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~~Book Review of The
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According to Kanter
and Sherman, there
are four steps involved
in creating a healthy,
happy nonprofit culture
— 1) raising awareness
about the very real
problem of burnout
and the benefits of
employee self-care; 2)
creating a learning
process for employees
that guides them in the
development of their

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own self-care plans; 3)
committing to culture
change as an
organizational, rather
than an ...

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Sooooo - are you
working in a happy,
healthy nonprofit? And
are you feeling happy
and healthy as YOU
dedicate your life to
changing the world?

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Here's my review of the fabulous new book by Beth Kanter and Aliza Sherman, *The Happy Healthy Nonprofit: Strategies for Impact Without Burnout*. And I hope this is a must-read on your list for 2017.

~~The Happy Healthy
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The Happy, Healthy
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**Nonprofit
Strategies For
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Burnout The Happy,
Healthy Nonprofit:
Strategies for Impact
Without Burnout will
take on the outdated
work ethic that plagues
many nonprofits: “The
Scarcity Mindset” of
working long hours
with few resources
without investing in an
organizational strategy
for self-care.

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for Impact Without ...~~

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Authors Beth Kanter
and Aliza Sherman
discuss self-care in the
nonprofit sector as well
as their book, The
Happy Healthy
Nonprofit: Strategies
for Impact Without
Burnout. The
discussion offers
concrete tips for
individual self-care to
help nonprofit
professionals and
social change activists
to embrace a Happy
Healthy work/life to

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reduce burnout and
increase productivity
for greater impact.

~~The Happy, Healthy
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Steer your organization
away from burnout
while boosting all-
around performance
The Happy, Healthy
Nonprofit presents
realistic strategies for
leaders looking to
optimize organizational
achievement while

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avoiding the common
nonprofit burnout. With
a uniquely holistic
approach to nonprofit
leadership strategy,
this book functions as a
handbook to help
leaders examine their

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The Happy, Healthy
Nonprofit is a
manifesto for a culture
shift in the nonprofit
sector, starting

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Nonprofit
conversations about
Strategies For
the importance of
Impact Without
Burnout
individual self-care and
workplace. The Happy
Healthy Nonprofit
takes off where The
Networked Nonprofit
and Measuring the
Networked Nonprofit
left off — helping
individuals and the
nonprofit organizations
where they work how
to live and work ...

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~~Nonprofit: Strategies
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The happy, healthy nonprofit: strategies for impact without burnout Beth Kanter, Aliza Sherman "Steer your organization away from burnout while boosting all-around performance The Happy, Healthy Nonprofit presents realistic strategies for leaders looking to optimize organizational

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achievement while
avoiding the common
nonprofit burnout.

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We've just described
the Happy, Healthy
Nonprofit. This book
provides you and your
organization with a
roadmap to getting
there - from creating a
Self-Care Plan for
yourself to weaving
wellbeing into the DNA

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of your nonprofit by
developing and
implementing a Happy,
Healthy Strategy.

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The Happy Healthy
Nonprofit: Strategies
for Impact Without
Burnout Beth Kanter,
Master Trainer,
Speaker, Author
November, 2017

@kanter

www.bethkanter.org

Beth Kanter: Master

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Trainer, Speaker,
Author and Nonprofit
Thought Leader Poll
What is your nonprofit
Burnout

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by Upma Kapoor On
Friday, February 10, co-
authors Aliza Sherman
and Beth Kanter joined
Georgetown
University's Center for
Social Impact
Communication for a

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discussion on their new
book, *The Happy,
Healthy Nonprofit:
Strategies for Impact
Without Burnout*. The
conversation,
moderated by
Managing Director John
Trybus, featured
candid, eye-opening
insight on the burnout
fueled by nonprofit ...

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While the book professes to being a 'strategy' for achieving a happy, healthy workplace, it more than anything strives to cultivate a culture - i.e. that driving force behind your organisation's vision, mission and values. And, as management guru Peter Drucker says (whom they quote), 'culture eats strategy for breakfast'.

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If you work in the nonprofit or the government sectors and you want a roadmap for self-care, this book is for you. You can pre-order the book on Amazon and the book comes out on October 10th. To learn more about the book visit the Happy Healthy Nonprofit website. Also check out Beth and

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Happy Healthy
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Aliza's respective
websites. p.s. For

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The Happy, Healthy
Nonprofit presents
realistic strategies for
leaders looking to
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nonprofit burnout. With
a uniquely holistic
approach to nonprofit
leadership strategy,

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this book functions as a handbook to help leaders examine their existing organization, identify trouble spots, and resolve issues with attention to all aspects of ...

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It's a New Year. Time
for a New You.

Reassess how you're
working, what works

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and what doesn't work.
Join authors Beth
Kanter and Aliza
Sherman for a
conversa...

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The happy, healthy
nonprofit : strategies
for impact without
burnout. [Beth Kanter;
Aliza Sherman] --

"Steer your
organization away from

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burnout while boosting
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Aug 30, 2020 the
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Posted By Kyotaro
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File Name: The Happy
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10, 09:38 Rating: 4.6/5
from 896 votes.

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The Happy, Healthy

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Nonprofit presents realistic strategies for leaders looking to optimize organizational achievement while avoiding the common nonprofit burnout. With a uniquely holistic approach to nonprofit leadership strategy, this book functions as a handbook to help leaders examine their existing organization, identify trouble spots, and resolve issues with attention to all aspects

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Assessments &
Checklists Honest and
thoughtful self-
assessment can help
you identify bad habits
you need to change
and good habits you
should adopt to bring
you to a happier,
healthier way of living
and working. By doing

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so, you will learn what
you need to do to have
more energy and
focus, and you will
develop...

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