

SUSTAINABLE WORKING

Using Sustainable HRM as Leverage for Greater Engagement, Happiness and Health

A practical approach using the Connection4Balance Model

Connection4Balance Model



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WORKING DIFFERENTLY AND ORGANISING WORKING DIFFERENTLY

IN CONCLUSION

A WORD OF THANKS

AFTERWORD: MY STORY

HOW IT ALL STARTED.....

A MAJOR UPHEAVAL CAME A FEW MONTHS LATER

I WAS NOT SUSTAINABLE WITH MYSELF, AND ORGANISATIONS WERE NOT SUSTAINABLE WITH ME

A SUSTAINABLE OUTCOME.....

MY PATH

SOME THOUGHTS TO FINISH.....

EPILOGUE.....

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BIBLIOGRAPHY

The book answers the following questions:

1. What is sustainability and the evolution towards sustainability?
2. How can sustainability contribute to increasing happiness at work, greater engagement and better health?
3. What can individuals do to increase their own happiness at work?
4. What can an employer do to promote staff engagement and health?
5. How can happiness at work, engagement, health and sustainability be *jointly* achieved?
6. How can personnel management support increased happiness in work, greater engagement, better health and increased sustainability – in other words: the sustainable employability of personnel?
7. How does this approach help establish a sustainable business strategy?