

WORKSHOP
Paths to well-being
28.01 and 04.02.21

12.00-14.00, classroom to be defined

Description and objectives

Given that the pursuit of well-being is fundamental, what should we *do* to be happier? We will explore this question in two meetings: session 1 will be devoted to understanding the foundations of well-being and how to enhance personal well-being; session 2 will focus on career well-being, with specific discussions about the idiosyncrasies of academia (e.g., completing a PhD or PostDoc, academic career, etc.).

You will soon discover that well-being can be learned but that it is necessary to invest some effort towards its achievement. We will thus complete several exercises and surveys that will tap into different aspects of well-being and are meant to give you a broad overview of possible ways to enhance well-being so that you can identify your preferred interventions and the best ways to apply them. At the end of the workshop you will be armed with a well-being toolbox that you can consult whenever you need.

Preparation

Please complete this survey before the first session:

https://ulausannebusiness.eu.qualtrics.com/jfe/form/SV_1YehQpOHB8apcxv

Trainer

Francine Petersen, associate professor in the Department of Marketing, Faculty of Business and Economics, UNIL, specializing in consumer psychology and behavior, with a focus on emotions and well-being.

Language

The presentations and slides will be in English. Participants can speak in English or French as preferred.