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Titolo	A meaningful life at work : the paradox of wellbeing // Raida Abu Bakar, Rosmawani Che Hashim, Sharmila Jayasingam, Safiah Omar and Norizah Mohd Mustamil
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Descrizione fisica	1 online resource (221 pages)
Collana	Emerald points
Disciplina	658.314
Soggetti	Employee motivation Personnel management Work environment - Psychological aspects Quality of work life Well-being Business & Economics - Human Resources & Personnel Management Organizational theory & behaviour
Lingua di pubblicazione	Inglese
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Note generali	Includes index.
Sommario/riassunto	'A Meaningful Life at Work' addresses a range of contemporary issues that impact on an individual's experiences in the workplace, including those that may restrict opportunities for personal growth in a professional setting. Understanding an employee's values, their choices and the problems they face in the workplace may help organisations to better structure their human resource policies, compensation packages and working conditions. The authors explore employee wellbeing from a Malaysian perspective as a developing country, but they also reflect on the broader Asian and wider global context. The key themes analysed in this book include work addiction, cyber bullying, sexual harassment in the workplace and the ethics of workplace behaviour. The book contributes to the theoretical discourse around organisation studies and employee wellbeing, while also seeking to integrate academic

concepts with practice. In this way, it offers practical steps towards promoting positivity and happiness in the workplace.
