



DOWNLOAD



## Mindful and Effective Employees: A Training Program for Maximizing Well-Being and Effectiveness Using Acceptance and Commitment Therapy (Paperback)

By Paul Flaxman

New Harbinger Publications, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The benefits of reducing employee stress are innumerable, as relaxed employees have a lower rate of absenteeism, higher rate of productivity, and enhanced resilience to workplace challenges. Reducing stress in the workplace is no longer only a matter of company culture-in today s economic climate, it is a priority that effective businesses cannot afford to neglect. The Mindful and Effective Employee presents a complete program based in acceptance and commitment therapy (ACT) that employee trainers, human resource managers, life coaches, group therapists, occupational health professionals, and organizational development practitioners can use to enhance employee productivity and performance. In three group sessions, trainers can deliver ACT psychological and behavioral skills that will make lasting changes in employee resilience and productivity. This program is created by the world s leading experts on ACT training in workplace settings.



READ ONLINE  
[ 1.62 MB ]

### Reviews

*Excellent e book and beneficial one. It is rally fascinating throug reading through time period. You are going to like how the author publish this ebook.*  
-- Prof. Triston Smitham V

*The ebook is easy in read through preferable to understand. It is actually writter in straightforward words and never hard to understand. I realized this publication from my dad and i encouraged this ebook to understand.*  
-- Dr. Fausto Jenkins Sr.

## You May Also Like



### **Guidelines: January-April 2013: Bible Study for Today s Ministry and Mission**

Brf (the Bible Reading Fellowship), United Kingdom, 2012. Paperback. Book Condition: New. 167 x 120 mm. Language: English . Brand New Book. The Editor writes.We start this issue on a high note, with a fortnight of studies on Blessing (from Keith Beech-Gruneberg,...



### **Creative Kids Preschool Arts and Crafts by Grace Jasmine 1997 Paperback New Edition Teachers Edition of Textbook**

Book Condition: Brand New. Book Condition: Brand New.



### **The Country of the Pointed Firs and Other Stories (Hardscrabble Books-Fiction of New England)**

New Hampshire. PAPERBACK. Book Condition: New. 0874518261 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!!! \* I am a...



### **Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



### **Sarah's New World: The Mayflower Adventure 1620 (Sisters in Time Series 1)**

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Sarah's New World: The Mayflower Adventure 1620 by Colleen L. Reece. Sisters in Time Series book 1. Christian stories for girls. Sisters in Time Series. Age 8-12,...



### **YJ] New primary school language learning counseling language book of knowledge [Genuine Specials(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2011-03-01 Pages: 752 Publisher: Jilin University Shop Books All the new book. the subject of genuine special part...