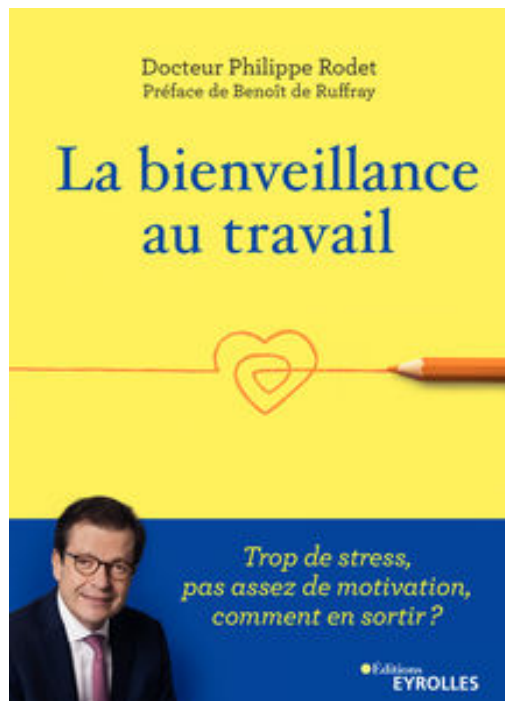


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**Download or Read Online La bienveillance au travail Philippe Rodet Free eBook PDF/ePub/Mobi/Mp3/Txt, Trop de stress, pas assez de motivation, comment en sortir ?**

On sait aujourd'hui que le travail est une forte source de stress, dont l'impact peut être ravageur sur les individus mais aussi sur les entreprises. A contrario, on sait également que la bienveillance-et les émotions positives en général-diminue les effets du stress et favorise à la fois la créativité et la motivation des individus à s'engager dans des activités améliorant ainsi leurs talents et leurs compétences.

Pourquoi, dans ce cas, ne pas développer plus de comportements bienveillants afin de créer une ambiance de travail plus en harmonie avec ce que nous sommes ?

C'est le voeu de l'auteur et c'est là tout l'intérêt du livre : il s'agit d'un véritable guide pratique destiné à vous aider, que vous soyez manager ou managé, à changer de posture, afin de retrouver santé et envie. Il vous sera alors possible de transmettre cette motivation autour de vous, clé de votre propre épanouissement au travail et de la réussite individuelle et collective.

Préface de Benoît de Ruffray, président-directeur général du groupe Eiffage.

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