

1. Record Nr.	UNINA9910962573103321
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Titolo	Managing leadership stress // Vidula Bal, Michael Campbell, and Sharon McDowell-Larsen
Pubbl/distr/stampa	Greensboro, N.C., : Center for Creative Leadership, 2008
ISBN	1-118-15501-7 1-281-38315-5 9786611383152 1-118-15425-8 1-60491-024-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (35 p.)
Collana	Ideas into action guidebooks
Altri autori (Persone)	CampbellMichael McDowell-LarsenSharon
Disciplina	658.4092
Soggetti	Job stress Stress management Leadership - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"For the practicing manager"--Cover.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	The Stress of Leadership -- Why Is Leadership Stressful? -- Stress Assessment -- When Stress Is Who, Not What -- Handling Your Leadership Stress -- Less Stress, Better Leadership -- Suggested Readings -- Background -- Key Point Summary.
Sommario/riassunto	The stress of leadership -- Why is leadership stressful? -- Stress assessment -- When stress is who, not what -- Handling your leadership stress -- Less stress, better leadership -- Suggested readings -- Background -- Key point summary.