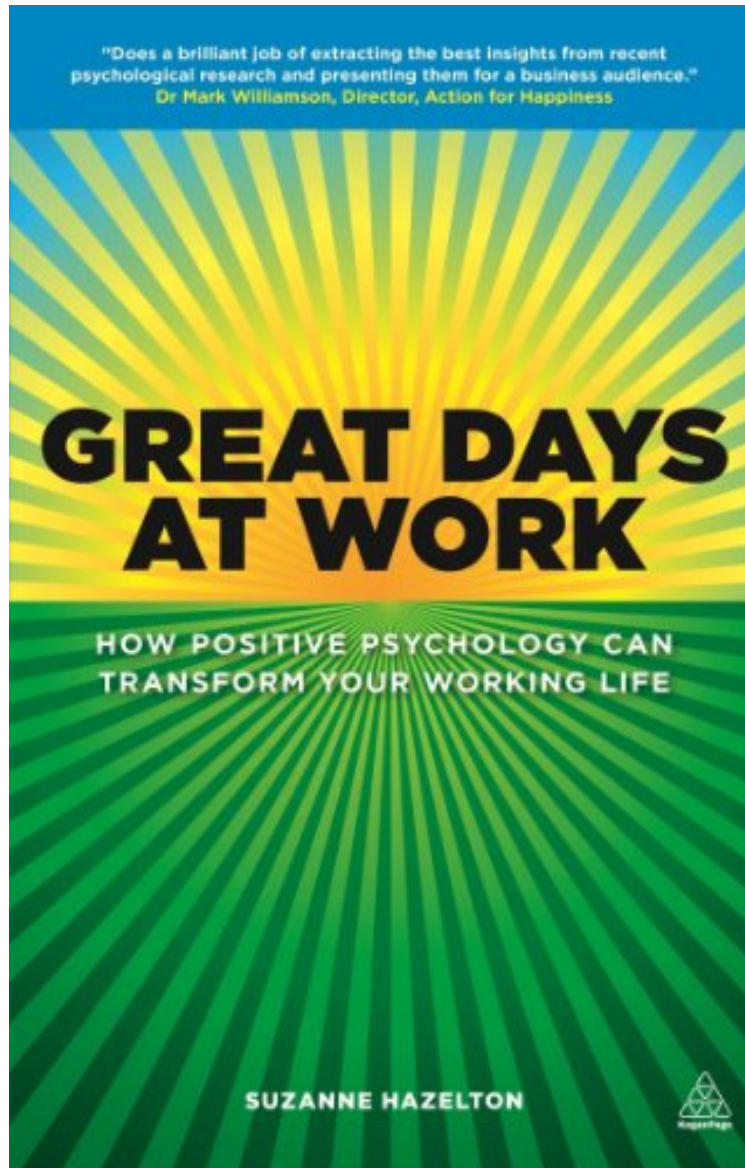


(Download) Great Days at Work: How Positive Psychology can Transform Your Working Life

Great Days at Work: How Positive Psychology can Transform Your Working Life

Suzanne Hazelton

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Suzanne Hazelton : Great Days at Work: How Positive Psychology can Transform Your Working Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Great Days at Work: How Positive Psychology can Transform Your Working Life:

1 of 1 people found the following review helpful. Love this book!By ElkeI love this book because it is logic in it's structure and writing. It is a tremendous resource of tools and techniques boiled down to the essence. There are many

coaching books out there and I seriously think I have read them all. So much is just 'Blah', this one is 'Nuts and Bolts'. I really love it. 1 of 1 people found the following review helpful. How to improve your work life experience By John Gibbs Although most people do not get to choose who they work with, and have limited control over their working environment, nearly everyone can improve their work life experience by understanding and taking advantage of some simple ways in which the brain works, according to Suzanne Hazelton in this book. The book provides a framework of actions which an individual can undertake. The author's "Great Days at Work" framework incorporates four key elements: * Take control of now, involving embracing change, assuming personal responsibility for the things which are in your circle of control, and making clear and active choices * Create a better future, including setting and maintaining a personal vision which gives you intrinsic motivation * Power tools for a better work life, including the ability to change your time perspective and the ability to increase your expression of positive emotions * The art and science of communication, involving negotiation and team-building skills and skills for improving working relationships The reader will need to exercise a degree of humility in order to benefit from the author's advice, because much of what the author recommends is simple but potentially embarrassing. It comes as no surprise to discover that satisfaction in the workplace arises from such things as being highly engaged and productive, and having good working relationships with colleagues; the embarrassing thing is the degree to which we tend to believe that these are imposed on us, rather than created by our actions and choices. I found that the book finished fairly abruptly, without a concluding chapter tying everything together, but the information which it contains is potentially very useful to any worker. 0 of 0 people found the following review helpful. An invaluable resource for both individuals and business leaders By Mark Barrett This book is an essential addition to anyone's library. There are many management books on the market that tell people how to organize and run their business for success. Great Days at Work manages to put a different spin on this topic by looking at the psychology of what makes people happy in the workplace. Happiness leads to success. By following this simple premise the author has very effectively laid out techniques that individuals can use in the workplace to make every day more enjoyable and successful. The book applies equally to business leaders who want to apply some of these techniques to their teams. I have been lucky enough to have been in leadership positions in 3 major corporations and have been heavily involved in staff development and training throughout my career. This book will get a permanent place on my bookshelf and the techniques laid out in the book will have a positive impact on my working life.

Great Days at Work will enable you to become more enthusiastic at work, feel more positive and work more effectively with others. Drawing on the latest insights from positive psychology, and based on hard business results, it outlines the practical day-to-day changes you can make immediately for instant benefit, as well as helping you develop a longer term strategy that means you'll get more out of work. This easily applicable book reveals how to develop an effective perspective on time, embed productive new habits, gain a clear sense of self and build better working relationships. As a result you will make a bigger contribution to your organization, as well as feel more engaged, satisfied and in control of your own work and career. Discover how to have a great day at work, every day!

"Does a brilliant job of extracting the best insights from recent psychological research and presenting them for a business audience."