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# Gastvortrag von Prof. Dr. Sabine Geurts

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Neues Institutsgebäude (NIG), Hörsaal C Universitätsstraße 7, 1010 Wien

"Flexible work organisations: Does it benefit employees as well?"

Organizations have a growing need for flexible ways of working. This is reflected in flexible working hours (e.g., overtime work, on-call work), flexible work locations (e.g. no fixed desk, working from home), and flexible contract forms (e.g., temporary contracts and temporary agency contracts). The question arises as to how this company-based flexibility benefits employees as well, in terms of the quality of work, and employee health and well-being. In this lecture, Sabine Geurts will address this question, focusing in particular on the role of recovery from work, work-life balance, and need satisfaction.

Sabine Geurts is a full professor of Work and Organizational Psychology at the Radboud University, Nijmegen in The Netherlands. She is program leader of the research group Work, Health and Performance and head of the master's degree programme of Psychology of Work, Organization and Health. Her research aims at understanding the psychological, physiological and behavioural mechanisms underlying the impact of work on health and well-being, and at providing guidelines to design healthy jobs, to prevent stress, and to promote recovery, vitality, motivation, and a proper work-life balance. Her scientific interests include modern working times, work stress and burnout, recovery and sleep, health behaviour and physical activity. Sabine Geurts has published over 150 papers and book chapters in these areas.