Outline

Personal Experiences

Thesis statement: I became stressed, overwhelmed by my duties, and took a toll on my health.

1. Personal Experiences
2. Stress management: According to Robbins and Judge (2018), stress can be termed as a dynamic situation whereby a person is confronted with a demand, resource, or opportunity related to what the person desires or needs.
3. Job Satisfaction and Dissatisfaction: Job satisfaction is a significant motivator that pushes employees to perform exceedingly well while exploiting their full potential. Many employees worldwide feel satisfied and dissatisfied with their current jobs, which affects their efficiency and productivity.
4. Interpersonal skills: Interpersonal skills are pretty relevant in every workplace. The importance of interpersonal skills is reflected in establishing effective personal relationships and connections with colleagues at work