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**9th EAWOP WorkLab – Practitioner Skills Workshop**

**Working well remotely:**

**Impact, productivity and well-being**

12th to 13th November, 2020, online

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| **Note:** Times are CET  **Thursday 12th November**   |  |  | | --- | --- | | 16.00 to 18:00  CET | Case studies of working well remotely and networking   * Organisers (Helen Baron, London, UK; Diana Rus, Amsterdam, The Netherlands Angela Carter, Exmouth, UK) * Facilitated small group discussions about and exploration of participant case studies | | 18.00 to 19:00 CET | Optional online networking drinks | |
| **Friday 13th November** |
| |  |  | | --- | --- | | 10.00 to 12.00 CET | Working and living for well-being  *Interactive session led by Audrey McGibbon* | | 12.30 to 14.00 CET | Informal online lunch | | 16.00 to 17.30 CET | Making remote meetings successful: Leveraging the surprising science of meetings  *Interactive session led by Steven Rogelberg* | | 17.30 to 18.00 CET | Review and Summary of learning/ Future WorkLab | |  |
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Participants attending this WorkLab will benefit from:

* Appreciating the remote workplace from both research and practitioner perspectives
* Understanding what effects current changes are having on work-life balance, well-being and efficiency;
* Introduction to simple tools for maintaining and improving individual well-being
* Evidenced-based tips on how to make remote meetings successful
* Pooling expertise with other Work and Organizational Psychologists regarding working well remotely
* Gaining insight into the value of working with evidence-based methods.