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Collana	Guides "Transformer les idees en action"
Altri autori (Persone)	WakefieldMichael
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Note generali	"Originally published in English as Building Resilience: How to Thrive in Times of Change, c2001"--T.p. verso.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Intro -- Table des matières -- Qu'est-ce que la résilience ? -- Pourquoi la résilience est-elle importante ? -- Devenir résilient -- Feuille de travail sur la résilience -- Ouvrages suggérés -- Contexte -- Résumé des points clés -- Demande d'informations.
Sommario/riassunto	It may be human nature to resist change-particularly when it's delivered as a hardship, disappointment, or rejection. But by developing resiliency managers can not only survive change, but learn, grow, and thrive in it. In fact, for leaders, developing resiliency is critical. Resiliency helps managers deal with the pressures and uncertainties of being in charge in organizations today.