

Special Issue

Building a Resilient Workforce: Strategies for Promoting Mental and Physical Health at Work

Message from the Guest Editors

In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following themes:

- Leadership and employee well-being.
- Work-life balance.
- Stress management.
- Mental health support systems, including counseling and employee assistance programs, in promoting resilience.
- Physical wellness programs and ergonomic workplace designs.
- Organizational culture and resilience.
- Technological interventions: exploring the role of digital tools and technologies in supporting employee mental and physical health.
- Training and development.
- Resilience in remote and hybrid work environments.
- Diversity and inclusion, as well as overall well-being of employees.

We look forward to receiving your contributions to this Special Issue, which aims to advance our understanding and application of strategies for building a resilient workforce.

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About the Journal

Message from the Editor-in-Chief

Welcome to *Administrative Sciences*, the journal aims to advance and communicate knowledge concerning management theory and practice both in public administration and in profit organizations; it encourages submissions that build on interdisciplinary research in related fields, such as business, economics, political science, gender studies, psychology, sociology, physiology, communication theory or artificial intelligence and their implications on management, organizations and the society. Join us on a journey through the *Administrative Sciences*, where management merges with innovation.

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