Boreout Overcoming Workplace Demotivation Hardcover

Boreout!Managing Workplace Anxiety and StressManaging Burnout in the WorkplaceBoredom and Academic WorkPsychosocial Health, Work and LanguageTheory, Research and Dynamics of Career WellbeingThe Routledge International Handbook of BoredomThe Sociology of BoredomChoiceWorld of WorkThe British National BibliographyHow to Build and Keep a Motivated WorkforceFirms' Contribution to the Reconciliation Between Work and Family LifeMental Health in the WorkplaceWork Related AbstractsFolia MedicaHow to be Better at Motivating PeopleBNA's Employee Relations WeeklyThe Hinds Model of Company SuccessLessons from Labour Market Policies in the Transition Countries Philippe Rothlin Syed Omer Nancy McCormack Mariusz Finkielsztein Stéphanie Cassilde Ingrid L. Potgieter Maik Bieleke Mariusz Finkielsztein Arthur James Wells Institute for Management John M. Evans Donna R. Kemp John Allan Joan-Mary Hinds Centre for Co-operation with Economies in Transition

the authors estimate that 15 percent of office staff members are on the way to chronic boredom and demotivation in the workplace here they bring to light this newly recognized phenomenon and show executives and hr managers how

to recognize boreout and avoid its consequences

managing workplace anxiety and stress to equip working professionals with useful skills and strategies for handling anxiety and stress at work in order to foster a more relaxed productive and satisfying work environment this book is meant to be your powerful manual for dealing with anxiety at work whether you are having trouble managing your anxiety because of performance pressures job insecurity or interpersonal difficulties this book will provide you with the information and strategies you need you ll discover your triggers create coping skills and foster a positive working relationship this book explores how to thrive in a sometimes stressful workplace not merely get by at work it will help you achieve a good work life balance strengthen your support network and become resilient you can reach your maximum potential and improve your experience at work with the appropriate tactics managing workplace anxiety and stress is designed to assist you in addressing the prevalent yet frequently concealed challenges associated with anxiety at work this book provides doable applicable methods for stress management resilience building and striking a work life balance it s a helpful manual with lots of doable advice to make you feel less stressed and more assured about your profession this book is your partner in creating a happier healthier work environment regardless of experience level or needing new stress management techniques understanding triggers and symptoms creating a supportive environment getting professional assistance developing resilience conquering particular workplace anxieties navigating interpersonal dynamics conquering performance and presentation anxiety financial stress dealing with outside pressures from the workplace and fostering long term well being are just a few of the topics covered in this book the book also discusses tools and resources including creating a toolbox specifically for a given work environment legal and hr issues managing diversity reining in erratic teams and handling conflict at work along with success stories and a message of empowerment and hope the book also offers inspiration the goal of the book is to assist readers in overcoming stress and anxiety at work developing resilience navigating interpersonal relationships and leading satisfying lives despite anxiety

information professionals are under constant stress libraries are ushering in sweeping changes that involve the closing of branches and reference desks wholesale dumping of print disappearing space and employment of non professional staff to fill what have traditionally been the roles of librarians increasing workloads constant interruptions ceaseless

change continual downsizing budget cuts repetitive work and the pressures of public services have caused burnout in many information professionals managing burnout in the workplace concentrates on the problem of burnout what it is and how it differs from chronic stress low morale and depression the book addresses burnout from psychological legal and human resources perspectives chapters also cover how burnout is defined symptom recognition managing and overcoming burnout and how to avoid career derailment while coping with burnout focuses on burnout in relation to information professionals and their work explores how burnout is identified and diagnosed and how it is measured in the workplace provides an overview of interdisciplinary research on burnout incorporating studies from various areas

introducing the notion of boredom into the academic context boredom and academic work proposes a fresh sociological perspective on boredom and academic work alike it invites a reader to reflect on the essence of boredom and the nature of academic work from the sociological perspective it constitutes methodological and conceptual guidance for all those interested in their own emotions both at work and outside it also provides an original interactional and essential definition of boredom and a novel standpoint for observing academic work both in its systemic and practical level and shows how the academic system influences its subjects well being motivation emotions and practices covering various approaches from the qualitative methodology linguistics sociology of work emotions and higher education and telling a story of research and teaching university staff the book will be of interest to researchers in a broad range of areas and the general academic public as well

