

Well-being at Work

Solo Sokos Hotel Tammer, Tampere, Finland
 19 - 22 May 2015

Preliminary program

Tuesday, 19 May

Concepts, overall framework conditions and leadership

10.00 – 10.30	<i>Registration and coffee</i>	
10.45 – 11.00	NIVA welcome	Siv Jansson, Course coordinator, NIVA
11.00 – 12.00	Introduction to the course - concept of this course - participants introduction	Rauno Pääkkönen / Rauno Hanhela, FIOH, Finland
12.00 – 13.00	<i>Lunch</i>	
13.00 – 15.00	Concept of well-being at work; <ul style="list-style-type: none"> Physical, mental, social; scientific and practical approach Productivity - a challenge to well-being? Changing organizations and well-being Leadership, management and its challenges Company case A	The Netherlands <i>TBC</i> Ministry of Social Affairs and Health, Finland, <i>TBC</i> Sami Uusitalo/ Satu Kuivasto Tampere City, Finland
15.00 – 15.30	<i>Coffee</i>	
15.30 – 17.30	Examples from Sweden, The Netherlands and Finland <ul style="list-style-type: none"> Methods to evaluate well-being at work Progress (Finland) 	Ann Hedlund / Ing-Marie Andersson, Dalarna University, Sweden Jolanda Willems, PreventPartner, The Netherlands Tuula Räsänen, FIOH, Finland
19.30 -	<i>Get-together and dinner</i>	

Wednesday, 20 May

Psychosocial aspects

9.00 – 10.30	Mental well-being, lecture Company case B	The Netherlands <i>TBC</i>
10.30 – 10.45	<i>Coffee</i>	
10.45 – 12.00	Group work on well-being • Psychosocial tools	
12.00 – 13.00	<i>Lunch</i>	

13.00 – 15.00	Social well-being Company case C	Marja-Liisa Manka / Synergos, University of Tampere, Finland
15.00 – 15.30	<i>Coffee</i>	
15.30 – 17.30	Group work on well-being • KivaQ/Metal Age	Ove Näsman Mediona Oy, Finland
19.30 -	<i>Dinner</i>	

Thursday, 21 May

Physical well-being

9.00 – 10.45	Well-being and safety Discussion on well-being and safety	Pete Kines, National Research Centre for the Working Environment, Denmark
10.45 – 11.00	<i>Coffee</i>	
11.00 – 12.00	Company case D (Zero accident forum representative from Finland)	Sandvik Mining and Construction
12.00 – 13.00	<i>Lunch</i>	
13.00 – 15.00	Promoting health and well-being – proactivity instead of reactivity Company case E	Tommi Vasankari, UKK Institute, Finland
15.00 – 15.30	<i>Coffee</i>	
15.30 – 17.00	Group work on health and well-being at workplaces	
19.30 -	<i>Course Dinner</i>	

Friday, 22 May

Practical tools and summing up

9.00 – 10.30	Participant presentations of their practical tools at work	
10.30 – 10.45	<i>Coffee</i>	
10.45 – 12.00	Training with tools of well-being	Pirkko Mäkinen, The Centre for Occupational Safety, Finland
12.00 – 13.00	<i>Lunch</i>	
13.00 – 14.00	Final discussions and ending of the course	
14.00 –	<i>Coffee</i>	