**Boredom at Work**

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* This PhD investigates boredom at work, it’s causes, moderators and potential consequences with respect to employee well-being, customer focus and organizational commitment. Cross sectional and longitudinal studies are performed and the Job Demands -Job Resources Model is used as a conceptual framework. In order to gain novel insights about reducing boredom at work, field experiments will be done to explain the effects of employability, (new) challenges and physical exercise on the level boredom at work.