

## **TITLE:**

### **Better at Work: Evidence Based Work Hacks for Improving Your Work Life**

#### **About the talk**

Many of us have focused on getting a good job. But how many of us have focused on making a job good? So often at work, we bumble through our days in unintentional ways. What if we recognized the power we have to improve our work lives? What if we directed our attention and intention toward the creation of purposeful and satisfying work?

University of Minnesota Professor Theresa Glomb will present the science and practice of small, practical micro-interventions or “work hacks” designed to create more fulfilling, productive, and satisfying work lives.

The session is a unique and engaging blend of research highlights, personal stories, and practical disciplines, woven together with rich examples from employees, executives, and her own efforts at crafting a meaningful and wholehearted work life. Ultimately, Professor Glomb is trying to make work great (or at least a little better).

Learn more about Theresa at: [Theresaglomb.com](http://Theresaglomb.com)

#### **About Professor Theresa Glomb**

University of Minnesota Professor Theresa Glomb helps others create positive experiences at work by fostering growth, happiness, and satisfaction. For the past 25 years, she and her colleagues, have conducted rigorous research showing how small changes designed to bring greater intentionality to one’s work can have a big impact on work and wellbeing.

Theresa is the Toro Company-David M. Lilly Chair in the Carlson School of Management at the University of Minnesota. She received her PhD in social, organizational, and individual differences psychology from the University of Illinois and her BA in psychology from DePaul University.

She has published extensively in top management journals including the *Academy of Management Journal* and the *Journal of Applied Psychology* and been cited in media outlets such as the *Wall Street Journal*, *The Economist*, and *Huffington Post*. In her TEDx talk, “Let’s Make Work Better” she shares simple, evidence based techniques to improve our working lives.

#### **Brief Talk Introduction (Suggest to read at event)**

Theresa M. Glomb is the Toro Company-David M. Lilly Chair in the Carlson School of Management at the University of Minnesota. She received her PhD in social, organizational, and individual differences psychology from the University of Illinois and her BA in psychology from DePaul University. Professor Glomb helps others create positive experiences at work by fostering growth, happiness, and satisfaction. Ultimately, Theresa’s trying to make work great (or at least a little better). In this unique blend of research, personal stories, and practical disciplines, she shares with us simple, evidence based micro-interventions to improve our working lives.