



# Managing Workplace Stress: A Best Practice Blueprint (CBI Fast Track)

*Stephen Williams, Lesley Cooper*

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The facts of workplace stress are terrifying for businesses: in the average organisation ten percent of employees report very low levels of satisfaction with their jobs and three percent of turnover may be lost. Yet while stress may be endemic to business, it is not inevitable. Breaking through barriers of ignorance to promote happy and productive workforces, Steve Williams and Lesley Cooper provide a framework for building appropriate interventions along with a proactive template for dealing with stress before issues come to a head. Full of examples and workable solutions, this internationally-oriented book offers a wealth of sound advice and an essential stress debrief.



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