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Could films be a method for developing well-being at work? A narrative literature review of guided film viewing

A variety of methods are used to enhance employee well-being. The current article proposes that one potential new method could be a guided film viewing. The aim of the current narrative review is to present different ways of utilising guided film viewing. Three different approaches were identified regarding employee well-being and film viewing. Based on previous studies, the strengths, weaknesses, and efficiency of the method were analysed. The results showed that guided film viewing

raises and supports in particular positive emotions, identification, and reflection. However, the quality of the evidence is poor, and it is not clear whether it also supports attitude and behaviour changes. I conclude the article by considering how the efficacy of the method can be improved by making action plans, improving motivating counselling strategies, and utilising experiences from evidence-based organisational interventions.