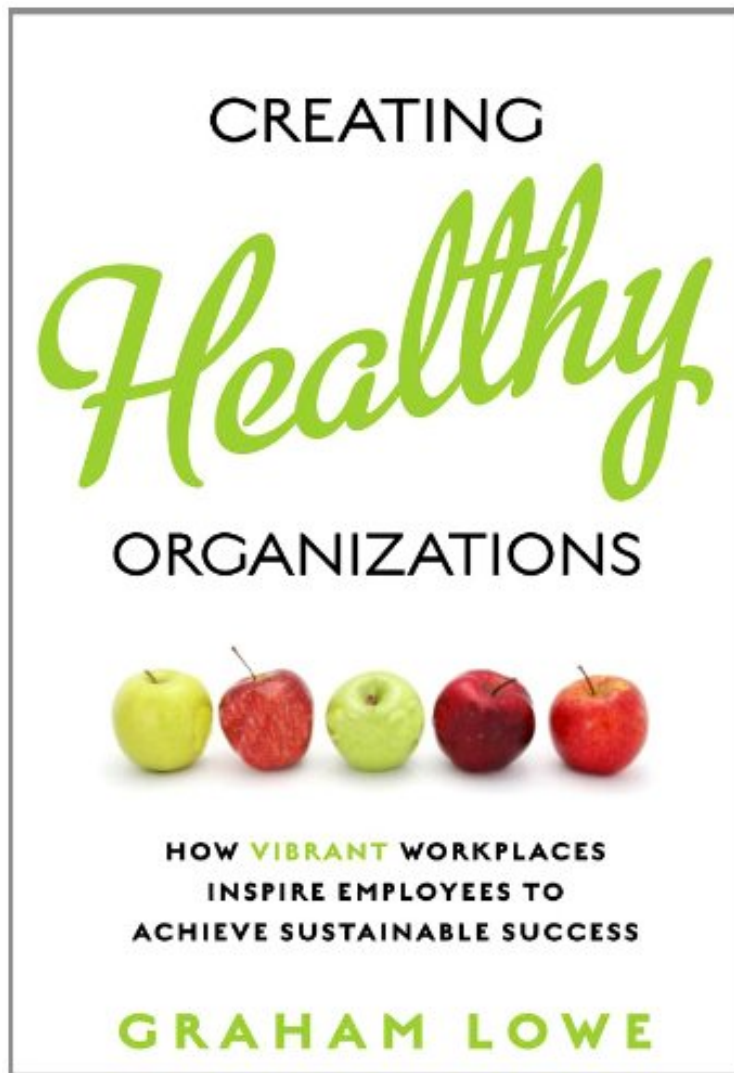


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Creating Healthy Organizations: How Vibrant Workplaces Inspire Employees to Achieve Sustainable Success

Graham Lowe

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2 of 3 people found the following review helpful. Here's the BeefBy William McPeckHow to create a healthy workplace is often discussed within the worksite health promotion community, but I find that the discussions generally lack comprehensiveness. This book solves this problem by providing both the framework (bones) and the content

(meat) needed to fill out the framework. Recognizing that worksite wellness programs only get you so far, Professor Lowe advocates for a more comprehensive strategy of "creating and sustaining vibrant and productive workplaces." To get there, in this book, Professor Lowe lays out a suggested framework, provides tools for the practitioner to use and makes the business case for the needed changes by providing both the supportive research and case examples. According to Professor Lowe, the elements of a healthy organization include: health and wellness, quality work environments, employee engagement, organizational performance and corporate social responsibility. Each element and more are covered in the book. Professor Lowe has successfully written a book that is both readable and passes the rigor required for a research based solution to the issue of how to create healthy organizations. It is my hope that this book will serve as the catalyst and starting point for the worksite wellness, EAP, OD, occupational medicine, safety and work-life professionals to leave their individual silos to begin to work cooperatively and collaboratively on creating healthy organizations. Our employers and clients need no less from us. Now that we have the framework, tools and documentation necessary to make the business case, it is time to get started. I encourage you to make reading this book your first step.

0 of 0 people found the following review helpful. The perfect cure for insomnia
By marc
The author is an ineffectual writer. He made some good points in terms of employee well being, however he was unable to effectively communicate it. I would only recommend this book to those who suffer from insomnia.

1 of 1 people found the following review helpful. One Star
By Troy Hill
Very dry, author covers the same point time after time.

The current global economic environment is defined by unprecedented uncertainty, a premium placed on knowledge, and the threat of future talent scarcity. Key to an organization's success under these conditions is its ability to strengthen the links between people and performance. *Creating Healthy Organizations* provides executives, managers, human resource professionals, and employees an action-oriented approach to forging these connections by creating and sustaining vibrant and productive workplaces. A healthy organization operates in ways that benefits all stakeholders, including employees, customers, shareholders, and communities. Using a wide range of examples from a variety of internationally based industries, Graham Lowe integrates leading practices with research on workplace health and wellness, quality work environments, employee engagement, organizational performance, and corporate social responsibility to make a compelling business case for creating healthy, resilient, and sustainable organizations. *Creating Healthy Organizations* offers readers, whether CEOs or front-line workers, an innovative framework and practical tools for planning, implementing, and measuring healthy change in their workplaces.

'Graham Lowe has written a fantastic book on creating healthy organizations. Employers everywhere are looking for a roadmap to help them boost organizational performance by securing and retaining the next generation of knowledge workers in an ageing workforce. This book effectively addresses these issues. It is a must read.' (Ed Buffett, President and CEO of Buffett and Company Worksite Wellness, Inc., author of the National Wellness Survey, and 2009 recipient of the Canadian Workplace Wellness Pioneer Award) 'This is the best book imaginable about how to create organizations that thrive by recognizing the dynamics of the human element. Graham Lowe is simply the most knowledgeable source there is on the intersection of employee well-being and organizational success. He stretches our thinking with enlightening evidence, and gives us a rare opportunity to transform both our conceptual understanding and workplace practice.' (Sandra Burud, PhD, co-author of *Leveraging the New Human Capital* and Chief Strategy Officer of FlexPaths.com) 'In the face of global competition, modern offices and factories can become harsh and demanding places to work. Health promotion can alleviate the impact on employees but has only limited benefits for performance. This book is an excellent guide to how to make our working lives better while still helping businesses succeed. Graham Lowe establishes that the solution is to create healthy and vibrant organizations, and shows the reader how it can be done.' (Francis Green, Professor of Skills Development and Labour Economics, Institute of Education, University of London, and author of *Demanding Work*) 'Graham Lowe takes a unique approach in his study of vibrant workplaces by broadly considering health and health promotion practices as useful mechanisms for achieving organizational success. Lowe has covered all the current topics about workplace health and wellness, organizational change, and business success, bringing them together in one well thought out presentation. This book is full of ideas and suggestions that will help you to create your own healthy organization.' (Amy Lyman, Director, Corporate Research, Great Place to Workreg; Institute, Inc.)

About the Author
Graham Lowe is professor emeritus at the University of Alberta. He is currently the president of the workplace consulting firm The Graham Lowe Group Inc.