this volume deals with the construction of categorizations of health at work on the basis of individuals perceptions and analyses of the psychosocial health effects at their work the volume approaches the subject from the point of view of those who have experienced psychosocial risks at work either by being under constraints themselves or by being witness to such constraints each chapter sheds light on their representations by examining how the individuals label these constraints the book compares official categorizations of psychosocial health effects of work to unofficial categorizations built or expressed it shows how taking into account subjective narratives may reinforce existing strategies by giving a central place to language in the analysis of the representations of psychosocial health at work the volume provides additional information about the various prevention and coping strategies that can be used for dealing with the issue beyond some international comparisons the book covers various national case studies including

in argentina belgium canada chechnya france germany the netherlands japan and russia

this volume offers a new conceptualization of career wellbeing by viewing the construct as an individual s long term contentment with their career outcomes career achievements career changes and their sustainable employability amidst the complexities of the contemporary and emerging future digital driven work environment in support of this view of career wellbeing the volume constructs theoretical frameworks for future fit career wellbeing in the digital driven work life context the chapters juxtaposition current research trends in terms of future potential directions for research on career wellbeing in industry 4 0 the volume also critically evaluates the relevance applicability and utility of the research findings and theoretical premises in various current versus potential industry 4 0 settings for individuals across the life span it offers valuable suggestions for practice and interventions

this comprehensive text is a unique handbook dedicated to research on boredom the book brings together leading contributors from across three continents and numerous fields to provide an interdisciplinary exploration of boredom its theoretical underpinnings its experiential properties and the applied contexts in which it occurs boredom is often viewed as a mental state with little utility though recent research suggests that it can be a powerful motivator of human behavior that shapes our actions in many ways the book examines boredom from a range of perspectives and is comprised of three parts part i delves into the theoretical approaches to boredom presenting methods for its measurement explaining when and why boredom occurs and scrutinizing the impact it has on our behavior part ii focuses on the psychological and neural properties of boredom and its associations with a multitude of mental and interpersonal processes such as self control mind wandering flow and aggression part iii presents boredom in practical contexts like school and work and sheds light on its role for health related behaviors psychosocial well being and aesthetic experiences the book concludes by summarizing the state of boredom research identifying promising areas for future research and providing directions for how research on boredom can be advanced as the authoritative book on boredom this handbook is an essential resource for students and researchers of psychology sociology education sport science and computer science

a pioneering sociological exploration of boredom as a culturally and socially dependent emotion does boredom have a

history what can hunter gatherers teach us about boredom is boredom experienced differently by those in different socio economic classes is boredom a disease that is now globalized in a world of inequalities and marginalization does boredom contribute to political movements wars terrorism or cultural revolutions what does boredom have to do with power how do high expectations contribute to being recurrently bored in the sociology of boredom mariusz finkielsztein provides a new approach to conceptualizing interpreting and perceiving one of the most widespread yet neglected human emotions investigating boredom at both the macro and micro sociological level finkielsztein develops an original relational expectational theory as he explores boredom through the lenses of different social structure theories interactionist theory historical sociology sociology of emotions essentialism and constructivism and social anthropology eight in depth chapters examine the social production of boredom in modernity and late modernity addressing topics such as the boredom of marginalized groups the concepts of busy boredom and consumer boredom the characteristics and consequences of workplace boredom the notion of smart boredom in the information society and more containing detailed analyses of the nature of boredom and its connections to various spheres of social life the sociology of boredom is essential reading for advanced undergraduates postgraduates university lecturers and academic researchers in sociology and similar disciplines particularly those involved in studies on emotions or boredom studies

describes family friendly working arrangements in australia japan the uk and the usa and analyses statistical data for european union countries discusses factors which might encourage firms to adopt more family friendly policies

this unique book examines how mental health issues impact the workplace and explores ways to create more mentally healthy work environments kemp shows how a mentally healthy workplace can enhance productivity satisfaction attendance and longevity in employment and how companies should comply with federal laws including the 1990s americans with disabilities act kemp points out the importance of mental health in the selection management and retention of employees and addresses issues such as violence in the workplace and the effects of corporate culture she also shows the extent to which mental health plays a role in physical health problems and the cost of inappropriately focusing on physical health care when the underlying issues are mental and emotional health and lifestyle

shows that boredom is the disease of motivation and can lead to inattention to work hostility towards management absenteeism and apathy all of which add up to one thing lower profits

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