

MANAGING EXECUTIVE STRESS

A Systems Approach

James W. Greenwood, III
James W. Greenwood, Jr.

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Managing Executive Stress A Systems Approach

Andrew J. DuBrin



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AMA Management Digest American Management Association, 1979 Human Resources Development and the Planning
Process in India Uddesh Kohli, 1988 Peer Counseling Judith A. Tindall, Harold Dean Gray, 1989 A step by step model for
training peer counselors forms the basis of this trainer s manual and for the accompanying exercises for trainees which are
organized into two books for effective skill building Chapter I of the trainer s manual contains an open letter to the trainer
which lists requirements for being effective in training peer counselors Chapter II looks at the concept of peer counseling
and its components chapter III examines the changing roles of counselors and chapter IV presents research findings on peer
counseling Chapter V focuses on development of the trainer Chapter VI discusses the setting up of a peer counseling
program chapter VII reviews the training model and procedures to follow and chapter VIII presents the training program
itself which is divided into modules designed to cover all eight basic communication skills Following this chapter are two sets
of modules for the two books of activities for trainees 13 modules for Book 1 The Introductory Program and 11 modules for

Book 2 Applying Peer Helper Skills Chapter IX describes operationalizing peer counselors helpers and advanced training chapter X deals with program evaluation chapter XI discusses peer counseling in action and chapter XII provides guidelines for the paraprofessional in human services Appendixes contain pre and posttests on the positive values continuum evaluation forms other forms and application blanks and rating sheets Lists of references and additional readings are included NB

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