

A MEANINGFUL LIFE AT WORK

The Paradox of Wellbeing

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BY

Raida Abu Bakar

Rosmawani Che Hashim

Sharmila Jayasingam

Safiah Omar

Norizah Mohd Mustamil

University of Malaya, Malaysia



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India – Malaysia – China

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INVESTOR IN PEOPLE

Dedicated
To good friends ...

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This book is a result of an amazing and meaningful journey made by all the authors who care and respect for the life and wellbeing of individuals. Inspired by their own experiences at work, the authors accentuate the pertinent aspects of an individual's mental capability and emotions. In essence, this book enables them to communicate their carefully referred thoughts and practices to readers of how powerful choice is in determining an individual's life in the pursuit of happiness, particularly at the workplace.

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ABOUT THE AUTHORS

Raida Abu Bakar is Senior Lecturer at the Department of Business Policy and Strategy, University of Malaya. Her areas of research interest are organisational psychology/employee motivation. She obtained her Bachelor of Science in Management from Purdue University, USA, an MBA from University of Malaya, and a PhD from RMIT University, Australia. Her research has been published in *International Journal of Human Resource Management*, and *International Journal of Training and Development*, among others. She has 15 years of experience in consultancy and research projects. She was a consultant to numerous projects, that is, the Ministry of Entrepreneur and Co-operative Development, the Master Builder Association of Malaysia, ANGKASA, Akademi Seni Budaya dan Warisan Kebangsaan and others.

Rosmawani Che Hashim is Senior Lecturer at University of Malaya (UM) with 23 years of teaching experience. Her areas of expertise are Commercial Law, International Trade Law and Islamic Banking and Finance Law. She obtained a Bachelor of Laws (Hons) degree in 1992 and Bachelor of Shariah Law (Hons) degree in 1993 from International Islamic University Malaysia (IIUM). Following her Bachelor degree, she obtained her Masters in International Commercial Law from University of Nottingham, UK, in 1995. She holds her PhD in Islamic Banking and Finance Law at International Islamic Banking and Finance Institute, (IiBF) IIUM. She started her carrier as

Lecturer at Universiti Utara Malaysia in 1995 before transferring to UM in 2005. Currently, she is teaching Commercial Law and Legal Aspect of Banking Law at the Faculty of Business and Accountancy (FBA), UM, and serves as Coordinator for Industrial Training. Apart from her considerable teaching experience and administration posts, she is active in literary pursuits. Her articles have been published in various law journals as well as proceedings in national and international conferences.

Sharmila Jayasingam received her MBA and PhD from the University of Science Malaysia in the field of Management. She is currently Senior Lecturer in Leadership and Organisational Behaviour at the Faculty of Business and Accounting, University of Malaya. Prior to joining University of Malaya, she was teaching courses such as management, leadership and knowledge management at the Universiti Tenaga Nasional and Multimedia University. Her research is interdisciplinary and addresses knowledge management issues, leadership and organisational behaviour. Her current interest includes the influence of social media on leadership effectiveness. She has written several journal articles which have been published in *Knowledge Management Research and Practice*, *Industrial Management & Data Systems*, *International Journal of Human Resources Management*, *Management Research* and many other outlets. She has several years of experience in consultancy projects with agencies such as Permodalan Nasional Berhad, FELDA and HC Consultancy and so forth.

Safiah Omar is Senior Lecturer at the Department of Business Policy and Strategy, University of Malaya. Her areas of research interest are organisational strategy, organisational psychology and employee motivation. She obtained her Bachelor of Science in Business Management from University

of Sunderland, UK, an MBA and PhD from Universiti Teknologi MARA. She has eight years of experience in training, consultancy and research projects. She was a consultant to numerous projects, that is, the Ministry of Higher Education, the Cooperative College of Malaysia, the Ministry of Tourism and Culture Malaysia, the Ministry of Education Malaysia and others. She is also Founder of SmartAKAL, an association that provides free education-seminars for schools in Malaysia.

Norizah Mohd Mustamil is currently Senior Lecturer in Business Ethics and Human Resource Management at the Faculty of Business and Accounting, University of Malaya. She received her MBA from the University of Malaya and DBA from the Curtin University of Technology, Western Australia. Her research is interdisciplinary and addresses ethical issues in business practices and the human resource management area. Her current interest includes the antecedent factors on individuals' ethical behaviours in organisations. She has written several chapters in books and journal articles which have been published in *Journal of Organizational Change Management*, *Journal Management & Marketing* and many other outlets. She has several years of experience in consultancy projects with government and private agencies such as the Ministry of Human Resources, the National Population and Family Development Board, the Institute of Labour Market Information and Analysis, ANGKASA, ASWARA and so forth.