

HBR Guide to Managing Stress At Work

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Richard Schwindt



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HBR Guide to Generative AI for Managers Elisa Farri, Gabriele Rosani, 2025-02-11 Leverage gen AI to save time innovate faster and lead effectively You re probably aware that generative AI can output quality text and create stunning images in seconds But smart managers are now using gen AI for high level work problem solving driving innovation strategic thinking and dozens of other applications Managers who develop their generative AI capabilities will soon be leaping ahead of those who don t Fortunately you can start today and see immediate results The HBR Guide to Generative AI for Managers is packed with practical tips prompts and case studies to accelerate and improve countless aspects of your work You ll learn how to Run smart experiments Boost your productivity Determine the right collaboration mode a Co Pilot or a Co Thinker Dialogue with AI for better decision making Be aware of the risks and avoid traps Capitalize on your gen AI enabled mindset Arm yourself with the advice you need to succeed on the job with the most trusted brand in business Packed with how to essentials from leading experts the HBR Guides provide smart answers to your most pressing work challenges

The Harvard Business Review Manager's Handbook Harvard Business Review, 2016-12-13 The one primer you need to develop your managerial and leadership skills Whether you re a new manager or looking to have more influence in your current management role the challenges you face come in all shapes and sizes a direct report s anxious questions your boss s last minute assignment of an important presentation or a blank business case staring you in the face To reach your full potential in these situations you need to master a new set of business and personal skills Packed with step by step advice and wisdom from Harvard Business Review s management archive the HBR Manager s Handbook provides best practices on topics from understanding key financial statements and the fundamentals of strategy to emotional intelligence and building your employees trust The book s brief sections allow you to home in quickly on the solutions you need right away or take a deeper dive if you need more context Keep this comprehensive guide with you throughout your career and be a more impactful leader in your organization In the HBR Manager s Handbook you ll find Step by step guidance through common managerial tasks Short sections and chapters

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Harvard Business Review, Karen Dillon, Amy Gallo, 2017-11-14 Emotional intelligence has been shown to be more important than other competencies in determining outstanding leadership. Emotions drive some of our most critical professional interactions whether you're inspiring your team to higher performance, persuading your boss to see something from your point of view, dealing with difficult colleagues, or managing your own stress level. Indeed, knowing how to manage emotions has become one of the crucial criteria in hiring and promotion. This specially priced five-volume set includes books from the HBR Guide series on the topics of Emotional Intelligence, Office Politics, Dealing with Conflict, Managing Stress at Work, and Managing Up and Across. You'll learn how to monitor and channel your moods and reactions, determine your emotional intelligence strengths and weaknesses, deal with difficult people, understand when to resolve a conflict head-on and when to let it go, influence others across the organization, build supportive alliances with coworkers and colleagues, handle workplace stress in productive ways, arm yourself with the advice you need to succeed on the job with the most trusted brand in business. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

Stress in the Workplace Jack Dunham, 2001. This book consists of nine chapters written by internationally known and respected research workers. Lennart Levi presents a psychosocial framework for understanding sickness and health in the workplace. James Campbell, Quick Debra Nelson, and Jonathan Quick give an account of their research with executives in industry and the US Air Force. Tores Theorell focuses his research on the increasing demands on workers and the reducing control they have over their working lives. Johannes Siegrist is also concerned with imbalance in this case between effort and reward at work. Susan Cartwright and Sheila Penchal report on the effects of the increase of mergers and acquisitions in the 1990s. Howard Khan's focus is the stress of working for clearing banks, merchant banks, and foreign-owned banks in London and New York. Sandra Fielden and Lyn Davidson present evidence of the sources of stress of women in managerial positions. Cheryl Traver's analysis of the rising costs of teacher stress is very relevant for policy makers and managers. Michiel Kompier and Tage Kristensen make recommendations for planning and implementing stress management strategies in the workplace.

Harvard Business Review Library: Planning & Control, 11 v, 1968 **Harvard Business Review Library: Marketing**, 8 v, 1968 **Managing People at Work** Dale S. Beach, 1980. Abstract. A book of readings is designed for the manager trying to keep abreast of significant developments in his field or for use as a supplementary graduate or undergraduate text in personnel management or industrial relations. Forty-four articles are included; 18 are from the previous edition and 26 address new developments in human resource management such as human resource planning, women and handicapped employees, career development, management development, merging personnel and organizational functions, application of behavioral theories, quality of working life, privacy, merit pay systems, and labor management practices. Readings are grouped into 10 major sections. Each section provides a brief overview of the subject area, discusses the nature of the articles, and provides questions for discussion. Articles included represent a diversity of viewpoints.

summarizing recent research studies and emphasizing philosophical ethical and value issues kbc Harvard Business
Review Library ,1968 **Industrial Relations and Human Resources Management** Richard Schwindt,1995

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