

1. Record Nr.	UNINA9910830442103321
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Titolo	Work-life integration [[electronic resource]] : case studies of organisational change // Suzan Lewis and Cary L. Cooper
Pubbl/distr/stampa	Chichester ; ; Hoboken, NJ, : Wiley, c2005
ISBN	9786610274727 0-470-71343-7 1-280-27472-7 0-470-01314-1
Descrizione fisica	1 online resource (190 p.)
Altri autori (Persone)	Cooper Cary L
Disciplina	306.3/6 306.36
Soggetti	Work and family Organizational change
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 (p. [159]-162) and index.
Nota di contenuto	Work-Life Integration Case Studies of Organisational Change; Contents; About the Authors; Foreword by Professor Ronald J. Burke; Foreword by The Rt. Hon. Patricia Hewitt, MP; Acknowledgements; Chapter 1 Case Studies and Organisational Learning; Chapter 2 The Xerox Corporation; Chapter 3 Energyco; Chapter 4 Proffirm-The Professional Practice Firm; Chapter 5 Printco; Chapter 6 Recruitco; Chapter 7 Adminco; Chapter 8 Charityco; Chapter 9 A Long-term View; Appendix A Work-Life Integration Change Process; Appendix B Work-Personal Life Harmonisation: Visions and Pragmatic Strategies for Change ReferencesIndex
Sommario/riassunto	Developments in IT and communication technology, coupled with the global 24 hour market, have led to boundaries between work and personal life becoming ever more blurred, while work/life policies and practice struggle to keep up. This book aims to challenge traditional thinking on work life balance, and to explore different ways of promoting change at many levels. It provides a historical overview of the topic, critiques contemporary approaches and offers creative ideas for integrating work and personal life in local, national and global

contexts.
