

## 1 December

Time	Lecture	Registration
10:00 - 10:30	Making Antwerp University an Attractive Place to Work	Please email <a href="mailto:kristien.lauriks@uantwerpen.be">kristien.lauriks@uantwerpen.be</a> providing your full name, job title, institution name and email address
11:00 - 12:00	Measuring Wellbeing	<a href="#">Universidad Carlos III De Madrid</a>
12:00 - 12:30	Well-Being of Students, Ph.D. Students and Employees of NCU in Poland and Supporting them by University Centre for Support and Personal Development	Please email <a href="mailto:mfopkadowalczyk@umk.pl">mfopkadowalczyk@umk.pl</a> providing your full name, job title, institution name and email address
13:00 - 13:30	Multi-Location Work at the University of Eastern Finland	<a href="#">University of Eastern Finland</a>
13:00 - 14:00	Supporting Early Career Researchers on the Institute Level - Before, during and after the Pandemic	<a href="#">University of Bremen</a>
13:00 - 14:30	How we Work at Essex: Developing People to Support the Delivery of our Strategic Ambitions	Please email <a href="mailto:develop@essex.ac.uk">develop@essex.ac.uk</a> providing your full name, job title, institution name and email address
15:00 - 16:30	Mindfulness at Work: Wellbeing of Employees	<a href="#">University of Rijeka</a>
16:30 - 17:30	Recovery Workshop	Please email <a href="mailto:staffcareercentre@maastrichtuniversity.nl">staffcareercentre@maastrichtuniversity.nl</a> providing your full name, job title, institution name and email address

## 2 December

Time	Lecture	Registration
10:00 - 10:45	Mental Health Strategies for Employees	<a href="#">University of Bremen</a>
12:00 - 13:00	Workers’ Health in the Third Millennium	Please email <a href="mailto:WP4@yufe.uniroma2.it">WP4@yufe.uniroma2.it</a> providing your full name, job title, institution name and email address
14:00 - 15:00	Practices that Promote Work-Life Balance	<a href="#">University of Cyprus</a>

## 3 December

Time	Lecture	Registration
13:00 - 14:30	Employees’ Wellbeing Roundtable	Please email <a href="mailto:develop@essex.ac.uk">develop@essex.ac.uk</a> providing your full name, job title, institution name and email address

An opportunity to learn how different institutions have developed and implemented a wellbeing programme(s) or strategy, from an internal perspective, with the aim of providing inspiration and guidance to others.

For more details and registration instructions, please visit the YUFE website <https://yufe.eu/academy-2021/>