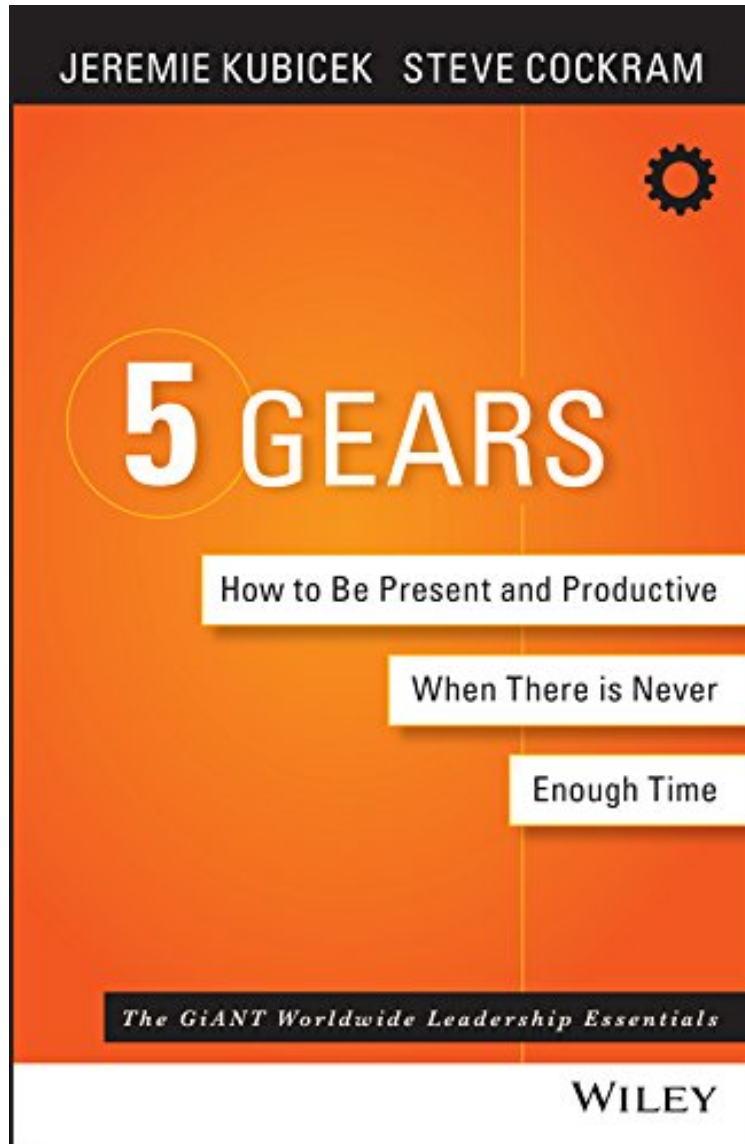


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# 5 Gears: How to Be Present and Productive When There is Never Enough Time

*Jeremie Kubicek, Steve Cockram*  
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**Jeremie Kubicek, Steve Cockram : 5 Gears: How to Be Present and Productive When There is Never Enough Time** before purchasing it in order to gage whether or not it would be worth my time, and all praised 5 Gears: How to Be Present and Productive When There is Never Enough Time:

4 of 4 people found the following review helpful. I love the principles and easily applied methods of the 5 ...By Rob ShoaffI love the principles and easily applied methods of the 5 Gears! As someone who loves ripping through the

gears on my motorcycle, the language used in the book is remarkably relevant for me. As a global professional, a husband, and father of four, the 5 Gears articulates in succinct, yet meaningful ways, how to become even better in every area of my life. It is already helping in my relationship to my wife and my children, and I know that in short time, I will see positive results in my workplace. By recognizing where I find myself in the present and being aware of where others are, I am learning to lead more effectively and productively without unnecessary and unwanted distractions. The 5 Gears are helping me to maximize my relationships and my influence. This book came at an incredibly timely phase in my life and my leadership. I highly recommend this read to anyone who desires to be a person worth following.

5 of 5 people found the following review helpful. Finally - A Resource To Be More Productive With Others By Valerie HI cannot recommend this book enough. The simplicity of the concept quickly made me more aware of the importance of being in the right gear at the right time. It has paid dividends at home and work and continues to influence my approach to working with others. Effectively connecting with others is much harder to do in practice than it seems given our task oriented culture. 5 Gears provides you a framework to easily understand each gear from recharging (1st gear) to being in the zone (5th gear) and how to shift effectively from one gear to the next. Buy this book today, and it can help make difference for you by tomorrow!

