



## Certificate of Achievement

# Matthias Giger

has completed the following course:

**WELLBEING AT WORK: AN INTRODUCTION**  
COVENTRY UNIVERSITY

This online course explored the importance of employee wellbeing, and considered different definitions of and theoretical approaches to wellbeing.

2 weeks, 3 hours per week



**Maria Charalampous**

Lecturer in Business and Occupational Psychology  
Coventry University



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](https://futurelearn.com/proof-of-learning/certificate-of-achievement).

This certificate represents proof of learning. It is not a formal qualification, degree, or part of a degree.

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has completed the following course:

### **WELLBEING AT WORK: AN INTRODUCTION COVENTRY UNIVERSITY**

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This online course explored why employee wellbeing is important, how it has previously been defined and what its impact is on our working lives. The course also considered the reach of theoretical approaches to wellbeing from occupational psychology and explored both positive and negative aspects of workplace welfare. We also explored methods of assessing employee wellbeing and gained an overview of the key issues related to wellbeing at work and the factors affecting this.

#### **STUDY REQUIREMENT**

2 weeks, 3 hours per week

#### **LEARNING OUTCOMES**

- Explore the historical context of wellbeing and existing definitions
- Critically evaluate theoretical approaches to wellbeing in organisational psychology, relevant to wellbeing
- Discuss the impact of wellbeing on individuals' working lives
- Identify the positive and negative aspects of wellbeing at work
- Assess the key issues around wellbeing for employees, managers and organisations

#### **SYLLABUS**

- The historical context of wellbeing and existing definitions
- A brief overview of theoretical approaches to wellbeing in occupational psychology
- A brief overview of wellbeing across individuals' working lives
- The positive and negative aspects of wellbeing at work

- The key issues around wellbeing for employees, managers and organisations
- A brief overview of factors affecting wellbeing