

1. Record Nr.	UNINA9910463759903321
Titolo	Career stress in changing times / / James Campbell Quick. [et al.], editors
Pubbl/distr/stampa	London : , : Routledge, , 2013
ISBN	1-317-73639-7 1-317-73640-0 1-315-79173-0
Descrizione fisica	1 online resource (392 p.)
Collana	Prevention in human services
Altri autori (Persone)	QuickJames C
Disciplina	650/01/9
Soggetti	Job stress Organizational change Career changes Career development Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	First published in 1990 by The Haworth Press, Inc.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover; Title; Copyright; CONTENTS; Preface; Acknowledgements; I. INTRODUCTION; The Changing Times of Life: Career in Context; Career Stages; Career in Context: The Case of Otto A. Faust, M.D.; Career Stress; Social and Cultural Forces; Conclusion; Career Experiences: Current and Future Themes; Changing Employment Opportunities; Changes in the Labor Force; Current and Future Themes; II. THE BEGINNING; Career Planning; An Integrated Career Planning Model; Activating the Career Planning Process; Career Planning Course; Career Planning and the Individual-Organizational Relationship Adjusting to a New Organization: Easing the Transition from Outsider to InsiderAnticipatory Socialization (This New Job Is Going to Be Terrific!); Encounter (What Have I Gotten Myself Into?); Change and Acquisition (I've Learned the Ropes Around Here); Successful Adjustment; Transition from School to Work; Early Transitions; Strategic Change; Job Search Strategy; Real Beginnings; Conclusion; III. THE MID-CAREER ISSUES; Work and Non-Work Issues in the Management of Occupational Careers in the 1990s

Intracompany Job Transfers: An Exploratory Two-Sample Study of the Buffering Effects of Interpersonal SupportLiterature Review; Research Hypotheses; Method; Results; Discussion and Implications for Practice; Implications for Preventive Stress Management: Engendering CIS; Merger and Acquisition Stress: Fear and Uncertainty at Mid-Career; Stress and the Mid-Career Employee; The Merger and Acquisition Stress Process; The Important Role of Appraisal; M&A Stress Prevention and Management; Conclusion; Staying with or Leaving the Organization; Cell 1-"You're Fired"; Cell 2-"Voluntary Exits" Cell 3-"I Need a Change"Cell 4-"Survivors"; Conclusions; The Middle Years: Career Stage Differences; Method; Measures; Analyses; Results; Discussion; Mid-Career Transition; Major Career Transitional Forces; Ways of Dealing Effectively with Mid-Career Transitional Forces; Contributing to More Effective Mid-Career Transitioning; IV. THE END GAME; Why Retire Early?; Method; Results; Discussion; Time to Move On?; Deciding to Retire; Living in Retirement; Planning for Retirement; A Hindsight View of Retirement Stress; Career Stress in Changing Times: Some Final Observations

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#### Sommario/riassunto

In terms of time, energy, and money, a career is one of the most important investments that a person makes during his or her lifetime. Career Stress in Changing Times is an exciting volume that covers the entire career cycle, from beginning through mid-career dilemmas to the retirement transition. Many key career issues and stressors--as they are experienced during each stage of one's career--are examined. Experts also explore the major social and cultural forces that influence careers and will continue to do so in the next century, including women's influx into the workplace, the decline of b

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2. Record Nr.	UNINA9910811626403321
Autore	Queen J. Allen
Titolo	The frazzled principal's wellness plan : reclaiming time, managing stress, and creating a healthy lifestyle // J. Allen Queen and Patsy S. Queen ; cover designer, Tracy E. Miller
Pubbl/distr/stampa	Thousand Oaks, California : , : Corwin Press, Inc., , 2005 ©2005
ISBN	1-4833-6097-0 1-4833-6314-7
Descrizione fisica	1 online resource (145 p.)
Disciplina	371.2/012
Soggetti	School principals - Health and hygiene - United States School principals - Time management - United States School principals - Job stress - United States Stress management - United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; List of Checklists and Planners; Physician's Foreword; Educator's Foreword; Acknowledgments; About the Authors; Chapter 1 - Educational Leadership in a Culture of Stress; Stress and the School Principal; Stress and Central Office Personnel; Life Events and Workplace Stress; Stress and the Immune System; Redefining the Culture of Stress from a Healthier Perspective; Chapter 2 - Restructuring Personal and Leadership Priorities for a Healthy Lifestyle; Why Manage Priorities?; Identifying Your Priorities; Your Mirror Image of Self; Making Priorities Your Personal Mission Chapter 3 - Mastering the Science of Stress Management for Better HealthFactors Influencing Stress Levels; Identifying Your Stress Levels; Reducing Stress Levels; Chapter 4 - Using Physical Activity as a Professional and Personal Coping Strategy; Managing Perceived Work Demands; Finding Time for Physical Exercise; Walking; Stretching; Yoga; Pilates; Karate, Kung Fu, and Cardio Kickboxing; Therapeutic Massage; Additional Physical Activities to Investigate; Chapter 5 - Desktop Yoga; Correct Breathing; Sitting Tree; Turning Bird; Tired

Warrior; Desk Cobra; Nosey Neighbor; Alternate Breathing  
Head RotationLeg Wrap; Sitting Dog and Sitting Cat; Cross-Legged Meditation; Desk Rest; Chapter 6 - Immediate Stress Reducers; The Squeezer; The Breather; The Calmer; Your Stress Management Plan; Chapter 7 - Arresting Time Bandits at Home and at School; Perfectionism; Procrastination; Inability to Say "No"; Managing Your Personal and Professional Time Bandits; Chapter 8 - Using Nutrition to Support a Healthy Lifestyle; Schools as a Culture of Unhealthy Eating Habits; Redefining Food Choices from a Healthier Perspective; Important Numbers to Know  
Chapter 9 - What the Literature Says about Stress and School LeadershipPrincipals; School Superintendents; Leadership Stress and the Workplace; The Biology of Stress; References; Index

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#### Sommario/riassunto

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Restructure your personal and professional priorities by tackling the stresses of managing workplace environments, juggling competing priorities, and balancing personal and professional agendas.

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