

1. Record Nr.	UNINA9910450301403321
Autore	Potter Beverly A
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
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	<p> ""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€Winsa€? 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 </p>

Good Objective Has a Completion Date"; "The Result I Will Achieve";
"Identify My Objective"; "Giving Yourself a€œWinsa€? for Successes";
"My Want List"; "PUT TOGETHER A PLAN OF ACTION"; "My Action
Plan"; "The Self-Contract"; "Summary of Self-Management";
"MANAGING STRESS: THE SECOND PATH TO PERSONAL POWER"; "How
Burnout Is Stressful"; "OBJECTIVE OF STRESS MANAGEMENT";
"Controlling Stress"; "Create a Personal Stress Log"
"DISCOVER YOUR PERSONAL STRESS PATTERNS""Stress Patterns
Analysis"; "STRESS REDUCTION TECHNIQUES"; "Breathing Correctly";
"Breath Control Technique"; "IDENTIFYING TENSION";
"SYSTEMATICALLY RELAX MUSCLES"; "RELAXATION TRAINING PLAN";
"Distressing Situations"; "Practice Relaxing"; "Creating a Pleasant
Fantasy"; "Scripting Your Pleasant Fantasy"; "CHANGING YOUR
ENVIRONMENT"; "How to Use Load to Manage Stress"; "Summary of
Stress Management"; "BUILDING SOCIAL SUPPORT: THE THIRD PATH
TO PERSONAL POWER"; "Hints for Building Social Relationships"
"WAYS TO SHOW BELONGING""Building Social Support"; "BUILD A
NETWORK OF ALLIES"; "How to Network"; "Developing Your Ally
Network"; "Who I Have Helped, Who I Can Help"; "SELF-CONTRACT
FOR BUILDING SOCIAL SUPPORT"; "Summary of Building Social
Support"; "SKILL BUILDING: THE FOURTH PATH TO PERSONAL POWER";
"Skill-Building Checklist"; "SKILL-BUILDING STRATEGIES";
"IDENTIFYING THE SKILL"; "My Skill-Building Plan"; "Summary of Skill
Building"; "TAILORING THE JOB: THE FIFTH PATH TO PERSONAL
POWER"; "Rating Tasks and Setting Priorities"; "SCHEDULING"
"TASK MANAGEMENT"

2. Record Nr.	UNINA9910133529203321
Autore	Longuenesse Élisabeth
Titolo	Des banlieues à la ville : espaces et acteurs de la négociation urbaine ; actes du colloque de Beyrouth, 31 octobre-1st, novembre 2011 // Élisabeth Longuenesse et Caecilia Pieri
Pubbl/distr/stampa	Presses de l'Ifpo, 2013 France : , : Presses de l'Ifpo, , 2013
ISBN	2-35159-339-1
Descrizione fisica	1 online resource (170 pages) : illustrations
Collana	Colloques et journées d'études ; ; 3
Soggetti	Business & Economics Labor & Workers' Economics
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	This online publication resumes the conference which was organized by the French Institute in Beirut and the French Institute of the Near East, with the support of Alemnbert Fund, on the 31st of October and the 1st of November 2011, within the framework of the 'Salon du Livre Francophone' of Beirut.