

Skills That Build: The Hard Science of Soft Skills for Work and Life
By Gina M. Wilson, MS

Press Kit

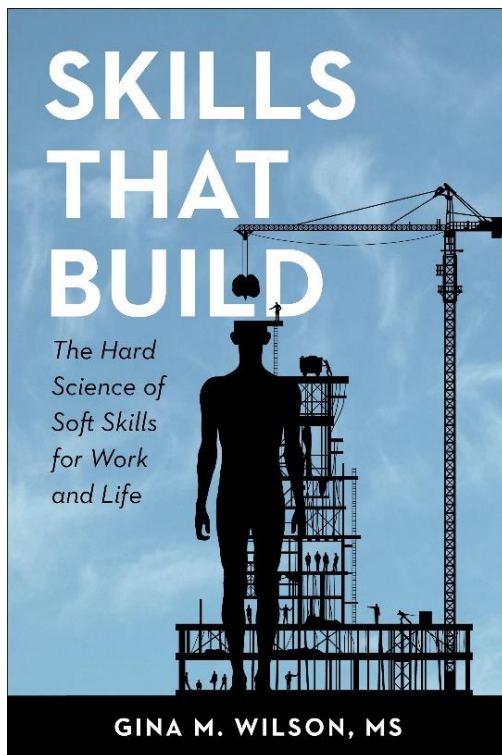


Kelli Wilke, Photographer

Author Gina M. Wilson, MS

50-word bio: Gina M. Wilson, MS

Holistic executive coach Gina M. Wilson, MS, works with organizations and aspiring leaders to inspire and empower personal and professional growth through evidence-based practices. Founder of System Strategies Consulting and Coaching, experienced software developer, healthcare strategist, college instructor, and management consultant, Gina brings a contemporary perspective to applied psychology and coaching.



200-word Book Description:

Skills That Build: The Hard Science of Soft Skills for Work and Life

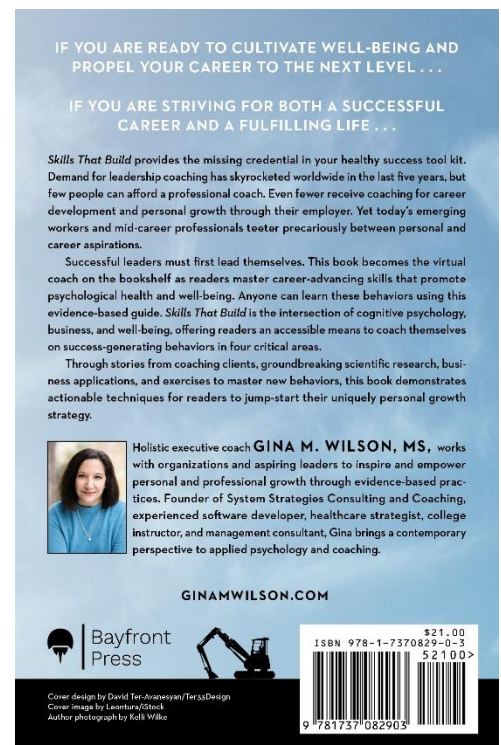
Demand for leadership coaching has skyrocketed worldwide in the last five years, but few people can afford a professional coach. Even fewer receive coaching for career development and personal growth through their employer. Busy racking up buzzworthy credentials on their own time, today's emerging workers and mid-career professionals teeter precariously between personal and career aspirations.

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Successful leaders must first lead themselves. This book becomes the virtual coach on the bookshelf as readers learn and master career-advancing skills that promote psychological health and well-being. Anyone can learn these behaviors and enhance their current repertoire using this evidence-based guide. *Skills That Build* is the intersection of cognitive psychology, business, and well-being, offering readers an accessible means to coach themselves and gain valuable success-generating behaviors in four critical areas.

Through stories from coaching clients, groundbreaking scientific research, examples of business applications, and exercises to hone and master new behaviors, this book demonstrates actionable techniques and empowers readers to jump-start their uniquely personal strategies for growth.

If you are ready to propel your career to the next level, if you are striving for both a successful career and a fulfilling life, *Skills That Build* provides the missing credential in your healthy success tool kit.



Skills That Build: The Hard Science of Soft Skills for Work and Life
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***Skills That Build: The Hard Science of Soft Skill for Work and Life* by Gina M. Wilson, MS**

Learn and master career-advancing behaviors for psychological health and well-being, using this book as the virtual coach on the bookshelf. Published by Bayfront Press.

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ISBN 978-1-7370829-1-0 (ebook) \$9.99 USD

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Written for the early to mid-career workforce, *Skills That Build* can also benefit seasoned professionals who aspire to hone and master learned behaviors that promote psychological health and well-being. The book makes a perfect gift for the new graduate, young professional, or someone looking to expand their understanding of well-being science and its application in the workplace. *Skills That Build* will also be useful to corporate leadership, in community wellness programs, and in management and workforce training initiatives.

Trim Size: 5.5" x 8.5", 256 Pages, 19 Figures/Images, 12 Exercises

Available for purchase at ginamwilson.com and through booksellers everywhere.

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20-word book description: *Skills That Build: The Hard Science of Soft Skills for Work and Life* Learn and master career-advancing behaviors for psychological health and well-being, using this book as the virtual coach on the bookshelf.

200-Word Bio: Gina M. Wilson, MS

Gina M. Wilson earned her undergraduate degree from the University of Delaware and holds a Master of Science in Cognitive Psychology from Villanova University. Her interest in leadership psychology began while writing her graduate thesis on employee performance and through extensive experience as a management consultant in the tech and healthcare industries. She obtained coach training through the Center for Coaching Certification and continued study at the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate. Gina's unique approach to coaching embraces the convergence of psychology, business, and well-being. Founder of System Strategies Consulting and Coaching, she is an experienced software developer, healthcare strategist, management consultant, college instructor, and business owner. Her clients include professionals, business leaders, healthcare systems, higher education and government organizations, nonprofits, small business owners, corporate teams, and those aspiring to grow personally and professionally. Gina has served as board member for the Mental Health Association in Delaware and continues to promote mental health awareness. Beyond work, Gina enjoys paddle boarding, doing Zumba, singing in a chamber choir, being outside, and spending time with her family in their coastal Delaware home.
