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Titolo	Creating healthy workplaces : stress reduction, improved well-being, and organizational effectiveness / / edited by Caroline Biron, Ronald J. Burke and Cary L. Cooper
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Descrizione fisica	1 online resource (384 p.)
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Altri autori (Persone)	BironCaroline BurkeRonald J
Disciplina	658.3/12
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Acknowledgements -- About editors -- Notes on contributors -- Preface -- Improving individual and organizational health : implementing and learning from interventions / Ronald J. Burke -- Creating healthy workplaces : models and approaches -- Work and the dynamics of development : an integrated model / Antonella Delle Fave and Marta Bassi -- The who global approach to protecting and promoting health at work / Evelyn Kortum -- ACT : a third wave behavioural-cognitive approach to creating healthy workplaces / Julie Menard and Brent Beresford -- Work-life balance and physical health interventions -- Improving employee health and work-life balance: developing and validating a coaching-based able (achieving balance in life and employment) program / Arla Day, Lori Francis, Sonya Stevens, Joseph J. Hurrell, Jr. and Patrick McGrath -- A case study in the design, implementation, and evaluation of a worksite wellness program for

reducing cardiovascular risks / Douglas W. Roblin, Brandi E. Robinson, Stacey A. Benjamin -- Effects of workplace-based physical exercise interventions on cost associated with sickness absence and on productivity / Ulrica von Thiele Schwarz; Henna Hasson and Petra Lindfors -- Services vouchers : tools to prevent stress and enhance wellbeing / Nathalie Renaudin -- Civility, engagement, and participation -- Civility, respect, and engagement in the workplace (CREW) : creating organizational environments that work for all / Katerine Osatuke, Maureen Cash, Linda Belton, and Sue R. Dyrenforth -- Crew as a work engagement intervention / Michael Leiter -- Participative climate as a key for creating healthy workplaces / Keiko Seki Sakakibara, Hirono Ishikawa, Yoshihiko Yamazaki -- Leadership interventions -- Transformational leadership training for managers : effects on employee well-being / Kevin Kelloway & Meghan Donohoe -- How positive psychology and appreciative inquiry can help leaders create healthy workplaces / Sarah Lewis -- Implementing interventions -- Interventions to prevent mental health problems at work : facilitating and hindering factors / Jauvin N., Bourbonnais R., Vezina M., Brisson C. and Hegg-Deloye, S. -- Implementing an organizational intervention on quality of life at work : key elements and reflections / Caroline Biron, France St-Hilaire and Jean-Pierre Brun -- Merging occupational health, safety and health promotion with lean : an integrated systems approach (the leanhealth project) / Terese Stenfors-Hayes, Henna Hasson, Hanna Augustsson, Helena Hvittfeldt Forsberg, Ulrica von Thiele Schwarz -- Ehealth interventions for organizations - potential benefits and implementation challenges / Henna Hasson, Ulrica von Thiele Schwarz, Karin Villaume, Dan Hasson -- Concluding remarks / Caroline Biron.

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#### Sommario/riassunto

Creating Healthy Workplaces includes interventions that relate the efforts undertaken by researchers and organizations to reduce stress and improve the mental and physical health of employees through positive change initiatives. Those working in the field of occupational stress have received criticism that too much emphasis has been placed on negative issues and that positive initiatives have been largely ignored. This book delves into both the positive and the stress fields and compares the types of interventions each entail. Some of the interventions described target individuals and their at

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Autore	OURSEL, Raymond
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