

Wellbeing at Work

How to Design, Implement and Evaluate an Effective Strategy

Discover how organizations can build wellbeing strategies that truly improve engagement, resilience and performance. **Wellbeing at Work** by Cary Cooper and Ian Hesketh is the practical guide for mid-career HR professionals, people managers and wellbeing leads who want to design evidence-based approaches that reduce stress, improve employee engagement and create healthier workplaces. Now in its third edition, this fully updated book reflects the changing world of work and the latest developments in wellbeing strategy. Drawing on real-world examples from leading organizations such as Rolls Royce and the CIPD, it explores the new realities of hybrid work, digital overload and an ageing workforce. You'll learn how to:

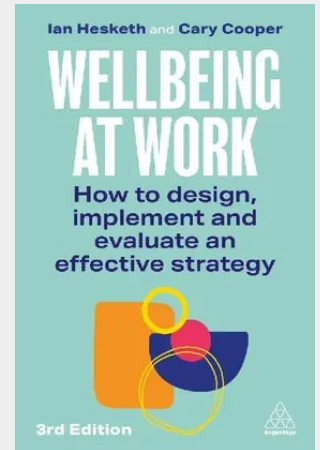
- Design and deliver wellbeing initiatives across the employee lifecycle
- Address presenteeism, absenteeism and early-career wellbeing effectively
- Support employees returning after absence with empathy and structure
- Embed kindness, compassion and psychological safety into leadership culture
- Monitor and evaluate wellbeing programs using proven frameworks and tools

With practical models, step-by-step guidance and the latest research insights, **Wellbeing at Work** helps mid-career HR professionals and managers create sustainable, measurable and people-centered wellbeing strategies that deliver lasting value. **Themes include:** workplace wellbeing, hybrid work, employee engagement, resilience, psychological safety, HR strategy, leadership compassion

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37,00 €

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vorbestellbar, Erscheinungstermin ca. September 2026

Artikelnummer: 9781398628830

Medium: Buch

ISBN: 978-1-3986-2883-0

Verlag: Kogan Page

Erscheinungstermin: 03.09.2026

Sprache(n): Englisch

Auflage: 3rd Auflage

Produktform: Kartoniert

Seiten: 240

Format (B x H): 156 x 234 mm

