

1. Record Nr.	UNINA9910876745503321
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Titolo	The mindful workplace : developing resilient individuals and resonant organizations with MBSR // Michael Chaskalson
Pubbl/distr/stampa	Malden, Mass., : Wiley, 2011
ISBN	1-119-97697-9
Edizione	[1st ed.]
Descrizione fisica	xvi, 209 p. : ill
Disciplina	615.8/52
Soggetti	Meditation - Therapeutic use Mindfulness-based cognitive therapy Stress management Job stress - Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Intro -- The Mindful Workplace: Developing Resilient Individuals and Resonant Organizations with MBSR -- Contents -- Foreword -- Preface -- Introduction: The Business Case for Mindfulness Training -- 1: What Is Mindfulness? -- 2: What Is Mindfulness Practice? -- 3: Positive and Negative Stress: Up and Down the Yerkes-Dodson Curve -- 4: Approach and Avoidance: Learning New Ways to Be with What Is -- 5: Metacognition: Knowing Your Thoughts as Thoughts -- 6: Respond: Learning Not to React -- 7: Mindfulness and Emotional Intelligence: Positive Relationships at Work -- 8: Mindfulness for Leaders -- 9: Mindfulness in Coaching -- 10: Living Mindfully -- 11: Putting on an Eight-Week Mindfulness Course in a Workplace Setting -- Appendix 1: Good Practice Guidance for Teaching Mindfulness-Based Courses -- Appendix 2: Review of Significant Mindfulness Research -- Appendix 3: Further Reading -- Appendix 4: Further Training and Other Resources -- Index.