WEAVING A LEXICON

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In conclusion, the beneficial effects of self-regulation in the workplace have been extensively studied. This approach allows employees to take control of their work environments, thereby increasing job satisfaction and productivity. By providing employees with the necessary tools and support to implement self-regulation strategies, organizations can foster a more positive work culture. The goal is to create a workplace where employees feel empowered to make decisions and contribute to their own success. This, in turn, leads to a more productive and engaging workplace for all involved.