William Scott-Jackson Andrew Mayo

Transforming Engagement, Happiness and Well-Being

Enthusing People, Teams and Nations



Contents

1	Engagement, Happiness and Well-Being: Why Bother?	1
2	What are Engagement, Happiness and Well-Being?	13
3	PACE: The Process of Active Committed Enthusiasm	105
4	How to Maximise Individual Propensity for Active Committed Enthusiasm	169
5	The Effect of Leaders on Engagement and Well-Being	191
6	Transforming Well-Being and Engagement: A Toolkit	221
7	End Note—The Case of Dubai	241
Index		247