

Direction

Cristina Nogueira da Fonseca

Number of Semesters**ECTS**

17

About

The MBA Corporate Happiness & Mental Health is aimed at professionals who want to develop their knowledge of organisational happiness, well-being and mental health. The MBA Corporate Happiness & Mental Health allows you to develop key concepts and provide the tools and methodologies for implementing happiness-oriented management programmes in a corporate context, without neglecting the current concept of health, which according to the World Health Organisation is not just the absence of physical health, but a state of complete physical, mental and social well-being, which is so often compromised in adulthood and in the workplace. The syllabus has been structured taking into account the most practical approaches and using the most effective learning techniques, which is what participants can expect during the course of the MBA: Modules taught by experts and practitioners; Presentation and discussion of case studies.

Course Plan

Course Structure 1º Ano / Common Core Corporate Happiness - Theoretical Foundations and Case Studies 3 ECTS | Culture and organizational climate 1 ECTS | Employer Branding 1 ECTS | Happiness and Positive Psychology Applied to Organizations 1 ECTS | Mental Health and Psychopathology 2 ECTS | Mental Health Promotion in an Organizational Context 1 ECTS | Neuroscience in Leadership 1 ECTS | Positive Leadership 2 ECTS | Recruitment and Talent Management 1 ECTS | Roadmap Project for Corporate Happiness 3 ECTS | Seminar: Change Management 0 ECTS | Seminar: Employee Experience 0 ECTS | Seminar: Measuring Happiness 0 ECTS | Strategic Management 1 ECTS |