

The Surprising Science of Workplace Performance: Why Doing Your Best Work Isn't Enough - Discover the Secrets to Peak Performance

In a world where competition is fierce and the demands of work are constantly evolving, it's no longer enough to simply do your best. To succeed in today's workplace, you need to understand the science behind peak performance and apply it to your daily routine.

"The Surprising Science of Workplace Performance: Why ng Your Best Work Isn't Enough" is the groundbreaking book that reveals the secrets to achieving your full potential at work. Written by organizational psychologist Adrian Gostick and Chester Elton, this insightful guide provides a comprehensive understanding of the factors that influence workplace performance, and offers practical strategies for overcoming obstacles and maximizing your productivity.

Drawing on cutting-edge research and real-world examples, "The Surprising Science of Workplace Performance" challenges conventional wisdom and provides a fresh perspective on what it takes to succeed in the modern workplace. Here are some of the key insights you'll discover in this thought-provoking book:

Don't Shine: The Surprising Science of Workplace Performance and Why Doing Your Best Work May Be Hazardous to Your Career by Christophe P. Yerling Ph.D.

★★★★☆ 4.2 out of 5

Language : English



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| File size | : 3619 KB |
| Text-to-Speech | : Enabled |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 104 pages |
| Lending | : Enabled |
| Screen Reader | : Supported |



- **The importance of purpose:** Find meaning in your work and align your goals with your company's mission. This will not only boost your motivation but also increase your overall job satisfaction.
- **The power of positive emotions:** Positive emotions, such as gratitude and happiness, can enhance your cognitive abilities, creativity, and resilience. Cultivate these emotions in the workplace to improve your performance and well-being.
- **The impact of social support:** Strong relationships with colleagues, supervisors, and friends can provide a sense of belonging and support, which can boost your confidence and performance. Nurture these relationships to create a positive and supportive work environment.
- **The significance of autonomy:** Give yourself autonomy over your work and decision-making. This will increase your motivation, creativity, and job satisfaction. Empower yourself to take ownership of your responsibilities and drive your own success.
- **The role of goal setting:** Set clear, achievable goals that challenge you but are not overwhelming. This will provide you with a sense of direction and focus, and help you stay motivated and engaged in your work.

Throughout the book, Gostick and Elton provide actionable strategies and exercises that you can implement immediately to improve your workplace performance. They cover a wide range of topics, including:

- How to create a positive work environment
- How to manage your energy and time effectively
- How to deal with stress and setbacks
- How to build relationships and collaborate with others
- How to develop resilience and bounce back from adversity

"The Surprising Science of Workplace Performance" is an essential resource for anyone who wants to reach their full potential at work. Whether you're a manager, entrepreneur, or employee, this book will provide you with the knowledge and tools you need to succeed in the modern workplace.

Don't settle for mediocrity. Discover the surprising science behind workplace performance and unlock your full potential. Free Download "The Surprising Science of Workplace Performance: Why ng Your Best Work Isn't Enough" today and start your journey to peak performance!

Key Features and Benefits:

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- Comprehensive understanding of the factors that influence workplace performance
- Practical strategies for overcoming obstacles and maximizing productivity

- Evidence-based insights and real-world examples
- Actionable exercises and tips for immediate implementation
- Written by organizational psychologists with extensive experience in the workplace
- Helps readers reach their full potential and succeed in today's competitive job market

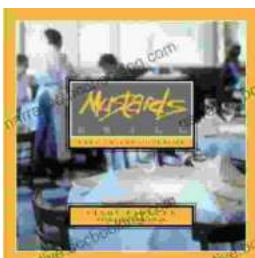


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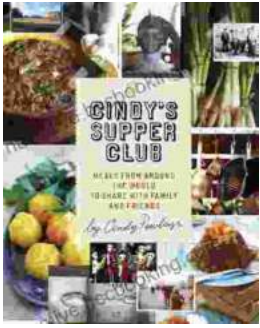
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