

## Positive Psychology at Work

Hanaholmen Conference Hotel, Helsinki area, Finland  
September 7<sup>th</sup> – 9<sup>th</sup>, 2022

### Wednesday, September 7th 2022

9.45–10.00	Course registration and coffee	
10.00–10.15	NIVA welcome and general information	<b>Linda Oksanen</b>
10.15–11.00	Introductions Scope and purpose of the course Learning objectives	<b>Jari Hakanen</b> <b>Maria Peeters</b>
11.00–12.00	Lecture: The science and practice of work engagement	<b>Wilmar Schaufeli</b>
12.00–13.00	<i>Lunch</i>	
13.00–14.30	Workshop: How to improve work engagement in organizations	<b>Wilmar Schaufeli</b>
14.30–15.30	Lecture: Job crafting: How can employees themselves increase their wellbeing and meaningfulness at work?	<b>Maria Peeters</b> <b>Jari Hakanen</b>
15.30–15.45	<i>Coffee break</i>	
15.45–17.15	Individual and Group work	<b>Maria Peeters</b> <b>Jari Hakanen</b>
19.00–	<i>Dinner</i>	

### Thursday, September 8th 2022

9.00–10.15	Lecture: Leveraging the power of servant leadership	<b>James Laub</b>
10.15–11.00	Group work	<b>James Laub</b>
11.00–11.15	<i>Coffee break</i>	
11.15–12.00	Group work continues	
12.00–13.00	<i>Lunch</i>	
13.00–13.45	Lecture: Building trust in organizations	<b>Janne Kaltiainen</b>

13.45–14.30 Workshop **Janne Kaltainen**

14.30–15.30 Possibility for a poster or oral presentation of participants' research or practical activities, and discussion **All**

15.30 *Coffee*

16.30– Social program

### Friday, September 9th 2022

9.00–10.00 Lecture: Recover to discover: The importance of recovery for individual and organizational flourishing **Jessica de Bloom**

10.00–10.30 Group work **Jessica de Bloom**

10.30–10.45 *Coffee break*

10.45–11.15 Group work continues

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**  
**Linda Oksanen**

15.00 *Coffee*