UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Laboratory 7 - Progettare il benessere organizzativo 4.0

2122-3-E1601N086

Learning objectives

The laboratory aims to reflect on the theme of organizational well-being by providing students with methods and techniques for the development of corporate wellness programs supported by intelligent technologies.

Contents

Three macro-themes will be addressed during the laboratory: The evolution of the concept of organizational wellbeing; The areas of intervention to increase wellbeing in organizations; The use of intelligent technologies in corporate wellness program.

Detailed program

This course provides the basic tools to understand and corporate wellness practices in 4.0 organizations.

In the first part, students will reflect on the dimensions that constitute wellness in organizations. In this phase during the exercises, they will have to build indices of organizational wellness based on the theoretical debate addressed in the classroom.

In the second part of the workshop, students will discuss how to increase the well-being of organizations and individuals within them. In this phase of the lab students will be asked to think of an area of intervention to improve wellbeing based on the indices constructed in phase 1.

Finally, in the third part, after having adequately reflected on the technological tools to support corporate wellness programs, students will develop a project based on a 4.0 technology aimed at increasing the well-being of a

hypothetical organization.

Prerequisites

In order to enrol in the lab you must have at least 90 CFU and be enrolled in the third year. Please also note that you require to add the lab on your study plan.

Teaching methods

Frontal lessons and group work.

Assessment methods

Active participation during class and group work.

Textbooks and Reading Materials

Slides, references, exercises, and material will give during the lectures.