

Supporting and Sustaining Well-Being in the Workplace

Insights from a Developing Economy

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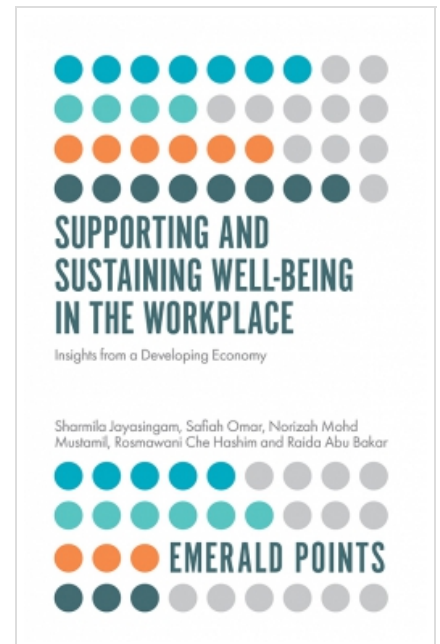
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About the Book

Supporting and Sustaining Well-Being in the Workplace: Insights from a Developing Economy explores how our understanding of the human experience at work can be enhanced and how this has broader implications for employee well-being. Each chapter covers unique perspectives on issues effecting personal well-being, including depression, working conditions that affect home life, mindfulness, and character building at the workplace.

Steps and measures that can be used by management to adopt and develop well-being practices and actively cultivating a culture that nurtures employees are explored, as the book reflects a dual agenda for healthy working environments through jobs that are designed to promote wellbeing and positive crossover to employee's non-work lives.

Written for academics and practitioners alike, this study presents a unique perspective on this complex and developing area of workplace practice and policy. It draws on examples from an emerging economy using the conservation of resources theory as the foundation to evaluate how the use of pertinent resources creates opportunities for staff to grow and develop as individuals.



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