



Instituto Superior
de Ciências Sociais e Políticas
UNIVERSIDADE DE LISBOA

(APEIPP)⁺



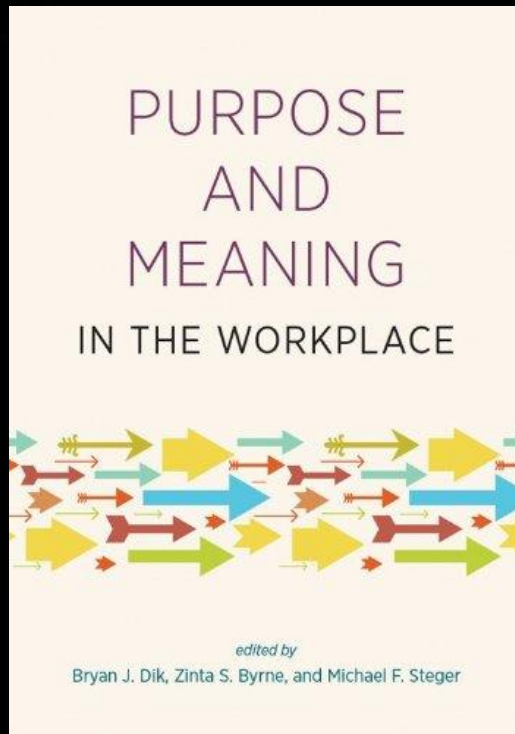
WORKSHOP

MEANING AT WORK

with MICHAEL STEGER, PhD

Saturday, July 12th at ISCSP-UL (9h-13h)

WORKSHOP MEANING @ WORK



In this workshop, internationally recognized expert Michael Steger, PhD leads a tour through cutting edge research and instantly applicable exercises designed to help you understand what makes work meaningful and how to make your own work more meaningful.

Along the way, you will learn why meaningful work seems so vital to working better and being happier at work and in life. Using examples, research data, and exercises, Dr. Steger creates a lively "living laboratory" in which you will improve your self-knowledge and appreciation of how you can attain more meaning at work, and help others find it, too."

ABOUT MICHAEL STEGER



Michael F. Steger is an Associate Professor of Psychology at Colorado State University. He has spent more than a decade researching people's ability to find meaning in their lives and the benefits of living a meaningful life. He is co-editor of 'Designing Positive Psychology' and 'Purpose and Meaning in the Workplace'

Websites:

<http://www.michaelfsteger.com/>

<http://psy.psych.colostate.edu/psylist/detail.asp?Num=263>

TED Talk:

"What Makes Life Meaningful?"

<https://www.youtube.com/watch?v=RLFVoEF2RI0>

WHEN? WHERE?



The Workshop will take place in Lisbon, at **ISCSP (Lisbon University)**
Rua Almerindo Lessa, Lisbon
Saturday, July 12th, between 9h and 13h.

REGISTRATION & FEES

Fees:

Early Registration: €25 until June, 25th

Late Registration: €30 after June 25th

NIB 0035 0595 0000 334473003

Please send an e-mail to apeipp@gmail.com, with *Subject* WORKSHOP MICHAEL STEGER with the payment confirmation, your name and fiscal number.