

## Julia Iser-Potempa

University of Mannheim • Department of Psychology • Work and Organizational Psychology  
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(July 2024)

### EDUCATION

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- 05/2020 – present **Ph.D. Candidate**  
Work and Organizational Psychology, University of Mannheim
- 12/2019 **Master of Science, Psychology** (M.Sc. Psych.)  
Saarland University
- 09/2017 **Bachelor of Science, Psychology** (B.Sc. Psych.)  
Saarland University

### CAREER HISTORY

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- 05/2020 – present **Graduate Research and Teaching Assistant**  
Work and Organizational Psychology, University of Mannheim
- 09/2019 – 02/2020 **Intern**  
Security Management Department, DFS Deutsche Flugsicherung GmbH
- 07/2016 – 07/2019 **Student Research Assistant**  
Differential Psychology and Psychological Diagnostics, Saarland University
- 04/2016 – 06/2016 **Student Research Intern**  
Differential Psychology and Psychological Diagnostics, Saarland University

### RESEARCH INTERESTS

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- Recovery from work
- Leadership and well-being
- Boundary management
- Self-compassion

## GRANTS & AWARDS

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- 2023            **Travel Grant** to attend the 21<sup>st</sup> congress of the European Association of Work and Organizational Psychology in Katowice, Poland  
IDEUM (*Internationalization of Doctoral Education @ the University of Mannheim*) Program, University of Mannheim
- 2023            **Best poster award** at the summer school of the graduate school “Statistical Modeling in Psychology”, University of Mannheim, Germany.
- 2024            **Travel Grant** to attend the 39<sup>th</sup> Annual SIOP conference (Society for Industrial and Organizational Psychology) in Chicago, USA  
Women go abroad (Mobility grant for young female researchers), University of Mannheim
- 2024            **Travel Grant** to attend the 16<sup>th</sup> conference of the European Academy of Occupational Health Psychology in Granada, Spain  
Deutscher Akademischer Austauschdienst (DAAD, German Academic Exchange Service)
- 2024            **Travel Grant** to attend the 53<sup>rd</sup> congress of the 53<sup>rd</sup> Congress of the German Psychological Society (DGPs) in Vienna, Austria  
IDEUM (*Internationalization of Doctoral Education @ the University of Mannheim*) Program, University of Mannheim

## PUBLICATIONS

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### PEER-REVIEWED JOURNAL PUBLICATION

**Iser-Potempa, J.**, Neshor Shoshan, H., & Sonnentag, S. (2024). Investigating daily abusive supervision as antecedent of subordinates’ low psychological detachment and relaxation during nonwork time: A diary study. *Journal of Occupational Health Psychology*.  
<https://doi.org/10.1037/ocp0000377>

### ORGANIZED CONFERENCE SYMPOSIUM

Völker, J. & **Iser-Potempa, J.** (2024, September). *Die Batterien wieder aufladen: Erholungsprozesse vor, während und nach der Arbeit [Recharging batteries: Recovery processes before, during, and after work]*. Symposium session accepted for presentation at the 53<sup>rd</sup> Congress of the German Psychological Society in Vienna, Austria.

### CONFERENCE PRESENTATIONS (PRESENTING AUTHOR ONLY)

**Iser-Potempa, J.**, Neshor Shoshan, H., & Sonnentag, S. (2023, May). *A work-home resources perspective on recovery experiences: The role of supervisor work support, supervisor nonwork support, workload, and subordinates’ vitality*. Paper presented in a symposium session at the 21<sup>st</sup> Congress of the European Association of Work and Organizational Psychology in Katowice, Poland.

**Iser-Potempa, J.**, Neumer, A., & Sonnentag, S. (2024, April). *Supervisors’ expectations to work during nonwork time: A vignette study on recovery*. Paper presented in a symposium session at the 39<sup>th</sup> Annual SIOP conference in Chicago, USA.

**Iser-Potempa, J.**, Neshor Shoshan, H., & Sonnentag, S. (2024, June). *A diary study on abusive supervision and subordinates' recovery experiences*. Paper presented in a symposium session at the 16<sup>th</sup> conference of the European Academy of Occupational Health Psychology in Granada, Spain.

## **PROFESSIONAL AFFILIATIONS**

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- European Association of Work and Organizational Psychology (EAWOP)
- Society for Industrial and Organizational Psychology (SIOP)
- European Academy of Occupational Health Psychology (EAOHP)

## **TEACHING**

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### **BACHELOR COURSES**

Introduction to Differential Psychology (*fall 2018*), Saarland University

Stress and health (*fall 2020*), University of Mannheim

Teams (*fall 2021, spring 2022, fall 2023*), University of Mannheim

Leadership (*fall 2022, spring 2024*), University of Mannheim

Performance (*spring 2023*), University of Mannheim

Motivation (*spring 2023*), University of Mannheim

Personnel selection (*spring 2024*), University of Mannheim

### **MASTER COURSES**

Work, health, and prevention (*fall 2022, fall 2023*), University of Applied Management Studies (Mannheim)

### **SUPERVISED BACHELOR'S THESES (UNIVERSITY OF MANNHEIM)**

- 9 Bachelor's theses in total