

9th EAWOP WorkLab – Practitioner Skills Workshop
Improving Psychological Wellbeing
Through Organisational Interventions
 10th to 12th November, 2022, Mallorca, Spain
 Proposed Timetable

Thursday 10th November

15.00 to 16.00	<i>Meet the Editors</i> to discuss writing up case studies for InPractice (optional additional session)
16.00 to 17.00	Meeting begins with refreshments, introductions, case studies and networking Followed by facilitated small group discussions about participants' experiences with organisational interventions and case studies
17.00 to 19.00	Outline of WorkLab content from speakers and exploration of participant case studies
19.00	Welcome drink followed by dinner

Friday 11th November

morning focus is on best practice in organizational interventions

9.00 to 10.00	Best practices of organizational interventions – policy and research evidence
10.00 to 11.00	Example of an international organization implementing wellbeing strategically using a multi-level framework in the UK
11.00 to 11.20	Refreshments
11.20 to 12.00	Discussion/ Review with case studies
12.00 to 12.45	Plenary learning from case studies
12.45 to 14.00	Lunch

afternoon focus is on “how” of organizational interventions

14.00 to 16.00	Examples of practical tools and methods to design and implement organizational interventions
16.00 to 16.30	Break
16.30 to 17.00	Participants try out tools in groups
17.00 to 17.45	Break
17.45	Local Cultural Activity followed by Dinner

Saturday 12th November

focus Saturday is on how to evaluate organizational interventions

9.00 to 10.00	Reflections and discussion about challenges and opportunities to design and implement organizational interventions
10.00 to 10.45	Evaluation of organizational interventions – using organizational data, reflexive and scientific evaluation
10.45 to 11.15	Refreshments
11.15 to 12.00	Group reflections on participants' experiences of evaluation
12.00 to 12.30	Individual action planning and sharing of examples
12.30 to 13.00	14.00 to 15.00 Meet the Editors to discuss writing up case studies for InPractice
13.00	Lunch and departure
14.00 to 15.00	Meet the Editors to discuss writing up case studies for InPractice (optional additional session)

Participants attending the WorkLab will:

- Gain a broader understanding of how to improve psychological wellbeing;
- Become familiar with a selection of tools that facilitate psychological wellbeing;
- Learn about the latest research to inform future practice;
- Develop their understanding of the factors that prevent psychological wellbeing initiatives from being successful;
- Explore how to improve the evaluation of psychological wellbeing initiatives.