

Well-being in the workplace - A guide to resilience for individuals and teams

Written by Sarah Cook

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Read Sarah Cook's new book: **Well-being in the workplace - A guide to resilience for individuals and teams**

- Provides practical guidance for developing and improving resilience at work.
- Focuses on the individual, as well as the individual as part of a team.
- Explains how to spot the signs of declining mental, physical, emotional and social well-being.
- Gives advice and practical exercises for managers to establish resilience within their team.
- [Well-being in the Workplace – A guide to resilience for individuals and teams | Ireland \(itgovernance.eu\)](#)
- For more information on Well-being and Resilience please contact info@thestairway.co.uk

