



SOFIA ARISHEH

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ABOUT ME

Sofia Arisheh is the principal and lead HR Consultant at Upskill Consulting. She comes with over 14 years of Human Resources (HR) experience and has worked in a wide range of industries. Sofia is a Human Resources strategist, leader, advocate and educator.

ABOUT UPSKILL CONSULTING

At Upskill Consulting, we offer personalized and tailored Human Resources support, services and solutions to meet the complexities of your business needs. We believe that building a stronger focus on people practices will translate into better business results.

CONTACT US



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MY TOP 5 READS IN 2019

These are business books that I read (or re-read!) in 2019! I highly recommend them for anyone looking to expand their know how in business, leadership and communication.

Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.

Brené Brown

Summary: Based on research conducted with leaders, change makers, and culture shifters, Brown shows us how to cultivate braver, more daring leaders, and embed the value of courage in our culture.



Made to Stick: Why Some Ideas Survive and Others Die

Chip Heath and Dan Heath

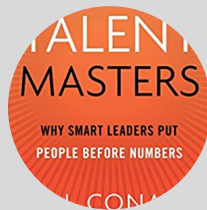
Summary: : In this book, the Heath's reveal the anatomy of ideas that stick and explain ways to make ideas stickier, transforming the way you communicate ideas.



The Talent Masters: Why Smart Leaders Put People Before Numbers

Bill Conaty and Ram Charan

Summary: The authors explain how talent masters put people before numbers for the simple reason that it is talent that delivers the numbers.



Good to Great: Why Some Companies Make the Leap...And Others Don't

Jim Collins

Summary: : In this book, Collins identifies and evaluates the factors and variables that allow a small fraction of companies to make the transition from merely good to truly great.



The Infinite Game

Simon Sinek

Summary: Simon Sinek offers a framework for leading with an infinite mindset. Leaders who embrace an infinite mindset build stronger, more innovative, more inspiring organizations.



HAPPY READING IN 2020!