



une hygiène de vie au service de la performance du manager - manger - récupérer, bouger mieux, pour manager mieux

By Lewkowicz, Sabine

AFNOR, 2015. Paperback. Condition: NEUF. Risques psycho-sociaux (RPS), Santé et qualité de vie au travail (SQVT). Autant de notions qui figurent au premier rang des préoccupations des entreprises d'aujourd'hui. Si le management et les ressources humaines ont un rôle prépondérant à jouer dans ces domaines, les individus et les équipes ont néanmoins un pouvoir considérable pour améliorer leur bien-être et leur santé, et donc leurs performances au travail et dans la vie personnelle. Le but de ce livre très pratique : donner à chacun les moyens de mieux se connaître, les informations de base pour analyser ses propres problèmes, et les moyens de les résoudre. Organisé en cinq grandes parties correspondant chacune à un aspect majeur de notre vie d'humains : le sommeil, l'alimentation, l'hygiène de vie au quotidien, l'activité physique, les outils d'amélioration, il comporte de nombreux auto-tests, des informations de santé et d'hygiène, des exercices à pratiquer au quotidien. Sans dogmes, sans préjugés, Sabine Lewkowicz tire parti de son expérience de coach et d'enseignante en yoga chinois, nutrithérapie et sophrologie. Elle nous offre les outils nécessaires à une approche personnelle de l'amélioration de notre mode de vie. Ce livre, utile aux managers comme aux salariés, sera également très...



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