

Positive psychology at work: Towards flourishing workplaces  
Radisson BLU Saga Hotel, Reykjavik, Iceland  
28.08.2017 – 30.08.2017

Sunday 27 August 2017

19:00 – Get-together dinner at Skrudur (Radisson Blu Saga Hotel)

Monday 28 August 2017

9.30 – 9.45 Course registration

10.00 – 10.15 NIVA welcome and general information Katja Pekkarinen, NIVA

10.15 – 11.00 Introduction Jari Hakanen, FI  
Maria Peeters, NL

11.00 – 11.15 Coffee

11.15 – 12.30 Lecture: Introducing strength-based leadership and development in organizations Karina Andersen Aas

12.30 – 13.30 Lunch

13.30 – 15.00 Workshop: Practical training on methods for applying strength-based leadership and development Karina Andersen Aas

15.00 – 15.30 Coffee/Tea

15.30 – 16.30 Lecture: Salutogenic approach to organizations and organizational change Georg Bauer

16.30 – 18.00 Group work: Building salutogenic practices in organizations Georg Bauer

19.30 – Dinner at [Lækjarbrekka](#)

Tuesday 29 August 2017

9.00 – 10.15 Lecture: The science and practice of work engagement Wilmar Schaufeli

10.15 – 11.00 Group work Wilmar Schaufeli

11.00 – 11.15 Coffee

11.15 – 12.00 Group work continues Wilmar Schaufeli

12.00 – 13.00	Lunch	
13.00 – 14.00	Lecture: Job crafting: How can employees themselves increase their well-being and meaningfulness at work?	Maria Peeters and Jari Hakanen
14.00 – 15.15	Individual and Group work	Maria Peeters and Jari Hakanen
15.15 – 15.45	Coffee	
15.45 – 17.00	Possibility for a poster or oral presentation of participants' research or practical activities, and discussion	Together
17.00 –	Free evening / optional Amazing race in Reykjavík	

### Wednesday 30 August 2017

9.00 – 10.00	Lecture: Recover to discover: The importance of recovery for individual and organizational flourishing	Jessica de Bloom
10.00 – 11.00	Group work	Jessica de Bloom
11.00 – 11.15	Coffee	
11.15 – 12.15	Lecture: Compassion in workplaces	Anne Birgitta Pessi
12.15 – 13.15	Lunch	
13.15 – 14.15	Workshop	Anne Birgitta Pessi
14.15 – 15.00	Closing of the course and evaluation, joint discussion	Jari Hakanen, Maria Peeters Katja Pekkarinen
15.00 – 15.15	Coffee	
15.15 – 22.30	Optional: Social program – <a href="#">Blue Lagoon</a> Dinner <a href="#">at Lava Restaurant</a>	