

Mike Christian

Professor of Organizational Behavior, UNC Kenan-Flagler Business School at UNC-Chapel Hill
Chapel Hill, NC, US

Mike Christian's research focuses on understanding the mind-body connection at work.

Mike Christian is an award-winning teacher and researcher. Poets & Quants named him a "Best 40 Under 40 Professor" and the Association for Psychological Science honored him as a "Rising Star." His research focuses on understanding the mind-body connection at work. He examines how somatic states such as sleep, pain and sickness affect energy, work engagement and self-control at work. He studies how these factors dynamically relate to unethical behavior as well as desirable work performance. Dr. Christian has examined how mindfulness helps employees to cope with unfairness at work by reducing anger, rumination, and reducing retaliation behaviors; how daily fluctuations in human energy resulting from somatic pain lead to ebbs and flow in engagement and withdrawal at work; and the effects of sleep deprivation on deviant and unethical behavior in the workplace, and how caffeine might reduce these effects while unethical social influence exacerbates them. He's also studied the "slippery slope" of unethical behavior, identifying the regulatory role of moral disengagement in leading people to commit increasingly larger ethical transgressions His teaching interests include leadership coaching, leading effective teams and organizational change at UNC Kenan-Flagler. Dr. Christian has an ongoing interest in human resource management. He has worked with organizations, including the Tucson Police Department and the South Central Public Health Training Center, on issues concerning employee selection, promotion and training.

Education/Learning, Research, Human Resources

Mindfulness, Sleep and Human Performance, Ethics, Leadership, Health and Safety, Organizational Behavior, Teamwork, Motivation and Engagement, Creativity & Innovation in the Work Place, Work

American Psychological Association , Society for Industrial and Organizational Psychology , Academy of Management , UNC Department of Psychology and Neuroscience: Adjunct Assistant Professor

University of Arizona

Ph.D. Management

Tulane University

M.S. Industrial/Organizational Psychology

University of Wisconsin-Madison

B.A. Psychology & Sociology

?Top 40 Under 40? Business Professor, Poets & Quants

Awarded for excellence in research and teaching.

APS Rising Star, Association for Psychological Science

The Rising Star designation recognizes outstanding psychological scientists in the earliest stages of their research career post-PhD whose innovative work has already advanced the field and signals great potential for their continued contributions.

Sarah Graham Kenan Scholar, UNC Kenan-Flagler

Honors academic excellence

Young Professional Achievement Award, University of Arizona Alumni Association

This is an award given to alumni aged 40 or under who have achievement prominence in his or her field.

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