

Positive Psychology at Work: Towards Flourishing Workplaces

Clarion Hotel Gillet, Uppsala, Sweden

14th – 16th of November 2023

Tuesday, November 14th 2023

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

Wednesday, November 15th 2023

9.00–10.15	Lecture: Leveraging the power of servant leadership	James Laub
10.15–11.00	Group work	James Laub
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	Janne Kaltiainen
13.45–14.30	Workshop	Janne Kaltiainen

14.30–15.30	Possibility for a poster or oral presentation of participants' research or practical activities, and discussion	All
15.30	<i>Coffee</i>	
16.30–	Social program: A guided tour at the Uppsala Art Museum and dinner at restaurant Borgen	
16.30	10 min walk (taxi in case of bad weather) from the hotel to Uppsala Art Museum	
17.00	Guided tour (45min) + time to explore the museum on your own	
18.30	10 min walk to the restaurant	
19.00	Dinner at restaurant Borgen	
21.30	5 min walk (or taxi) to the hotel	

Thursday, November 16th 2023

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	<i>Coffee break</i>	
10.45–11.15	Group work continues	
11.15–12.15	Lecture: Compassion in workplaces	Anne Birgitta Pessi
12.15–13.15	<i>Lunch</i>	
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	<i>Coffee</i>	