

Vak: Employee Wellbeing and Performance

credits: 5

Vakcode	UTVM25EWP1C	Werkvormen	Onderwijs
Naam	Employee Wellbeing and Performance	Toetsen	TOETS-01 - Opdracht
Studiejaar	2025-2026		
ECTS credits	5		
Taal	Engels		
Coördinator	S. Gürbüz		

Leeruitkomsten**1. Understanding Well-Being and Performance Theories:**

Explain and critically analyze contemporary theories related to employee well-being and performance, including the Job Demands-Resources (JD-R) Theory, Self-Determination Theory, and Conservation of Resources (COR) Theory (*Contributes to PLO 1 & 2*).

2. Analyzing Organizational and Personal Factors: Evaluate how organizational factors (e.g., leadership, HR practices, work characteristics) and personal factors (e.g., job crafting, playful work design, vitality management) influence employee well-being and job performance. (*Contributes to PLO 1 & 4*)

3. Developing and Implementing Well-Being Strategies: Apply theoretical insights to design, implement, and assess well-being initiatives that enhance employee performance and organizational effectiveness for an organization (*Contributes to PLO 2 & 5*).

Inhoud**Strategic Focus Area: Sustainability**

This course offers a hands-on approach to understanding employee well-being and job performance in today's workplaces. Students will delve into key theoretical frameworks and apply them through engaging workshops, case studies, and real-world examples. The course equips students with the skills to design and assess employee well-being programs that drive both individual and organizational performance.

Opgenomen in opleiding(en)

International Business and Management

School(s)

International Business School