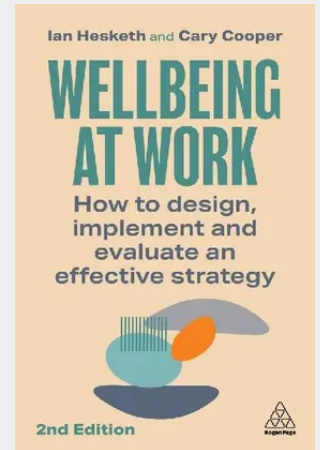


Wellbeing at Work

How to Design, Implement and Evaluate an Effective Strategy

With employee wellbeing at the forefront, *Wellbeing at Work* is the succinct and practical guide to designing and implementing an effective strategy that will help reduce workplace stress and improve overall performance. This book not only explains the reasons to consider employee mental health and wellbeing in the workplace but states why it is vital and draws from a people's approach on how to provide a clear framework to increase staff engagement. Updated by experts with the latest research, insightful approaches and key takeaways, this new edition illustrates how managers and leaders can introduce and maintain the right environment to reduce presenteeism and employee anxiety, as well as positively influence employees' overall wellbeing. Filled with advice and case studies pertaining to the effects of hybrid working, and how to effectively manage employees without jeopardizing their wellbeing, this second edition takes readers through the entire process of improving wellbeing at work.

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124,40 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781398612082

Medium: Buch

ISBN: 978-1-3986-1208-2

Verlag: Kogan Page

Erscheinungstermin: 31.10.2023

Sprache(n): Englisch

Auflage: 2. Auflage 2023

Produktform: Gebunden

Gewicht: 482 g

Seiten: 208

Format (B x H): 161 x 240 mm

