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Nota di contenuto	Intro -- Introduction -- Contents -- Notes on Contributors -- List of Tables -- 1 Attaining Workplace Well-Being and Human Flourishing: The Stoic Way -- Introduction -- Need for and Importance of Workplace Well-Being and Human Flourishing -- Eudaimonia: The Supreme Concern of All the Sages! -- Beware of Barrenness of a Busy Life! -- The Stoic Art of Living: Strategies for Thriving During Turbulent Times -- Stoic Philosophy: Pointers for Living a Fulfilled Life -- Stoic Exercises: Survivors' Toolkit -- Living a Life of Flourishing and Fulfillment is in Our Own Hands: Pointers for Leaders -- Concluding Remarks: Being Grateful for Our Shared Destiny! -- 2 Self-Transformation as a Prelude to Transform Organizations Based on the Ancient Traditions -- Introduction -- Self-Transformation -- Obstacles in the Path of Self-Transformation -- Indicators for Progress Toward Self-Transformation -- Transforming People Before Transforming the Organization -- Resistance to Change -- Organizational Transformation -- Organizational Culture and the Readiness for Change -- Importance of Change Management in Organizational Transformation -- Attributes of a Person with Self-Realization -- Respect the Work You Are Doing -- Discussion --

References -- 3 Mindfulness in Mexican Organizations: An Effective Way to Increase Individual and Organizational Well-Being -- Introduction -- A Brief Review of Mindfulness in Organizations -- Birth of Organizational Mindfulness in a Stressed Society with Little Security -- Personal Benefits Perceived -- Benefits Generated in the Organization -- Observing -- Describing -- Acting with Awareness -- Nonjudging -- Nonreactivity -- Discussion About the Benefits of Mindfulness at Work and Collaborators -- Summary -- References -- 4 Pursuit of Meaning in Life and Human Flourishing: A Phenomenological Study -- Introduction. Meaning of Meaning in Life -- Meaning in Life-Organizational Studies -- Responses of Phenomenology Study -- Common Themes of Meaning in Life -- Ananda or Bliss -- Happiness and Peace of Mind -- Sense of Direction -- Responsibility for Others' Well-Being -- Obstacles in Realizing Meaning in Life -- Greed -- Worldly Passions -- Selfish Behavior -- Confinement to Lower Order Needs -- Meaning in Life: Lessons for Leaders -- References -- 5 The Reference to Contemplative Indian Traditional Wisdom of Flourishing and Fulfillment Regarding the Organizational Workplace -- Introduction -- Literature -- The Significance of Wisdom in the Concept of Perspective Shifts -- Inference of Visionary Approach of the Leader for Employee Engagement and Self-Transformation -- Wisdom as a Prerequisite Virtue of the Leader to Develop Group Morale for Well-Being -- Sustaining Change and Development in the Organization by Mindful Management -- The Strategy of Self-Leadership for Empowerment and Workplace Flourishment -- Conclusion -- Reference Questions -- Lessons -- References -- Index.
