

Psychological Fitness: A Business Experience From Austria

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Abstract

The current business experience aims to shed light on the significance the psychological fitness makes in the business world. The experience shows that the psychological fitness contributes to achieving promising business outcomes. This experience can assist entrepreneurs and businesspeople in developing skills the contemporary business world needs.

Keywords

Business Sustainability, Business World, Psychological Fitness.

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Psychological Fitness: Why and How?

The accelerated changes in the workplace demand an employer to have the psychological fitness to sustain a business. To this end, an employer needs to master their emotional, mental, and behavioral abilities in a way contributing to achieve promising business outcomes.

The more the power an employer gives their employee, the more the spirit of responsibility an employee has. An employer should not intervene in every routine administrative task, they had better give their employee the power to perform the task. Even if an employee made a mistake, an employer had better accommodate the situation and initiate to fix courteously the situation with the employee. This contributes to enhancing a synergistic relationship between both parties, thereby paving the way for better working conditions where task performance takes place. That is to say, the psychological fitness can provide an employer with a power ensuring friendly working conditions empowering an employee to confidently work.

The belief that an employer must give central business problems most priority is not always true. An employer should not overlook the fact that managing small problems can contribute to keeping a business on. To better manage this, an employer can embark on the problems they can fix fast. When a business problem such as a financial problem or a problem with a supplier takes place, this might make a mess and drive an employee to feel concern about the potential job insecurity. This demands an employer to wisely deal with the situation. An employer had better establish regular and direct communications with the employees working in different departments to determine better responsibility each one takes. Apart from business problems, an employer should control over their personal problems and not share in the workplace to not affect workflow. The psychological fitness can help an employer to confine

problems in a way affecting not workflow, especially when employees' educational backgrounds are limited.

The psychological fitness can develop the analytical skills concerning a business model an organization employs. The psychological fitness is basically accumulated experiences and acquired skills helping an employer to enhance the insight on a workflow and modify efficiently the course of business, thereby fulfilling future business expectations. This, however, differs from person to person. Even though business experiences can develop psychological fitness skills over times, but this needs ongoing follow-up and to reconsider carefully renewed business matters from time to time to avoid business problems.

Last but not least, one should not overlook the fact that achieving business sustainability and success reflects necessarily no a real business success. Several businesspeople missing psychological fitness skills may be successful, but work stress may drive those people to lose their social lives and affect their health. The psychological fitness can alleviate the workload challenges, thereby balancing between work and life. Those characterized by the psychological fitness can coping with business challenges and deal wisely with situations.

What is hoped for here is to raise a real-business-experience-based message arguing that the psychological fitness can apply for all regardless of a surrounding environment noting that the latter can brush up emotional, mental, and behavioral skills forming eventually the psychological fitness.

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Appendices

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Biographical Information



Ibrahim NAIM has several years' experience in the business world where he has served leading positions in different business sectors in Austria (including Hotel Sector as a General Manager, Industry and Trade Sector as a Founding Partner, and Non-Profit Organizations). He also has an experience in business consultancy concerning Start-Up Business.



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