

In the modern workplace employees need to prepare themselves not only for an uncertain job market, but also for increased multitasking, information overload, social pressure and time pressure constraints (Klausegger, Sinkovics, & Zou, 2007). In many companies employees are expected to manage a barrage of incoming information, complete many tasks concurrently [multitasking], and meet tight deadlines at the same time. In managerial studies, this phenomenon has been termed overflow (Czarniawska & Löfgren, 2012, 2013). In an environment, full of frequent distractors, and information overflow, it takes an effort to ignore these distractors (Ophir, Nass, & Wagner, 2009) and to continue pursuing a single task. . In their in-situ study, Mark et al. (2016) suggest that a trait of distractibility makes people working online susceptible to distractions, and show that shorter duration of focus is correlated with lower productivity. The question of to whom the stressors of the workplace pose the greatest threat is central to the area of human resources management. Some people seem to benefit from the increased stimulation experienced because of stressors in the workplace.

The aim of the proposed research program is to examine the consequences of the mismatch between select employee's individual characteristics (temperament and working styles) and select job requirements (multitasking, time pressure and social pressure).

In our laboratory the experiments are conducted under the supervision of the interdisciplinary team of professors, which includes besides specialists of managerial psychology like prof. **G.W. Wieczorkowska**, and associate professor (dr hab.) of medical sciences in the area of cardiology and endocrinology, **J. Haczyński** as well as a professor of biophysics, **M. Żochowski** who is the research supervisor, as the problems of physiological measurement are the biggest challenges in our research