

ELO-E1015 Wellbeing at Work 2021

Zoom <https://aalto.zoom.us/j/63869647012>

Schedule

Monday Dec. 13th 10.00 – 13.00

10.00 – 10.25 Introduction of the course and the assignment.

10.30 – 12.30 Lecture

- Workplace safety in film and television production by specialist Päivi Rauramo, The Centre for Occupational Safety

Tuesday Dec. 14th

14.30 – 16.00 Lecture

- Diversity and inclusion by educational consultant Dakota Robin

Wednesday Dec. 15th

Groupwork

Thursday Dec. 16th

10.00 – 12.00 Lecture

- Wellbeing for creatives – the art of self-care by psychologist Essi Grén

Friday Dec 17th

10.00 – 16.00 Groupwork presentations & Discussion