

Happy, healthy, and productive?!

A conference to promote sustainable careers for doctoral and postdoctoral researchers in Switzerland

Program

Morning session

1. *Keynote*: “Happy, Healthy, and Productive Careers in Academia: Building on the Sustainable Careers Framework” Prof. Beatrice I.J.M. van der Heijden
2. *Workshops* in small groups → you can choose one workshop: “Happy life: work-life balance” or “Ways to Promote a Positive Workplace”

Afternoon session

1. *Keynote*: “Career Success – Lessons learned from I/O psychology” Prof. Dr. Daniel Spurk
2. *Workshops* in small groups → you can choose one workshop: “How do you manage a career? A career resources perspective” or “Fostering transversal skills: How, when and why?”
3. *Inputs* in small groups → you can choose one input: “Applying in a career outside academia: PhD as hurdle or chance?” or “Career self-management in an academic career context”

Learning objectives for participants

1. Participants are familiar with the sustainable careers framework (De Vos et al., 2020) and are aware of their responsibility to achieve and maintain a sustainable career.
2. Participants know their key resources.
3. Participants know how to build up (further) resources.
4. The participants transfer what they have learned into their everyday work.

Prerequisites for attending

- You are a doctoral student or postdoctoral researcher
- Your affiliation (i.e., university, university of applied sciences, or university of teacher education) is in Switzerland

Central information

Date: Tuesday, June 7th, 2022

Time: 8h30 - 18h30

Location: University of Bern, Bern (Switzerland)

Registration: https://psyunibe.qualtrics.com/jfe/form/SV_3CV6I9P9zkPjiv4

All registered participants will receive the detailed program via email one week before the event.

Costs: Participation is free of charge.

Contact: fosteryourcareer.psy@unibe.ch

We look forward to your registration!

On behalf of the organizing team
Dr. Annabelle Hofer