

(Ebook free) Happy at Work: Ten Steps to Ultimate Job Satisfaction

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Sophie Rowan

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Sophie Rowan : Happy at Work: Ten Steps to Ultimate Job Satisfaction before purchasing it in order to gage whether or not it would be worth my time, and all praised Happy at Work: Ten Steps to Ultimate Job Satisfaction:

"A good practical guide for those either in the workforce or those contemplating their career. With real life examples, you can get first hand experience about how to be happy in the career you choose." -nbsp;nbsp;Mary Hanafin, Minister for Education and Science (Ireland)nbsp;Have you given up on finding your dream job? Is a career change not an

option for you at this stage in your life? Do you want to get more fulfilment, challenge and satisfaction out of your work? Happy at Work is a practical and concise 10 step plan to help you create a happier work life, without changing career. It is full of practical and realistic guidance on how you can achieve optimal job satisfaction and overcome the obstacles that make so many of us unhappy at work. Presented in a concise and user-friendly format, with interesting and diverse case studies, this book is based on recent psychological research and tackles core issues such as learning new habits, improving your work relationships and de-cluttering your environment. Happy at Work is packed full of tools, tips and techniques to help you create a more positive work life for yourself. View this handbook as your own personal career coach and let it lead you step by step to a happier you.

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Are you happy at work? Really? Being happy at work is something we all struggle with at some point in our working lives. Real job satisfaction depends on so much — our own goals and expectations, the people around us, the support we receive (or don't receive), the environment we work in and much more. Focussing on you, your working relationships and your environment, Happy at Work helps you make the most of what you've got, no matter what your job situation is. From detoxing your work life to managing your boss, in ten simple steps you'll find out how to truly enjoy your working day and banish those Monday morning blues for good!

About the Author Sophie Rowan is an Occupational Psychologist with almost 15 years' experience working in the field of Career Development and Coaching. For the past six years, she has worked as a partner for Dublin-based business psychologists, Pinpoint. Pinpoint, (www.pinpoint.ie) is a niche consultancy in Dublin that helps companies choose and develop the best talent, and helps individuals to get the most out of their career. Previous to that she was Head of Career Development at Career Psychology Ltd. London. Sophie is an active member of both the Psychological Society of Ireland (PSI) and the British Psychological Society (BPS) and has been involved with press and media affairs on a voluntary basis for both organisations over the past 10 years. Through her involvement with PSI, she helped organise 2 national careers events for undergraduate psychology students and has spoken at a number of Careers Fairs on her area of expertise, Occupational Psychology. Sophie writes regular careers features for a number of publications and was careers columnist for Prudence magazine for the past 2 years. Whilst working in London, Sophie was the in-house careers expert for indash.circle.com and wrote regularly for the national press. Sophie lives in Dublin with her husband Alan.