

9 to 5: Your Mind at Work

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Everyday hundreds of millions of people go to work. Hours upon hours are spent at desks, in offices, in meetings, speaking to and collaborating with colleagues. But how many of those hours are productive ones? How can we make the most of those hours and become more successful? Many factors – personal, professional and psychological – combine to affect how we think, feel and act while on the job, which ultimately affects our productivity and success. In this eBook, 9 to 5: Your Mind at Work, we look at some of these factors, including the physical office space, how to foster creativity and communication, the psychology of effective leadership, the benefits and importance of diversity and achieving work-life balance.



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