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Record Nr.	UNINA9910547689103321
Autore	Rajahonka Mervi
Titolo	Working Women in the Sandwich Generation : Theories, Tools and Recommendations for Supporting Women's Working Lives
Pubbl/distr/stampa	Bingley : , : Emerald Publishing Limited, , 2022 ©2022
ISBN	1-80262-501-1
Edizione	[1st ed.]
Descrizione fisica	1 online resource (156 p.)
Collana	Emerald Points
Altri autori (Persone)	Kwiatkowska-CiotuchaDorota TimmersMiet ZauskaUrszula VillmanKaija LengelerVeerle GielensTim
Disciplina	331.44094
Soggetti	Gender studies: women Management: leadership & motivation Sociology: work & labour
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Half Title Page -- Title Page -- Copyright Page -- Contents -- List of Tables and Figures -- About the Authors -- Acknowledgements -- Introduction -- 1. Sandwich Generation -- 2. The Book is Created in Transnational Cooperation -- 3. Structure of the Book -- PART A-THEORIES -- Chapter 1-How Do They Manage? Coping Strategies of the Working Sandwich Generation in Flanders -- 1. Introduction -- 2. Description of the Research and Methodology -- 3. Nine Coping Strategies Adopted by the WSG -- 3.2. Boundary Management Strategy -- 3.3. Help-seeking Strategy -- 3.4. Planning Strategy -- 3.5. Personal Governance Strategy or Priority Strategy -- 3.6. Self-care Strategy -- 3.7. Time Focus Strategy -- 3.8. Value Strategy -- 3.9. Super-sandwich Strategy -- 4. Discussion and Conclusion -- 5. Self-assessment Questionnaire -- References -- Chapter 2-45+ Polish Women at Home and in the Labour Markets -- 1. Introduction -- 2. Description of Research and Applied Research Methods -- 3. Perception

Sommario/riassunto	Women more often than men take care of their ageing relatives together with their own children or grandchildren. These Sandwich Generation (SG) women constitute an expanding vulnerable group on the labour market at higher risk of discrimination, work-family conflict, burnout, and withdrawal from the labour market and unemployment. Working Women in the Sandwich Generation helps present a clearer view of how to support this group both now and in the future. Beginning with a presentation of quantitative and qualitative research that sheds light on the SG situation in Poland, Finland and Flanders, this volume provides insights into various components from the SG life domains such as personal development and learning, connection to the labour market, coping strategies, resources, and energy drainers. In the second part the book provides tools for SG women, their supervisors, educators, and coaches to help manage challenging situations and improving wellbeing at work. Working Women in the Sandwich Generation then introduces the results of international comparative research the purpose of which was to identify and characterise the SG in five European countries before concluding with recommendations for supervisors and policy makers in supporting SG women.