



# Webinar: How to support your wellbeing at work as a grant recipient?

on Wednesday 27.9.2023



Registration by 24.9.2023

<https://link.webropolsurveys.com/EP/631D089B05F53E63>

## Webinar: How to support your wellbeing at work as a grant recipient?

### Program

#### 13.00 Welcoming words

Introduction of Mela, Art Promotion Centre Finland and the Finnish Union of University Researchers and Teachers.

#### 13.10 Balancing job demands and resources as a grant recipient

Sara Lindström, Specialized Researcher, DSc (Econ), Finnish Institute of Occupational Health

- Possibilities to decrease job demands
- Ways of strengthening job resources
- Facilitating recovery from work

#### 14.00 Break

#### 14.05 Career coaching for grant recipients: facilitated group discussion about job demands and resources

Pauliina Valtasaari, Doctor of music (DMus), professional career supervisor

- What kind of demands and resources do you recognize in your grant work?
- What factors should be changed to support your wellbeing?
- How to find balance between desired change and inevitable realities?

#### 15.00 Webinar ends

More details: [pirjo.saari@mela.fi](mailto:pirjo.saari@mela.fi)



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Mela