

Boreout!

Overcoming workplace demotivation



Philippe Rothlin & Peter Werder

Boreout Overcoming Workplace Demotivation Hardcover

Philippe Rothlin, Peter R Werder



Boreout Overcoming Workplace Demotivation Hardcover:

Boreout! Philippe Rothlin, Peter R. Werder, 2008 The authors estimate that 15 percent of office staff members are on the way to chronic boredom and demotivation in the workplace Here they bring to light this newly recognized phenomenon and show executives and HR managers how to recognize boreout and avoid its consequences *Boreout !* Philippe Rothlin, Peter R Werder, 2009-01-01 Boreout shows executives line managers and personnel managers what can be done to deal with an emerging problem among staff called boreout syndrome and helps employees to learn how to get more satisfaction out of their job and learn how to fight off symptoms of boreout Staff suffering from boreout syndrome are under worked under challenged and generally outright bored This book explores demotivation in the workplace which is caused by a lack of challenge at work because of repetitive and monotonous tasks a lack of interest in the job and downright boredom Employees have given up and become resigned to their situation while they suffer what is effectively the opposite of office burnout Boreout has become widespread among employees around the world although the problem is only recently being recognized by employers The dangerous effects of boreout should not be underestimated dissatisfaction weariness and the loss of zest for life not to mention the economic problems caused by bored employees spending hours of company time surfing the net In this fascinating new book the authors bring to light this prevalent phenomenon and show employees and employers how to recognise boreout and avoid its consequences Whether you are an employee suffering from this draining condition or an employer looking to prevent any of your staff from falling into the boreout trap this title is essential reading *Overcoming Burnout* Alon Gul, 2013 **Rest More Work Less** George D Delvin, 2023-07-06 ARE YOU TIRED OF WORKING LONG HOURS AND NEVER GETTING A BREAK Do you want to lead a life that is less hectic and more satisfying one in which work is not a chore but a pleasure In such a case you should read this book The book *Rest More Work Less* will teach you how to reclaim your time enjoy leisure and achieve balance in a workaholic society by challenging your beliefs about work and showing you how to unleash productivity and overcome burnout What you ll pick up from this book is The myths and illusions that keep you in a rut of overwork burnout and pointless work and how to escape them The best way to cut down on hours at work without jeopardizing pay or job stability or advancement opportunities Finding the sweet spot between your professional goals and your ideals How to make your job more satisfying worthwhile and equitable In what ways you might rearrange your schedule to make room for extra downtime How to make rest a radical act of defiance against the current quo and a driving force towards positive change in one s life and the world at large How to become part of the change toward a more positive and healthy society in which labor is valued for its own sake rather than as a means to an end exploitation This book is a call to arms for a revolutionary shift in the way we live and work This book is founded on the author s extensive knowledge and practice of numerous modalities of personal development spirituality and energy work as well as his own experience with overcoming overwork burnout and pointless work George D Delvin is a candidate for DIC Foundations an

organization whose mission is to assist people improve their vibrations via the use of knowledge frequencies and other methods He encourages individuals to relax more and work less to realize their potential as writers speakers and coaches Anyone seeking a happier healthier and more satisfying life would benefit from reading this book Anyone who puts in long hours and would want to get more done in less time fits this category employees business owners students and parents Whether overwork burnout or pointless labor has taken its toll on you Even if you re just interested in how altering your outlook on the workplace could boost your well being and contentment this article is for you If you want to make a difference in your life this book will provide you with the inspiration motivation and practical advice you need It ll make you think critically about the world as it is and encourage you to become part of the movement to change things for the better If you want a read that will have you thinking feeling and doing this is the book for you If you want to be tested inspired and changed this is the book for you If you want to read a book that will alter the course of your life and the world this is it Then you should read this book Stop wasting time And prepare to sleep in do less work and enjoy life more And enjoy life even more

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