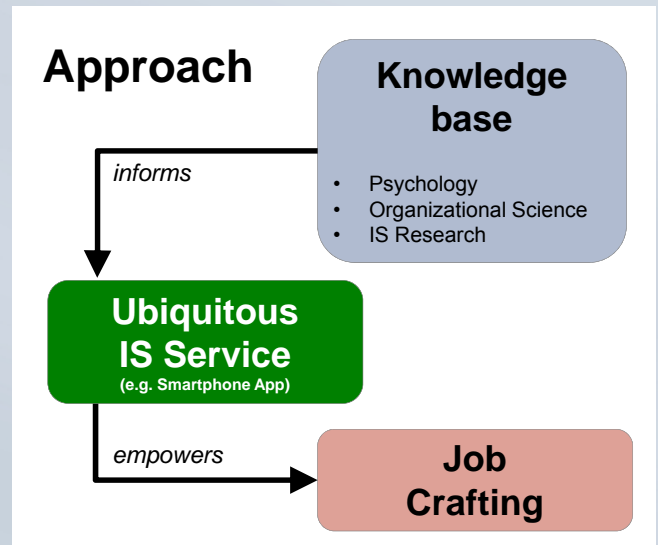


Towards IT-supported Job Crafting and Resilience Management

50%
of Swiss employees suffer from
job-related **impairments**

5 of top 10 medical
problems by 2020 related to
stress



Expected Results

Individual level

MORE Commitment, enthusiasm,
positive health condition,
work satisfaction

MORE Performance, valuation,
positive climate, social
support, cooperation

Organizational Level

Implications

- ▶ Unique design principles for the development of tech-supported health promotion programs in organizations
- ▶ Insights on the interactions of organizations and employees when dealing with IT
- ▶ Improvement of today's workplace health programs by offering individual and cost-efficient solutions

Authors

Flavius Kehr (HSG)
flavius.kehr@unisg.ch

Tobias Kowatsch (HSG)
tobias.kowatsch@unisg.ch

Georg Bauer (UZH)
gfbauer@ifspm.uzh.ch

Gregor Jenny (UZH)
gjenny@ifspm.uzh.ch

Stefan T. Güntert (ETH)
sguentert@ethz.ch

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