



El nuevo síndrome laboral Boreout: Recupera la motivación (Spanish Edition)

Philippe Rothlin, Peter Werder

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¿Tu trabajo te aburre? ¿Te sientes fuera de lugar y totalmente desaprovechado? Es posible que sufras de *boreout*. El *boreout* es lo contrario del *burnout* y se compone de: infraexigencia (tareas repetitivas y monótonas), aburrimiento (la desgana se apodera de la jornada laboral) y desinterés (falta de identificación con el trabajo).

La premisa de que sería genial no dar golpe en la oficina es muy popular. Sin embargo, las horas en las que no hay nada que hacer salvo esperar el momento de volver a casa pasan muy lentamente, con un terror mudo. El empleado terminará basando en esa insatisfacción, por paradójico que parezca, el resto de estrategias de su vida. Y esas estrategias dejarán a un lado de manera definitiva toda su creatividad. En consecuencia, también la empresa para la que trabaja saldrá perdiendo.

Philippe Rothlin y Peter R. Werder diseccionan un fenómeno laboral inédito y aportan soluciones para evitar sus perniciosas consecuencias en lo anímico y en lo económico. Tanto si eres un empleado aquejado por esta condición como si eres un directivo que desea motivar a su plantilla, este libro es de lectura imprescindible.



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