

## Workplace wellbeing: A relational approach

Costello, James, author

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### Abstrak

Workplace Wellbeing – A Relational Approach presents the most important, insightful and up-to-date academic thinking and research related to flourishing at work. It also describes the transformative humanistic skills, values, and attributes ordinarily adopted by counsellors and psychotherapists alike, and shows how they may be transferred from a therapeutic setting to the workplace. Integrating ideas and strategies from counselling and psychotherapy, the book gathers together a wealth of accessible, interactive exercises and resources to help develop the skills and personal awareness to thrive in organisations.

Workplace Wellbeing – A Relational Approach examines how we can create an emotionally healthy workplace for all of us. It will prove useful for counsellors and psychotherapists alike, whether in training or practice in an organisational setting. More importantly, however, it is designed to be of value to the non-specialist, particularly those working in business, education, healthcare, human resources, occupational health, and organisational psychology.