

ワークライフバランスに関する
調査研究について紹介します！

Lunchtime seminar

How much recreational time is needed?

Findings from empirical research by organizational and work psychologists

Christina Sagioglou, PhD Innsbruck University

How much time off work is necessary?

How do we recover during work through breaks and task changes?

How much can we work without harming our health?

How important is true recreational time not involving any work-related elements?

How important is vacation?

☆いきいきと働くための
ワークライフバランスとは？
☆研究者の生産性を高める
ワークライフバランスについて
考えよう

This talk will present answers to these questions by reviewing empirical research from organizational and work psychologists. A discussion about the applicability of the presented findings for Japanese society is welcomed.

February 18th, 2019

12:00-13:00

Language: English

Free sandwich
will be served!

Mid Campus Open Laboratory #1

(会場は中央キャンパス総合研究棟1号館1階 人材育成本部会議室です)

Eligibility: Students, graduate students, researchers, staff

More detail & Entry

→ <http://bit.ly/2DH0OEV>



About speaker

After her diploma in psychology at the University of Cologne in 2010, Christina Sagioglou worked as a junior researcher at New York University and Hamburg University investigating how positive thinking affects our motivation. In 2012, she started her PhD in social psychology at the University of Innsbruck, which she completed in 2015 on the antecedents and consequences of interpersonal hostility. Since then, she has been doing her post-doc in Innsbruck on the psychological effects of phenomena related to social status such as relative deprivation and on antisocial personality traits, such as everyday sadism and subclinical psychopathy.



Produced by Dr. Carola Hommerich, Graduate School of Letters, Department of Sociology

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