



Energize Your Workplace: How to Create and Sustain High-Quality Connections at Work (J-B-UMBS Series)

Jane E. Dutton

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Corrosive work relationships are like black holes that swallow up energy that people need to do their jobs. In contrast, high-quality relationships generate and sustain energy, equipping people to do work and do it well.

Grounded in solid research, this book uses energy as a measurement to describe the power of positive and negative connections in people's experience at work. Author Jane Dutton provides three pathways for turning negative connections into positive ones that create and sustain employee resilience and flexibility, facilitate the speed and quality of learning, and build individual commitment and cooperation.

Through compelling and illustrative stories, *Energize Your Workplace* offers managers, executives, and human resource professionals the resources they need to build high-quality connections in the workplace.

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