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# POSITIVE ORGANIZATIONS CONSORTIUM MEETING

**THEME: Well-Being**

At this meeting participants will learn how our ability to thrive and succeed directly relates to our degree of well-being, defined as building a life of vitality, purpose, resilience, and engagement.

**DATE: Thursday, November 14, 2019**

**TIME: 9:00 a.m. - 5:00 p.m. ET (8:30 a.m. registration)**

**LOCATION: Graduate Hotel**

## AGENDA

<b>8:30 - 9:00 a.m.</b>	<b>Registration and Breakfast</b>
<b>9:00 - 9:30 a.m.</b>	<b>Welcome, Updates, and Opening Connection Activity</b>
<b>9:30 a.m. - 12:30 p.m.</b>	<b>Mandy O’Neill, Senior Scientist and Director of Research of the Center for the Advancement of Well-Being (CWB), George Mason University</b> <p>Mandy will explain and demonstrate how our levels of well-being and the expression of positive emotions can be elevated through engagement in practices and relationships that generate positive emotions, build resilience, and reduce burnout and stress in your organization’s culture. And we will highlight evidence-based techniques that can be integrated into our daily work routines that have been shown to increase our choices and actions, leading to increased personal and professional success, as well as enhanced organizational well-being.</p>
<b>12:30 - 1:30 p.m.</b>	<b>Lunch</b>
<b>1:30 - 2:00 p.m.</b>	<b>Reflection on the Morning’s Session</b> Check-In Activity Q&A with Mandy O’Neill
<b>2:00 - 3:30 p.m.</b>	<b>Chris Murchison, Visiting Leader for the Center for Positive Organizations</b> <b>An Exploration of Individual Flourishing</b> <p>Positive psychology is grounded in the concept of well-being, captured by the work of Martin Seligman as flourishing. In this session we will creatively explore how the five elements of Seligman’s flourishing model – positive emotions, engagement, relationships, meaning, and accomplishment – are supporting you (or not) in your current work experience.</p>



**3:30 - 4:00 p.m.**

**Break**

**4:00 - 4:45 p.m.**

**Peer-to-Peer Learning Activity**

Identify an opportunity or challenge in your organization to catalyze greater well-being and work with colleagues to generate ideas, resources, and advice to shift your culture.

**4:45 - 5:00 p.m.**

**Closing**

Session Survey and Wrap-up

**5:00 p.m.**

**Transition to Dinner**