
Workplace Wellbeing: 21 Lessons for the New World of Work - Reviews

“This book is a must have. It is like being at a conference of renowned speakers but better. Here, you can dip in and out in your own time and find what is relevant to you. A perfect balance of theory and practical content pertinent to the new world of work, with an emphasis - quite rightly - on health and wellbeing whilst doing the job you love.”

Alexandra Freedman, Director, Skills4Success

“When Coronavirus caused much of the world’s population to rapidly find and adapt to new ways of working, it was often claimed everything would go back to normal when the virus was beaten. Change was disruptive, radical, and error-prone. The many sinews of progressive organisations had to be flexed differently, covering cultural change, remote technology challenges, trust between the employer and the now often out-of-view employee. A multitude of difficult changes had to be made within close contact organisations caring for millions of people in new and different ways. During long periods of increased isolation, health and wellbeing came to the top of the leader board. Despite this, populations found and adopted new ways of working.

When Coronavirus subsided, people embraced these new practices in unimaginable ways. Many found a better work/life balance could be gained. The 9-5 working day became a totem of less relevance. The focus on mental health soothed and supported millions at a time of stressful change.

The twenty-nine expert practitioners who have given their experience and newly researched insights in this book are to be congratulated for laying out their findings in an easily accessible way, helping individuals, organisations, and business leaders navigate continuing adaptation in this new world of work. They validate changes born out of crisis, and suggest many practical ways to improve productivity, profit, and harmony in the new world of work. Recommended reading.”

Chris Clark, Scarborough

“I really like how each section enables the reader to walk easily through practical steps, backed up by current research, with such clarity and without overwhelming them. There certainly are articles of immense value here, whether you are an individual, a manager, or an organisation looking to the future. They help each reader to be better informed and equipped in their role and function.”

Maggie Stevens, Edinburgh