Maximum Word Length: 3,000 words Unless otherwise specified, the word count is for the main body of the text and ignores the reference list. If you exceed the word length you will be penalised. Requirements: This assignment requires you to present your work in two sections. Section 1: Recommendations for Leaders and Managers (up to 1,500 words): Identify a topic from the module that has especially captured your attention and interest. Summarise in up to 500 words the practical implications of theory and research into this topic for leaders and managers in organisations who have a responsibility for the well-being of other employees. Then write up to 1,000 words that provide a succinct critical evaluation and summary of the research and theories that led you to the practical implications you identified (i.e., the practical implications in the first 500 words of this section). Section 2: Recommendations for Employees (up to 1,500 words): Identify a second topic from the module that has especially captured your attention and interest. This topic must be substantially and obviously different to the topic you selected for Section 1. Summarise in up to 500 words the practical implications of theory and research into this topic for employees seeking to use it to protect and / or enhance their own well-being. Then write up to 1,000 words that provide a succinct critical evaluation and summary of the research and theories that led you to the practical implications you have identified (i.e., the practical implications in the first 500 words of this section). Each Section must have two sub-headings: ‘Practical Implications’ and ‘Critical Review of Research and Theories’. This means your work will have four sub-headings in total. You may choose to add more sub-headings within each section if you feel this would enhance the presentation and clarity of your work. When preparing your assignment, it may help you to first focus your efforts on the Critical Reviews of Research and Theories: this should help you to identify the practical implications you describe under the first sub-heading of each Section. Note: the contents presented under the Practical Implications do not need to be re-iterated in the Critical Review of Research and Theories.