

## C-SHAW II

### THE FOUNDATIONS OF HAPPINESS AT WORK PLACE

MAX.MARKS: 100

EXTERNAL: 70

INTERNAL: 30

PASS: 40%

Credits: 4

#### Section A

Work place dissatisfaction: Sources and causes of work stress; Impact of stress on performance; Concept of Burn out.

Effective skills at workplace: Interpersonal Skills, decision making, leadership qualities, teamwork, Work-related values and attitudes.

#### Section B

Organizational communication skills: Johari Window; Transactional Analysis; Power of grapevine.

Mental strength and flexibility: Resilience; Optimism; Self efficacy; Self-confidence.

#### Suggested Readings:

1. Cunha, M.P., Rego, A., Simpson, A. & Clegg, S. (2019). Positive Organizational Behaviour: A Reflective Approach. Routledge. Taylor and Francis Group.
2. 2. Friedman, R. (2014). The Best Place to work: The Art and Science of Creating an extraordinary workplace. Penguin Publishing group.
3. Ivtzan, I., Lomas, T., Hefferon, K., Worth, P. (2016). *Second Wave Positive Psychology: Embracing the Dark Side of Life*. Routledge.
4. Lomas, T., Hefferon, K., Ivtzan, I., (2014) *Applied Positive Psychology: Integrated Positive Practice*. SAGE Publications Ltd.
5. Shawn Achor. (2010). The Happiness Advantage: The seven principles of positive psychology that fuel success and Performance at work. New York. Crown Publishing Group.