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Titolo	Preventing job burnout [[electronic resource]] : transforming work pressures into productivity / / Beverly A. Potter
Pubbl/distr/stampa	Los Altos, Calif., : Crisp, c1996
ISBN	1-4175-2502-9
Edizione	[Rev. ed.]
Descrizione fisica	1 online resource (118 p.)
Collana	The fifty-minute series book
Disciplina	0
Soggetti	Job stress
	Burn out (Psychology)
	Adjustment (Psychology)
	Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Note generali	Description based upon print version of record.
Nota di contenuto	""TITLE""; ""COPYRIGHT""; ""PREFACE""; ""ABOUT THE AUTHOR""; ""CONTENTS""; ""WHAT IS JOB BURNOUT?""; ""BURNOUT SYMPTOMS""; ""WHOa€?S SUSCEPTIBLE TO BURNOUT?""; ""TEST: Are you Burning Out?""; ""MOTIVATIONAL NUTRIENTS""; ""a€œWinsa€? for Good Work""; ""Negative Wins""; ""IDENTIFY THE WINS""; ""Case Study Discussions""; ""FEELINGS OF CONTROL""; ""WORK AS HELL""; ""Sustaining Motivation""; ""Learned Helplessness: A Scientific Study""; ""DEMOTIVATING WORK SITUATIONS""; ""What Is the Burnout Potential of Your Job?""; ""INCREASING MOTIVATION THROUGH PERSONAL POWER""; ""PATHS TO PERSONAL POWER""
	""MANAGING YOURSELF: THE FIRST PATH TO PERSONAL POWER""""Self-Management""; ""PERSONAL GOAL SETTING""; ""Go to the Doing Level""; ""Set Better Goals""; ""EXERCISE: Goal Setting""; ""ACCOMPLISHING YOUR GOALS THROUGH SMALL STEPS""; ""Set Yourself Up to Win""; ""Stretch Yourself""; ""Make Getting There Fun""; ""HOW TO SET OBJECTIVES""; ""Identify Steps and Create a Map""; ""Begin at the End""; ""Create a Map""; ""CASE STUDY: Janicea€?s Map""; ""Taking Steps to My Goal""; ""Determining Small Steps""; ""Create Your Map""; ""DEFINE OBJECTIVES BY THE RESULTS YOU WILL ACHIEVE""; ""An Objective""
	""A Good Objective States What Will Be Achieveda€?But Not How""""A Good Objective Is Measurable""; ""A Good Objective Is Attainable""; ""A