Time for a Break?
The Importance of Recovery from Work during Non-work Time

June 16, 2017, 14h30, ISCTE-IUL, Auditorium 0NE02 (Building I)

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Charlotte Fritz is an Associate Professor in Industrial/Organizational (I/O) Psychology and a faculty member within the Occupational Health Psychology (OHP) Graduate Training Program at Portland State University (PSU). She graduated with her Ph.D. in I/O Psychology from the University of Braunschweig, Germany, in 2005, held a position as Assistant Professor in I/O Psychology at Bowling Green State University from 2005 to 2009, and has been at PSU since 2009.

Her research focuses on what keeps employees happy, healthy, engaged, and productive. Specifically, she examines the interplay between employee experiences at work and those outside of work. For example, how do employees recover from work demands (e.g., through mental disengagement from work or relaxation) during different types of work breaks (i.e., vacations, weekends, evenings, lunch breaks)? How does sleep (or the lack thereof) impact employees in the workplace? Which work-related stressors or practices impact employee sleep? How can employees be supported (e.g., by their supervisors or spouses) in recovery from work? How does recovery from work impact employee well-being, engagement, and performance in the workplace?

Dr. Fritz’s research has been published in outlets such as the Journal of Applied Psychology, Journal of Management, Journal of Organizational Behavior, and Journal of Occupational Health Psychology. She serves on the editorial boards of the Journal of Occupational Health Psychology, the Journal of Vocational Behavior, and the Journal of Business and Psychology. She has received research funding from the Oregon Department of Corrections, the Oregon Healthy Workforce Center (a NIOSH Center of Excellence), and the USDA Forest Service. Her work has been featured in media outlets such as the Harvard Business Review, Wall Street Journal, Scientific American Mind, Oprah Magazine, and The Oregonian.

[Abstract]: Because many employees indicate work as a significant source of stress, finding ways to help employees recover from work demands is an important measure work organizations can take to sustain employee well-being and performance capacity over time. This talk will describe research findings regarding a variety of predictors and outcomes of recovery from work during non-work time. The talk will end with implications for both individual stress management and organizational practice, as well as suggestions for future research.

More info / Registration: http://bru-unide.iscte.pt/?pt=seminar_series
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