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Nota di contenuto	Dedication; Christine Grant and Emma Russell -- Foreword; Kevin Daniels -- Acknowledgements; Christine Grant and Emma Russell -- Section One: What is Agile Working? -- Chapter 1: Introduction to Agile Working and Well-being in the Digital Age; Emma Russell and Christine Grant -- Chapter 2: Concepts, Terms and Measurement in Agile Working; Christine Grant -- Section Two: Managing Boundaries -- Chapter 3: Boundary Management: Getting the Work-Home Balance Right; Kelly A. Basile and T. Alexandra Beauregard -- Section Three: Managing Digital Communications -- Chapter 4: The Paradox of Work-email: Individual Differences in Agile Digital Work; Emma Russell -- Chapter 5: Digital Distractions: The Effect and Use of Digital Message Alerts and Their Relationship with Work-life Balance; Maria Uther, Michelle Cleveland and Rhiannon Jones -- Chapter 6: E-Resistance: Making Active Choices for Technology Management in an Agile-working Age ; Deepali D'mello -- Section Four: Healthy, Effective and Sustainable Agile Working -- Chapter 7: A Review of the Agile Working Literature in Relation to Five Facets of Well-being; Maria Charalampous -- Chapter 8: Physical Activity and Sedentary Behaviour in the Digital Workspace; Anthony Thompson -- Chapter 9: Digital Resilience: A Competency Framework for Agile Workers; Christine Grant and Carl Clarke -- Chapter 10: Virtual Teams as Creative and Agile Work

Environments; Petros Chamakiotis -- Section Five: Dynamic and Innovative Approaches to Managing Agile Working -- Chapter 11: Leading and Managing the Occupational Well-being and Health of Distributed Workers; Rachel Nayani -- Chapter 12: The Case of Co-working Spaces for Fulfilling Agile Working and Worker Needs; Alessandra Mossa -- Chapter 13: Concluding Thoughts and Implications; Christine Grant and Emma Russell -- .

Sommario/riassunto

Within the digital era, agile working is imperative for organisations and workers to meet the needs of customers, service-users and ever-changing markets. This needs to be achieved whilst meeting goals of effectiveness and well-being. In this book, state-of-the-art theory is used to understand how to optimise agile working by addressing key issues around personality, team-working and management. The authors define the concept of agile working and unpack often-misunderstood terms associated with this, such as remote working and telework. The book explores the well-being consequences of agile work including sedentary behaviours, digital distraction, and digital resistance before offering insights for the future. Examining current practice in the context of established and emerging theory, the book paves the way towards further advances in the field and supports organisations seeking to make agile working work for them. Agile Working and Well-being in the Digital Age provides a valuable new resource for practitioners and scholars in the fields of occupational and organizational psychology, human resource management, organisational development, mental health and well-being. Christine Grant is Deputy Head of the School of Psychological, Social and Behavioural Sciences at Coventry University, UK. Dr Grant is a chartered and registered Occupational Psychologist and an applied researcher in the psychology of remote e-working. Her work explores the impact of technology on remote e-workers work-life balance, job effectiveness and well-being, with a particular interest in developing measures, interventions and coping strategies for employees, supervisors and organisations. Emma Russell is Senior Lecturer in the Department of Management at the University of Sussex, UK. Dr Russell is a chartered and registered Occupational Psychologist whose work straddles the domains of academia and professional practice. Her research focuses on personality differences in how people deal with new technology across a range of applied organisational settings, and how this impacts resources, well-being and work goals.
