise had never before achieved back-to-back winning seasons. Under Smith's leadership, the Falcons earned an 11-5 record in his first season and would go on to become perennial playoff and Super Bowl contenders earning Smith AP Coach of year in 2008 and voted Coach of Year by his peers in 2008, 2010 and 2012. You Win in the Locker Room First draws on the extraordinary experiences of Coach Mike Smith and Jon Gordon—consultant to numerous college and professional teams—to explore the seven powerful principles that any business, school, organization, or sports team can adopt to revitalize their organization. Step by step, the authors outline a strategy for building a thriving organization and provide a practical framework that give leaders the tools they need to create a great culture, lead with the right mindset, create strong relationships, improve teamwork, execute at a higher level, and avoid the pitfalls that sabotage far too many leaders and organizations. In addition to sharing what went right with the Falcons, Smith also transparently shares what went wrong his last two seasons and provides invaluable lessons leaders can take away from his victories, success, failures and mistakes. Whether it's an executive leadership team of a Fortune 500 company, a sports team, an emergency room team, military team, or a school team successful leaders coach their team and develop, mentor, encourage, and guide them. This not only improves the team, it improves the leaders and their relationships, connections, and organization. You Win in the Locker Room First offers a rare behind-the-scenes look at one of the most pressure packed leadership jobs on the planet and what leaders can learn from these experiences in order to build their own winning team.

the energy bus field guide: The Carpenter Jon Gordon, 2014-05-23 More than 200,000 sold Bestselling author Jon Gordon returns with his most inspiring book yet—filled with powerful lessons and the greatest success strategies of all. Michael wakes up in the hospital with a bandage on his head and fear in his heart. The stress of building a growing business, with his wife Sarah, caused him to collapse while on a morning jog. When Michael finds out the man who saved his life is a Carpenter he visits him and quickly learns that he is more than just a Carpenter; he is also a builder of lives, careers, people, and teams. As the Carpenter shares his wisdom, Michael attempts to save his business in the face of adversity, rejection, fear, and failure. Along the way he learns that there's no such thing as an overnight success but there are timeless principles to help you stand out, excel, and make an impact on people and the world. Drawing upon his work with countless leaders, sales people, professional and college sports teams, non-profit organizations and schools, Jon Gordon shares an entertaining and enlightening story that will inspire you to build a better life, career, and team with the greatest success strategies of all. If you are ready to create your masterpiece, read The Carpenter and begin the building process today.

the energy bus field guide: Training Camp Jon Gordon, 2009-05-18 Training Camp is an inspirational story filled with invaluable lessons and insights on bringing out the best in yourself and your team. The story follows Martin, an un-drafted rookie trying to make it in the NFL. He's spent his entire life proving to the critics that a small guy with a big heart can succeed against all odds. After spraining his ankle in the pre-season, Martin thinks his dream is lost when he happens to meet a very special coach who shares eleven life-changing lessons that keep his dream alive—and might even make him the best of the best. If you want to be your best—Training Camp offers an inspirational story and real-world wisdom on what it takes to reach true excellence and how you and your team (your work team, school team, church team and family team) can achieve it.

the energy bus field guide: The Coffee Bean Jon Gordon, Damon West, 2019-07-02 More than 350,000 sold From bestselling author Jon Gordon and rising star Damon West comes The Coffee Bean: an illustrated fable that teaches readers how to transform their environment, overcome challenges, and create positive change. Life is often difficult. It can be harsh, stressful, and feel like a pot of boiling hot water. The environments we find ourselves in can change, weaken, or harden us, and test who we truly are. We can be like the carrot that weakens in the pot or like the egg that hardens. Or, we can be like the coffee bean and discover the power inside us to transform our

environment. The Coffee Bean is an inspiring tale that follows Abe, a young man filled with stress and fear as he faces challenges and pressure at school and home. One day after class, his teacher shares with him the life-changing lesson of the coffee bean, and this powerful message changes the way he thinks, acts, and sees the world. Abe discovers that instead of letting his environment change him for the worse, he can transform any environment he is in for the better. Equipped with this transformational truth, Abe embarks on an inspirational journey to live his life like the coffee bean. Wherever his life takes him, from school, to the military, to the business world, Abe demonstrates how this simple lesson can unleash the unstoppable power within you. A delightful, quick read, The Coffee Bean is purposely written and designed for readers of all ages so that everyone can benefit from this transformational lesson. This is a book and message that, when read and shared, has the power to change your life and the world around you. You just have to decide: are you a carrot, egg, or coffee bean?

