

Reviews for **SKILLS THAT BUILD**

This book was a quick and easy read with a lot of powerful content. It was thought provoking and provided many questions for self-assessment and reflection. The real-life scenarios and cases in each chapter really brought the content to life and how to put into practice. I can see this being a valuable resource in any manager's, or leader's tool-kit!

- **FRANK DESANTIS**  
V.P. Customer Experience  
Stanley Black & Decker

. . . a motivating read for anyone looking to reach their goals and thrive in their workplace or in a personal setting. The author's voice is clear and accessible as she describes a variety of achievable skills that drive us toward better performance and perhaps more importantly, greater wellness. Her strategies are based on research ... supported by years of coaching and consulting. Practical exercises provide a gently challenging opportunity for readers to develop their skills... realistic, doable activities with inspiration to build a more intentional, fulfilling life.

- **EMILY VERA, LCSW**  
*Executive Director*  
*Mental Health Association in Delaware*

Gina's book on soft skills, communication and resilience being just two, details the science behind these skills and provides practical and easy to use tools to assess and build these skills in our own lives. The book is easy to read, compelling, and extremely helpful in learning about and building these skills which are invaluable not only for the work place, but also for one's own personal life and relationships.

- **CHERYL J. CARLETON, PhD**  
*Associate Professor, Economics*  
*Director, Villanova Women's Professional Network*  
*Villanova School of Business*  
*Villanova University*

Gina skillfully integrated findings from science and cognitive psychology to show how we can develop a repertoire of skills to be the best we can...the soft skills that build and sustain us. This is masterfully articulated and excites one to set goals for change with a smile.

- **PHYLLIS J. STEWART, Ph.D.**  
*Licensed Clinical Psychologist*

**Skills That Build** is a great resource for emerging as well as experienced leaders. The author's storytelling generates self-reflection and the built-in exercises are applicable to any leader. From the title to the end of the book is a belief in individuals' ability to grow their personal leadership skills for success and wellbeing in any environment! Diving deep into the four skillsets for effective leadership, this book will help anyone who works on or leads a team.

- **ALISON TRAVERS, Ed.D.**  
*Leadership Specialist*  
*University of Delaware*

The individual who first builds the self has set the virtual concrete in place on which to construct a solid house of work and life. The four behaviors—Communication, Empathy, Values-Based Prioritization, and Resilience are good for the brain, the body, the business, and the bottom line.

- **GINA M. WILSON, MS**  
Author, *SKILLS THAT BUILD*