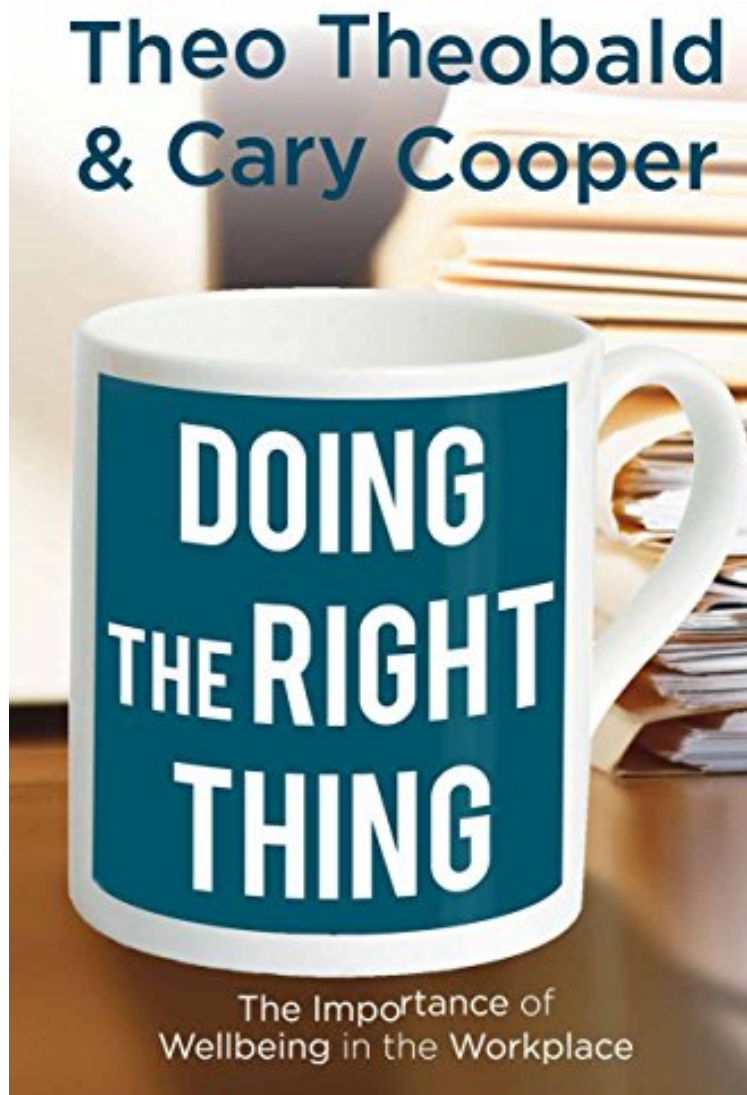


Doing the Right Thing: The Importance of Wellbeing in the Workplace

T., C. Cooper, Theo Theobald

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T., C. Cooper, Theo Theobald : Doing the Right Thing: The Importance of Wellbeing in the Workplace before purchasing it in order to gauge whether or not it would be worth my time, and all praised Doing the Right Thing: The Importance of Wellbeing in the Workplace:

A common metaphor for modern life is 'keep the plates spinning', but it is becoming increasingly hard to balance

professional and private lives, and this takes its toll. The authors examine the working relationship between the organisation and employee, and establish new ways that managers can broker a better deal for all concerned.

'For most people, their work is a key factor in their self worth, family esteem and identity. Staying healthy at work and getting help quickly when it is difficult to cope is therefore a human as well as an economic necessity. This book is exactly what I'd expect from Professor Cooper; it is hard hitting on both the challenges and the solutions. Good work is good for you and bad work isn't. This book makes it absolutely clear what you can do about it.' Clare Chapman, Group People Director, BT 'There is so much unnecessary misery at work but here are well-evidenced ways for a better way of working beautifully explained.' Professor Richard Layard 'This is an important book on a critical topic facing all organisations and people at work. We need people to offer their full capabilities and potential in order to compete and so create a vibrant economy and we cannot do that without attending to their wellbeing. Cary Cooper and Theo Theobald have offered a special contribution to this vital topic. It should be read by all leaders, managers and employees seeking to create sustainable success.' David MacLeod, the Chair of the UK Government's Task Force on Employee Engagement
About the Author
CARY L. COOPER Distinguished Professor of Organisational Psychology at Lancaster University, UK, and a recognised authority on stress in the workplace. He has recently been instrumental in compiling a defining work on behalf of the UK government's Foresight project on Mental Capital and Wellbeing.
THEO THEOBALD International business author, currently working with some of the UK's leading public sector bodies on issues of leadership. A former SSC executive, he is renowned for his work on clear communication and is passionate about the benefits of wellbeing at work.