the energy bus field guide: Difficult Conversations Don't Have to Be Difficult Jon Gordon, Amy P. Kelly, 2024-05-07 NATIONAL BESTSELLER Help your team maximize their full potential by mastering tough conversations In Difficult Conversations Don't Have to be Difficult: A Simple, Smart Way to Make Your Relationships and Team Better, bestselling author Jon Gordon and veteran human resources professional and executive coach Amy P. Kelly deliver an engaging and inspiring new take on how to make tough workplace conversations an asset in building a stronger team and organization. The book, written as a business fable, follows Ruth, the CEO of a successful multinational company who has been instructed by her board to prepare her company for sale. Along the way, she must lead an underperforming and dysfunctional team to set aside their differences and work together toward a common goal. This includes growing herself while elevating her team's performance. As Ruth discovers the secret to unlocking extraordinary growth and productivity, you'll learn about: The critically important conversations you need to have with your team to realize outstanding results Structuring, planning, and having the tough conversations your team members really need Ensuring your team walks away from difficult conversations more united, motivated, inspired, and positioned for optimal growth and performance Perfect for managers, executives, directors, and business leaders and their teams, Difficult Conversations Don't Have to be Difficult is also a must-read for coaches, trainers, teachers, consultants, and other professionals doing their best to help others realize their full potential. Teams who read the book together will be equipped with a proven strategy and process to enhance communication performance and unity.

the energy bus field guide: The Hard Hat Jon Gordon, 2015-05-04 Great teammates don't just impact you today; they impact you for the rest of your life. From the moment Jon Gordon heard about George Boiardi and the Hard Hat he was intrigued and captivated. Over the years he visited George's coaches, attended several "21 Dinners" held in his honor, met his family, talked to his teammates and observed how he inspired all who knew him. The Hard Hat is an unforgettable true story about a selfless, loyal, joyful, hard-working, competitive, and compassionate leader and teammate, the impact he had on his team and program and the lessons we can learn from him. The book features: A True Story about George Boiardi, his Team and their Legacy. 21 Lessons to be a Great Teammate Insights from George's Teammates and Coaches that Bring the Lessons to Life. 21 Exercises to help you Build a Great Team Infused with practical insights and life changing lessons, The Hard Hat will inspire you to be the best teammate you can be and to build a great team. *100% of author's royalties go to support the Mario St. George Boiardi Foundation

the energy bus field guide: The Power of a Positive Team Jon Gordon, 2018-06-13 A book about teams to help teams become more positive, united and connected. Worldwide bestseller — the author of The Energy Bus and The Power of Positive Leadership shares the proven principles and practices that build great teams - and provides practical tools to help teams overcome negativity and enhance their culture, communication, connection, commitment and performance. Jon Gordon doesn't just research the keys to great teams, he has personally worked with some of the most successful teams on the planet and has a keen understanding of how and why they became great. In The Power of a Positive Team, Jon draws upon his unique team building experience as well as

conversations with some of the greatest teams in history in order to provide an essential framework, filled with proven practices, to empower teams to work together more effectively and achieve superior results. Utilizing examples from the writing team who created the hit show *Billions*, the National Champion Clemson Football team, the World Series contending Los Angeles Dodgers, The Miami Heat and the greatest beach volleyball team of all time to Navy SEAL's, Marching bands, Southwest Airlines, USC and UVA Tennis, Twitter, Apple and Ford, Jon shares innovative strategies to transform a group of individuals into a united, positive and powerful team. Jon not only infuses this book with the latest research, compelling stories, and strategies to maintain optimism through adversity... he also shares his best practices to transform negativity, build trust (through his favorite team building exercises) and practical ways to have difficult conversations—all designed to make a team more positive, cohesive, stronger and better. The *Power of a Positive Team* also provides a blueprint for addressing common pitfalls that cause teams to fail—including complaining, selfishness, inconsistency, complacency, unaccountability—while offering solutions to enhance a team's creativity, grit, innovation and growth. This book is meant for teams to read together. It's written in such a way that if you and your team read it together, you will understand the obstacles you will face and what you must do to become a great team. If you read it together, stay positive together, and take action together you will accomplish amazing things TOGETHER.

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