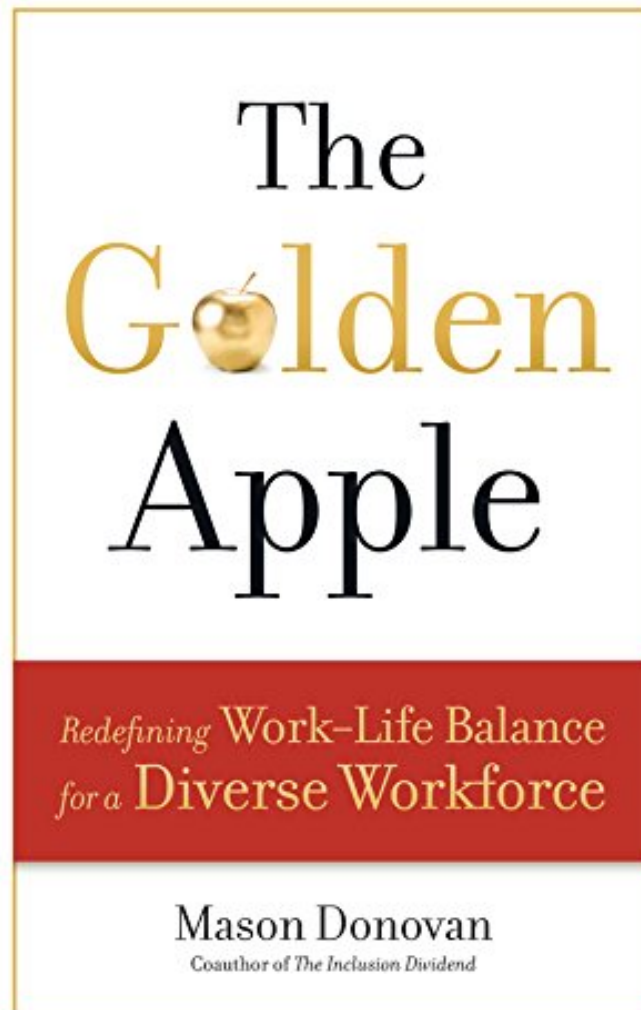


(Mobile library) The Golden Apple: Redefining Work-Life Balance for a Diverse Workforce

The Golden Apple: Redefining Work-Life Balance for a Diverse Workforce

Mason Donovan

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Mason Donovan : The Golden Apple: Redefining Work-Life Balance for a Diverse Workforce before purchasing it in order to gage whether or not it would be worth my time, and all praised The Golden Apple: Redefining Work-Life Balance for a Diverse Workforce:

0 of 0 people found the following review helpful. Great Read!By CustomerFound the writing to be very interesting. The topic is delivered in a straightforward manner that exceeded my expectations.0 of 0 people found the following review helpful. Great Business ReadBy JDQuite an easy read without all of the jargon. Had great examples and tips

that were easy to implement. One part I liked the most as a leader was how this helped me create a better work-life balance for my team.

Organizations are coming to the reality that work-life balance is no longer solely an issue for working women. As we progress further into the 21st century, workers and ways of working are changing. We have four generations operating together in the workplace, and a tremendous variety of professional expectations, values, goals, and needs. People want to work, but more and more need work to work better in their lives. For some, it might be a question of flexibility to care for family, for others, a question of personal fulfillment and being present both at work and at home. Regardless, people are expressing the need for an improved sense of work-life balance. It has become central to maintaining a diverse and inclusive workplace. As companies grapple with increased talent and marketplace competition, work-life balance has become a pivotal issue for higher engagement, increased productivity, greater innovation, and employee retention. Backed by 20 years of talent engagement expertise, *The Golden Apple* bridges the gap between awareness and action, giving leaders practical solutions they can take for immediate impact: the 50-minute meeting, mindful minutes, and establishing clear boundaries that can instantly provide a valuable return with minimal effort. In short, the book shows how full engagement of a diverse, inclusive workforce is the competitive advantage of our time.

"Mason Donovan concisely illustrates why it's important for individuals and businesses to incorporate mindfulness and intention into the work-life balance process, and how clarifying your purpose can ignite effective change. His highly actionable ideas tap into ways to edit out immediate additions and distractions-- helpful, in particular, to busy parents who struggle with creating work boundaries at home -- as well as how companies can build and sustain inclusive and healthy work-life cultures." (Christine Koh, co-author, *Minimalist Parenting: Enjoy Modern Family Life More By Doing Less*) "Donovan's approach to achieving personal and work life presence really hit home for me as a busy working Mom. He provides excellent advice on how to promote this in your company culture so you and your employees benefit." (Jennifer Wilga, Chief Revenue Officer, MediaRadar) "The invasion of work life into the space of our personal lives (and the inverse) is as ubiquitous as music, Donovan's pervasive metaphor in *The Golden Apple*. Donovan takes on this invasion in an enlightening and engaging style through the use of distinguished research, corporate story-telling and case studies, and personal illustrations. Organizational leaders and managers are provided strategically viable solutions to the current dilemma of permeable and distracting boundaries between work life and personal life, and their interplay with diversity and inclusion." (Tim Harper, Ph.D. In Organizational Studies, Skidmore College) "Donovan encourages readers to dig deep into methods of keeping work and home from bleeding into each other, both to increase job satisfaction for its own sake and to ensure that productivity doesn't suffer. The writing is quick, crisp, and snappy.." (Publishers Weekly) From the Inside Flap As we progress further into the twenty-first century, workers and ways of working are changing dramatically. With four generations operating together in the workplace - and a tremendous variety of professional expectations, values, goals, and needs - some employees are seeking flexibility so they can care for family, while others are looking for greater personal fulfillment and the ability to be fully present both at work and at home. Whatever their individual motivations, people are expressing the need for an improved sense of work-life balance - and an organization's ability to offer opportunities for balance has become central to maintaining top talent and a diverse and inclusive workplace.