

1. Record Nr.	UNINA9910465515103321
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Titolo	Building resilience at work [[electronic resource] /] / Kathryn McEwen
Pubbl/distr/stampa	Bowen Hills, Qld., : Australian Academic Press, 2011
ISBN	1-921513-84-5
Descrizione fisica	1 online resource (149 p.)
Disciplina	158.1
Soggetti	Resilience (Personality trait) Self-actualization (Psychology) Work - Psychological aspects Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Exploring resilience: Understanding the journey; Reframing problems: Developing the right mindset; Embracing life: More on mental toughness; Investing in self-care: Getting the body right; Rejuvenating the body: More on physical endurance; Channelling emotional energy: Achieving emotional balance; Creating positivity: More on emotional resilience; Achieving purpose and meaning: Getting the soul right; Living in balance: More on getting the soul right; Sustaining resilience: Continuing on the journey; Endnotes
Sommario/riassunto	Our resilience, or capacity to bounce back and even thrive in pressured times, is critical in workplaces today. With higher workloads, declining resources and frequent change, together with the hectic pace of personal lives, resilience is almost a key to survival. Resilient people are more optimistic, adaptable and independent. They are also better at solving problems and have sound levels of self-control. Based on sound psychological theory, Building Resilience at Work is a practical and easy-to-read book providing a proven path to self-help in developing personal resilience.

2. Record Nr.	UNISA996404405603316
Titolo	GigaByte
Pubbl/distr/stampa	[Hong Kong] : , : BGI [Oxford] : , : Oxford University Press, , [2020]- [Guangdong, China] : , : GigaScience Press
ISSN	2709-4715
Descrizione fisica	1 online resource
Soggetti	Information storage and retrieval systems Research - Data processing Computer software Systèmes d'information Logiciels Biological Science Disciplines Big Data Periodicals. Periodical
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico
Note generali	Refereed/Peer-reviewed "Publishing at the speed of research."