



Purpose and Meaning in the Workplace

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Work is one of the fundamental experiences of human life. Yet very few of us are lucky enough to find truly fulfilling jobs. In recent decades, as businesses have come to understand the crucial link between happiness and productivity, researchers have focused increasingly on factors such as the nature of the work itself, how well it is suited to the worker, and the ways in which employees can derive meaning and purpose from their work. In this groundbreaking book, editors Bryan Dik, Zinta Byrne, and Michael Steger have brought together experts in counselling and vocational psychology, industrial and organizational psychology, and the fields of executive coaching and management to investigate how meaningful work can be fostered and sustained throughout a wide range of work environments. Theoretically-grounded yet filled with practical strategies for the workplace, this book will be an important resource for academics, executive consultants, career counsellors, human resource professionals, and organisational leaders alike.

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