

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

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| 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

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| 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 | |
| 15.30 – 22.30 | Optional: Social program – Blue Lagoon Dinner at Lava Restaurant | |