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	Autore	EVREINOV, Nikolaj Nikolaevi
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2.	Record Nr.	UNINA9911009335403321
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	Altri autori (Persone)	HarryNisha CoetzeeMelinde
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Nota di contenuto	<p>What we can learn from Frithjof Bergmann about wellbeing in the digital age Philosophical and Existential Perspectives -- Healthier work in the age of AI An application of the SMART Work design model -- Telework modalities and the impact on employee health wellbeing and psychosocial risks in the digital age -- The use of AI tools among education and psychology undergraduate students a look into future key citizens -- Coping resources enabling well being and adjustment amongst academics A digital transformation case study -- Technology and well-being: Perspectives from the Capability Approach -- The emotional dynamic of technostress -- Career counselling for well being in a digital age -- The bright and dark sides of the technostress epidemic -- Evidence-based antecedents and consequences of technostress within organizations A literature review -- The impact of technostress creators on psychological emotional and social well-being of employees in digitised hybrid work settings Digital incivility Managing contra-power in the digital driven workspace and its impact on worker wellbeing -- Toxic emotion experiences of managers in a digitized work setting a call center study -- Flourishing-at-work: Pathways to nurture employee well-being in Industry 4 0 -- Flourishing in a digital context The role of personal resources among university employees -- Happy healthy and productive An organizational framework for sustainable careers in the digital workplace -- Trust belonging and psychological safety Exploring the pillars of effective employee listening in the digital workplace -- Centring humanity within the digital wellbeing using our ubuntu values -- Advancing workplace well being in the UAE Integrating digital solutions and positive leadership practices -- Transformative leadership and emotional intelligence Fostering digital wellbeing in the modern age -- Conclusion.</p>
Sommario/riassunto	<p>This volume includes global and interdisciplinary reflections for innovative solutions to facilitate wellbeing in the digital age, at individual, team and organisational levels. It provides new perspectives, strategies, theories and practices through analyses of multidisciplinary wellbeing research in different contexts influenced by the unprecedented era of technological advancement. It features insights into sustaining human-centric wellbeing across four streams of thought: Gauging psychosocial wellbeing risks in the age of digital transformation Balancing the technostress epidemic Overcoming technophobia: building tech confidence and competence Nurturing a culture of human-centric digital wellbeing This volume includes empirical evidence and cases across sectors and provides scholars and practitioners with useful frameworks and resources to unlock human and workplace wellbeing.</p>