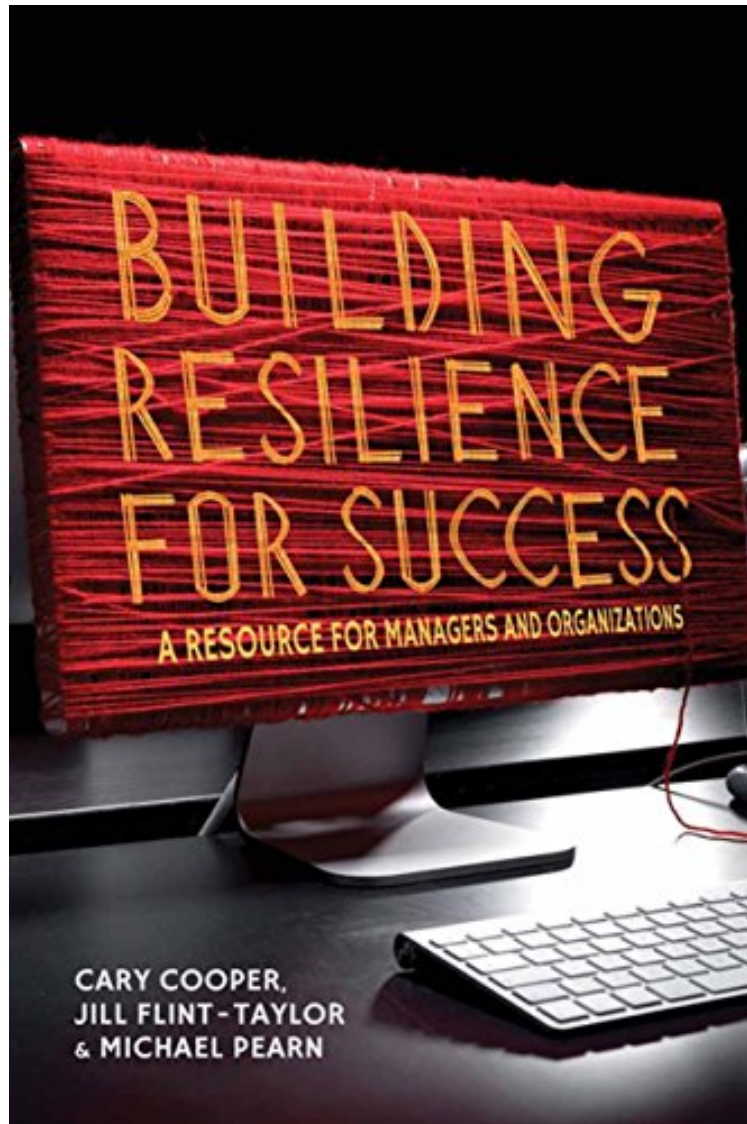


# Building Resilience for Success: A Resource for Managers and Organizations

*C. Cooper, J. Flint-Taylor, M. Pearn*  
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**C. Cooper, J. Flint-Taylor, M. Pearn : Building Resilience for Success: A Resource for Managers and Organizations** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Building Resilience for Success: A Resource for Managers and Organizations:

0 of 0 people found the following review helpful. Exceptionally thoughtful and helpful resourceBy JWHaving followed the development of these ideas through conversations with Michael Pearn, one of the co-authors, I appreciate the way that the authors have organized this well-written book and shared many valuable resources and approaches.

Resilience is a word that is used in many different ways in different contexts, this new and innovative book focuses on psychological resilience in the workplace, examining other key aspects such as physical health and resilient teams, drawing from the latest research and the authors own practical experience.

'As the pace and complexity of life, work, and information flow increases, the demands on people to think, process, and act are increasing tremendously. Though we may embrace the technological advances, those advances bring with them significant challenges to our coping mechanisms. This book offers practical strategies for building resilience - a much needed resource to help build capacity for managing stress and being fulfilled.' - Karen May, Vice President, People Development, Google

'The understanding of resilience is growing in importance in today's always on hyper connected world which gives employees at all levels less time to naturally recover from and cope with the stress induced by organisations, rapid change and life in general. This book provides a wealth of practical tips on building personal resilience based on solid research and the experience of the authors. This is a 'must read' for those wishing to achieve high levels of performance from themselves and their teams while ensuring each person has an enjoyable fulfilling experience throughout their careers.'" - Gerry Collins, Global Platform Leader Large Molecules for Janssen Supply Chain a Johnson Johnson Company

"Understanding how to build personal resilience is a must from a human and organisational perspective. I've found the approaches to be complementary to good occupational health and people development practice especially in a technical environment.'" - Kath Durrant, Group HR Director, Rolls-Royce plc

"This book is both thought provoking and stimulating. Drawing from extensive research and the authors' experience, it offers fresh and practical insights and strategies for managers and organisations who wish to help to build resilience as a strength within the context of the workplace. It is an absorbing and compelling read for managers and HR professionals alike." - Mick Sweeney, Director of Customer and Wealth Management, Bank of Ireland Group

'For too long, too many organisations have been looking at resilience through the wrong end of the telescope. As this important book makes clear, building resilience should no longer be considered a remedy for weakness, but the route to creating an unshakeable foundation upon which to build personal and organisational success.' - David Fairhurst, Chief People Officer, McDonald's Europe

About the Author

CARY COOPER is Distinguished Professor of Organizational Psychology and Health at the Lancaster University Management School, UK. He is the author of over 125 books, has written over 400 scholarly articles, and is a frequent contributor to national newspapers, television and radio. He is a Fellow of the British Academy of Management and also of the US-based Academy of Management. In 2001 he was awarded a CBE in the Queen's Birthday Honours List. He was Founding President of the British Academy of Management, and formerly the Chair of the Sunningdale Institute in the National School of Government, UK. Professor Cooper is Chair of the Academy of Social Sciences, President of the British Association of Counselling and Psychotherapy, President of RELATE, President of the Institute of Welfare and Patron of Anxiety UK. HR magazine named him the 5th Most Influential Thinker in HR in 2011 and he was awarded the Lord Dearing Lifetime Achievement Award at the Times Higher Education Awards 2010.

JILL FLINT-TAYLOR is a Founding Director with business psychologists, Rusando Ltd, and a Visiting Research Fellow at Ashridge Business School in the UK. A Chartered Occupational Psychologist, she has a PhD in the psychology of leadership selection and talent management from King's College, University of London. In her consultancy practice Jill works with a wide range of organisations, with a focus on assessment, leadership and resilience. In her research and development work, she specialises in tools and processes that strengthen individual and team resilience. She is also an experienced crisis counsellor and executive coach, with a particular interest in helping leaders, managers and management teams to optimise levels of engagement and well-being among those who report to them.

MICHAEL PEARN is Founder and CEO of Pearn Consulting LLC, located in the San Francisco Bay Area, USA. He is a Chartered Occupational Psychologist and holds a PhD in Psychology from London University, UK. He is a Fellow of the British Psychological Society and also a Fellow of the Chartered Institute for Personnel and Development. Having worked initially as a researcher at the Industrial Training Research Unit in the University of London, Michael went into consultancy with SHL before founding Pearn Kandola. Michael's consultancy and training work has taken him to many parts of the world including China, South Africa, Brazil, the Caribbean, North America and many parts of Europe.