UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Laboratorio 4 - Human resource e benessere organizzativo

2627-2-F8804N030

Learning objectives

The Sloworking Day brings its vision to the university: work is not just about productivity, but also about caring for people and their life rhythms.
This workshop will help you understand the ongoing transformations and become an active part of them, developing skills that are immediately applicable in today's job market.
Through interactive workshops, insights from HR professionals, and real-life case studies with partner companies, students will experience innovative tools and methodologies firsthand. This is a program that combines theory and practice, preparing future professionals to play an active role in the changing world of work.

Contents

The workshop explores the transformation of human resources in contemporary organizations: from digital recruiting to onboarding, all the way to new employee-centered approaches that prioritize well-being, work-life balance, and personal growth.

Detailed program

The workshop explores the major transformations reshaping human resource management in today's organizations.
On one hand, digital technologies open up new possibilities—from online recruiting to remote interviews. On the other, employee-centered approaches are gaining ground, viewing the worker as a true "internal client." In this context, topics such as organizational well-being, corporate welfare, and work-life balance are taking on an increasingly central role.

Key topics:

From talent acquisition to onboarding: how to attract and integrate new talent.
From customers to employees: how the logic of customer experience can become a powerful tool for improving employee engagement and quality of work life.
Employee experience: designing people-centered journeys.
Organizational well-being and work-life balance: creating sustainable workplaces.
Nurturing talent: supporting continuous personal and professional growth.

Prerequisites

none

Teaching methods

Beyond lectures (DE: 1/4), the teaching course will provide (DI: 3/4):

- Interactive workshops and practical simulations to experience HR challenge- s firsthand.
- analysis of Real case studies and direct insights from recruiters and HR managers.
- Small-group work and collaboration with partner companies to turn theory into practical skills.

Assessment methods

Group presentation of a case study

Textbooks and Reading Materials

All course materials will be shared with participants at the beginning of the workshop.

Sustainable Development Goals

DECENT WORK AND ECONOMIC GROWTH