



Work And Self

Catherine Casey



Work And Self:

Bring Your Whole Self to Work Mike Robbins,2018-05-01 In today s work environment the lines between our professional and personal lives are blurred more than ever before Whatever is happening to us outside of our workplace whether stressful painful or joyful follows us into work as well We may think we have to keep these realities under wraps and act as if we have it all together But as Mike Robbins explains we can work better lead better and be more engaged and fulfilled if instead of trying to hide who we are we show up fully and authentically Mike a sought after motivational speaker and business consultant has spent more than 15 years researching writing and speaking about essential human experiences and high performance in the workplace His clients have ranged from Google to Citibank from the U S Department of Labor to the San Francisco Giants From small start ups in Silicon Valley to family owned businesses in the Midwest From what he s seen and studied over the years Mike believes that for us to thrive professionally we must be willing to bring our whole selves to the work that we do Bringing our whole selves to work means acknowledging that we re all vulnerable imperfect human beings doing the best we can It means having the courage to take risks speak up have compassion ask for help connect with others in a genuine way and allow ourselves to be truly seen In this book Mike outlines five principles we can use to approach our own work in this spirit of openness and humanity and to help the people we work with feel safe enough to do the same so that the teams and organizations we re a part of can truly succeed This book will offer you insights ideas and tools to inspire you to bring all of who you are to the work that you do regardless of where you work what kind of work you do and with whom you do it And if you re an owner leader or just someone who wants to have influence on those around you this book will also give you specific techniques for how to build or enhance your team s culture in such a way that encourages others to bring all of who they are to work

Work, Self and Society Catherine Casey,2013-01-11 Despite recent interest in the effects of restructuring and redesigning the work place the link between individual identity and structural change has usually been asserted rather than demonstrated Through an extensive review of data from field work in a multi national corporation Catherine Casey changes this She knows that changes currently occurring in the world of work are part of the vast social and cultural changes that are challenging the assumptions of modern industrialism These events affect what people do everyday and they are altering relations among ourselves and with the physical world This valuable book is not only a critical analysis of the transformations occurring in the world of work but an exploration of the effects of contemporary practices of work on the self

My Job, My Self Al Gini,2001 First Published in 2001 Routledge is an imprint of Taylor Francis an informa company

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