



Promoting Workplace Well-being

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Bringing together contributors from a wide range of disciplines, countries and perspectives, this important new book provides a highly thought-provoking overview of the human dimension of the workplace. Organizations are increasingly recognising the need to take the well-being of their employees seriously. The more enlightened organizations are doing so because they appreciate that their most important resource really is their human resource - their people. Other organizations are beginning to address well-being issues because it is becoming increasingly clear that so many workplace problems stem from a lack of commitment to the needs of the employees. Divided into three parts, it covers workplace problems, such as stress, bullying, conflict, alcohol and drug abuse, mental health problems and grief; as well as potential solutions, such as leadership, spirituality, and a focus on learning and development. This is essential reading for anyone committed to making the workplace a more humane and effective place.

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