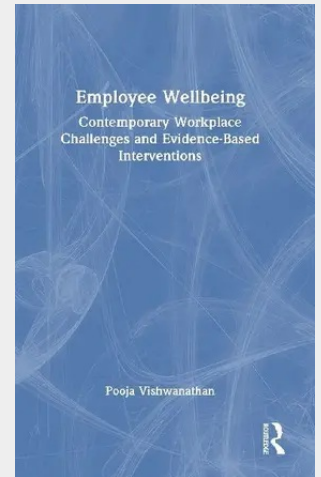


Employee Wellbeing

Contemporary Workplace Challenges and Evidence-Based Interventions

Drawing on work and positive psychology, this insightful book addresses contemporary workplace challenges and analyses evidence-based interventions in the employee wellbeing domain. Recent years have seen significant developments in the area of employee wellbeing, with many organisations becoming more interested in wellbeing at work. This book begins by contextualising employee wellbeing before and after the onset of the pandemic and demonstrates how employers are seeking advice and proactively implementing wellbeing policies and practices. It goes on to consider such issues as employee voice, employee growth mindset, burnout, quiet quitting, sleep hygiene, and psychological safety. Each chapter is supported by thought-provoking questions and activities that encourage readers to reflect on their learning and apply their understanding of the material in practice, as well as suggestions for further reading that offer resources for continued study. The book closes by analysing a range of specific interventions that organisations can employ, including potential pitfalls to avoid. In so doing, it offers clear, practical guidance for employers looking to improve employee wellbeing in their organisation. Employee Wellbeing is an important read for stakeholders within and outside of organisations, and will also be of interest to students and academics studying work psychology, organisational behaviour, wellbeing at work and related fields.



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