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Titolo	Preventing stress in organizations : how to develop positive managers / / Emma Donaldson-Feilder, Joanna Yarker, and Rachel Lewis
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Altri autori (Persone)	YarkerJoanna LewisRachel <1973->
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Why managing stress is important : the business, legal, and moral reasons -- How to manage work-related stress -- Developing a framework to promote positive manager behaviour -- Respectful and responsible : managing emotions and having integrity (Management Competency 1) -- Managing and communicating existing and future work (Management Competency 2) -- Managing the individual within the team (Management Competency 3) -- Reasoning/managing difficult situations (Management Competency 4) -- Overcoming barriers to positive manager behaviour -- Supporting managers to change their behaviour -- Is stress management just good management? -- The way forward.
Sommario/riassunto	Work-related stress represents a major challenge for organisations, yet little solid research or guidance is available on developing stress prevention management skills. This book fills this gap by presenting an accessible, evidence-based approach to preventing and reducing workplace stress.

