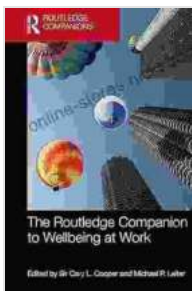


# The Routledge Companion to Wellbeing at Work: Routledge Companions in Business

The Routledge Companion to Wellbeing at Work is a comprehensive overview of the latest research and thinking on wellbeing at work. It brings together leading scholars from a variety of disciplines to provide a multidisciplinary perspective on this important topic.



## The Routledge Companion to Wellbeing at Work (Routledge Companions in Business, Management and Marketing) by Money Maker Publishing

★★★★☆ 4 out of 5

Language : English  
File size : 3162 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 409 pages



The book is divided into five parts:

1. **Conceptual Foundations of Wellbeing at Work**
2. **Wellbeing at Work: Antecedents and Consequences**
3. **Measuring and Monitoring Wellbeing at Work**
4. **Interventions to Promote Wellbeing at Work**

## 5. **Wellbeing at Work: Future Directions**

Part 1 provides a theoretical foundation for understanding wellbeing at work. It explores the different conceptualizations of wellbeing, the factors that contribute to wellbeing, and the consequences of wellbeing for individuals and organizations.

Part 2 examines the antecedents and consequences of wellbeing at work. It reviews the research on the relationship between wellbeing and a variety of work-related factors, such as job satisfaction, work-life balance, and stress. It also explores the impact of wellbeing on job performance, organizational citizenship behavior, and absenteeism.

Part 3 discusses the measurement and monitoring of wellbeing at work. It reviews the different methods that can be used to measure wellbeing, and it provides guidance on how to develop and implement a wellbeing monitoring program.

Part 4 describes a variety of interventions that can be used to promote wellbeing at work. These interventions include workplace health promotion programs, stress management programs, and work-life balance initiatives. It also provides guidance on how to evaluate the effectiveness of these interventions.

Part 5 looks to the future of wellbeing at work. It discusses the challenges and opportunities that organizations face in promoting wellbeing, and it identifies the areas where further research is needed.

The Routledge Companion to Wellbeing at Work is an essential resource for researchers, practitioners, and policymakers who are interested in

understanding and promoting wellbeing at work. It provides a comprehensive overview of the latest research and thinking on this important topic, and it offers practical guidance on how to create a more positive and productive work environment.

## **Contents**

- 
- **Part 1: Conceptual Foundations of Wellbeing at Work**
  - Chapter 1: The Concept of Wellbeing at Work
  - Chapter 2: The Determinants of Wellbeing at Work
  - Chapter 3: The Consequences of Wellbeing at Work
- **Part 2: Wellbeing at Work: Antecedents and Consequences**
  - Chapter 4: Job Satisfaction and Wellbeing at Work
  - Chapter 5: Work-Life Balance and Wellbeing at Work
  - Chapter 6: Stress at Work and Wellbeing at Work
  - Chapter 7: Burnout and Wellbeing at Work
- **Part 3: Measuring and Monitoring Wellbeing at Work**
  - Chapter 8: Measuring Wellbeing at Work
  - Chapter 9: Monitoring Wellbeing at Work
- **Part 4: Interventions to Promote Wellbeing at Work**
  - Chapter 10: Workplace Health Promotion Programs

- Chapter 11: Stress Management Programs
- Chapter 12: Work-Life Balance Initiatives
- **Part 5: Wellbeing at Work: Future Directions**
  - Chapter 13: The Challenges and Opportunities of Promoting Wellbeing at Work
  - Chapter 14: Future Directions for Research on Wellbeing at Work
- **Index**

## Reviews

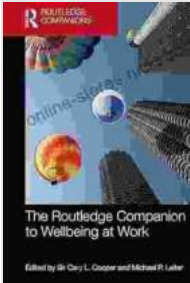
"The Routledge Companion to Wellbeing at Work is a timely and important contribution to the field. It brings together a wealth of knowledge on this critical topic, and it provides a much-needed guide for researchers, practitioners, and policymakers." — **Professor Sir Cary Cooper, CBE, University of Manchester**

"This book is a must-read for anyone who is interested in understanding and promoting wellbeing at work. It provides a comprehensive overview of the latest research and thinking on this topic, and it offers practical guidance on how to create a more positive and productive work environment." — **Professor Sharon Parker, University of Toronto**

## About the Editors

**Dr. Sarah Moore** is a Lecturer in Organizational Psychology at the University of Bath. Her research interests include wellbeing at work, employee engagement, and organizational change.

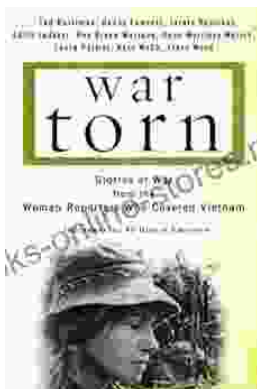
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