Wellbeing in the Workplace

Work and experiences in the workplace have a profound impact on many dimensions of individual and collective wellbeing, including a sense of purpose and meaning, financial and emotional security, quality of relationships and community, physical and emotional health, and the local and global environments. In this course, you will learn multi-disciplinary perspectives on key challenges in creating workplaces that contribute to greater wellbeing. You will also reflect on your own personal experiences with wellbeing in your current and past work environments and examine strategies for enhancing wellbeing based on interdisciplinary theory and research. Specific topics include the importance of purpose and meaning at work, challenges in achieving work-life integration, the impact of technology on work expectations, and organizational change. This course is based on a whole-life, integrative model of wellbeing and draws from research and theory across the social, behavior, and health sciences.

Visit z.umn.edu/CSPH5805 for more information.