4 of 4 people found the following review helpful. My Favorite Leadership Book for 2015 By Jaesang Sohn 5 Gears is simple, scale, and sustainable concept. It is a compelling metaphor for how to create work/life balance and manage your time more effectively. I've read countless books on leadership but this book is different. It offers a practical and highly relevant framework that works for busy leaders. As a leadership blogger, this book has transformed my habits and helped me become both present and productive at the same time. This is a must-read book for anyone who wants to grow as an emotional intelligent leader.

Be present, connect more effectively, all while being as productive as possible

5 Gears: How to Be Present and Productive When There Is Never Enough Time teaches you to shift into the right gear at the right time so that you can grow in your relational intelligence and increase your influence. This revolutionary text introduces you to the five different gears, or mindsets, that carry you through various facets of your day. These include: First gear—when you fully rest and recharge Second gear—when you connect with family or friends without the involvement of work Third gear—when you are socializing Fourth gear—when you are working and multi-tasking Fifth gear—when you are fully focused and 'in the zone,' working without interruption Using these gears consistently allows you to bring a new level of relational intelligence to your life that offers a competitive advantage in our task-driven world. All too often people go through life without truly connecting—and can, as a result, miss out on experiences and relationships that have the power to bring them great joy. By understanding how the five gears presented in this engaging book work, you can improve your ability to connect with the world around you. Explore why some people stay disconnected from the people and events around them, and why others always seem to have a deep connection to their friends, family, and surroundings Learn how to set triggers and markers that help you shift into the right gears at the right time, which will increase your relational dynamics and make you more productive Create positive change in the dynamics of your relationships Improve your respect and influence—and learn a sign language that, when used, can change your perspective and your world. 5 Gears: How to Be Present and Productive When There Is Never Enough Time is the perfect resource for anyone who wants to live and lead connected.

"I think the idea of the '5 Gears' is spot on and introducing the theory to the people you live and work with will help you to gain a better understanding of each other." (Quality World, March 2016)

From the Inside Flap People around the world struggle with work/life balance. It is difficult to be productive and manage the relational dynamics of staying connected with others, while consistently recharging personally. 5 Gears came to light as Jeremie Kubicek and Steve Cockram applied what they learned through their own experiences and their work with leaders from around the globe. It is a powerful concept that has the ability to radically change the way you live and lead. While many people focus on adding a new time management method to their lives, Kubicek and Cockram have gone to the source of conflict and created a common language that, if implemented, will decrease drama and insecurity and instill a secure confidence that people everywhere need. The leaders of GiANT Worldwide, Kubicek and Cockram share stories of successful transformation and leadership skill that will help you master the art of being present with those you lead. The 5 Gears are highly transferrable and are designed to be sticky and memorable. You will inevitably experience these results as you add your own story of what being in the right gear at the right time does to your influence and respect.

From the Back Cover Praise for 5 Gears "5 Gears will profoundly change the way you see yourself and your interaction with others in every area of your life. How many books do that?" —PATRICK LENCIONI, President, The Table Group; author, The Five Dysfunctions of a Team and The Advantage "One of the most important skills a leader must have is the capacity to observe oneself and self-regulate. Looking at your gears is looking at yourself. A very valuable exercise." —DR. HENRY CLOUD, speaker, psychologist, and bestselling author of Necessary Endings, Integrity, Boundaries and other books "5 Gears is a simple, but very effective analogy. I

have seen firsthand how leaders disconnect by being in the wrong gear at the wrong time. And, I realize now how much more effective I could have been had I not been so stuck in 4th and 5th gears. If you want to increase your influence and connect more effectively, read this book." mdash;PATTYE MOORE, Board Chair, Red Robin Gourmet Burgers; author, Confessions from the Corner Office "5 Gears is a practical system to take your emotional intelligence to a whole new level. If you want to become a more powerful connector and improve your relationships, this is a must read!" mdash;JON GORDON, bestselling author of The Energy Bus "I wish I had been given the gift of the 5 Gears approach to relationships before I became a husband, a dad, and a business leader. This is an outstanding framework that leads to stronger relationships." mdash;CHRIS HERSCHEND, President, Ride the Ducks; Vice Chair, Herschend Enterprises