



The Mindful and Effective Employee: An Acceptance and Commitment Therapy Training Manual for Improving Well-Being and Performance

Frank W. Bond, Paul E. Flaxman, Fredrik Livheim

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The importance of improving and maintaining employees' psychological health is now widely recognized by occupational health researchers and practitioners, business leaders, human resource professionals, and policy makers alike. Indeed, a growing body of research has established that psychological well-being is one of the most important factors in job performance.

The Mindful and Effective Employee offers an evidence-based workplace training program based on acceptance and commitment therapy (ACT). The program is specifically designed to improve employees' psychological health—as well as their effectiveness at work and in their personal lives—through a combination of mindfulness and values-guided behavioral skills. This book is designed for use by psychologists, coaches, occupational health practitioners, and human resource professionals who are interested in improving employee well-being, performance, and quality of life.

The training program described in this book is designed to:

- Promote employee self-awareness
- Help employees find purpose, direction, and meaning
- Offer new ways to improve work and life effectiveness
- Help employees identify and pursue valued goals and actions

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