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Nota di contenuto	Positive Psychology at Work: How Positive Leadership and Appreciative Inquiry Create Inspiring Organizations; Contents; About the Author; Book Contributors; Preface; Acknowledgements; The Short Version of This Book; 1: Introduction to Positive Psychology; Positive Psychology is Not Positive Thinking; How Positive Psychology Differs from Positive Thinking; The Ethical Bias of This Book; Key Themes of the Book; 2: Positive Workplaces; Introduction; What is a Positive Workplace?; How Does Positive Organizational Behaviour Turn into Positive Organizational Performance?; Organizational Culture The Organization as a Complex Adaptive System Why is Culture so Hard to Change?; How to Create Positive Workplaces; Summary; Further Reading; 3: Positive Engagement and Performance; Introduction; Active Engagement at Work; Strengths and Talents; Flow; Mindfulness; Management Influence on Engagement and Productivity at Work; Goal Seeking; Goal Setting; Goal Setting and Environment Contingencies; The Meaningfulness of Work; Strategies for Increasing the Meaningfulness of Work; Summary; Recommended Reading; 4: Positive Communication

and Decision-Making; Introduction; Communication; Connectivity
Dynamic Patterns of CommunicationHow to Build Positive
Communication and Increase Performance; Leadership and Positive
Communication; Best Self-Feedback; Decision-Making; Emotions in
Decision-Making; Micro-Decision-Making; Other Factors that Enhance
Decision-Making; Moving from Decision-Making to Sense-Making;
Summary; Further Reading; 5: Positive Leadership and Change;
Introduction; Leadership; Psychopathic Leaders; Organizational Change;
Approaches to Change; Leadership Change Behaviour; Effective
Leadership Behaviour; Developing Strategy; Summary; Further Reading
6: Positive Sustainable GrowthIntroduction; Psychological Capital;
Appreciative Inquiry; Positive Profusion Theory of Growth of the Positive
Organization; The Three-Circle Strengths Revolution; Summary; Further
Reading; 7: Positive Relationships at Work; Introduction; Positive Team
Working; High Quality Working Relationships; Summary; Further
Reading; 8: Positive Transformation; Introduction; Key Processes of
Flourishing and Inspiring Workplaces; Why Organizations Ignore the
Transformative Collaboration Approach to Change; Transformative
Collaboration; Patterns of Organizational Life
Transformative Collaboration ApproachesSummary; Further Reading;
Other Things You Need to Know; How to Live a Happy and Meaningful
Life; How to Have a Better Quality Old Age; References; Index

Sommario/riassunto

Positive Psychology at Work brings the fields of positive psychology and appreciative inquiry together for the first time to provide leaders and change agents with a powerful new approach to achieving organizational excellence. Draws together positive psychology and appreciative inquiry in the context of leadership organizational challenges for the first time Presents academically rigorous and referenced material in a jargon-free, accessible manner Arranged with chapters focused on specific organizational challenges to allow readers to quickly find ideas relevant to their u
