

## SUBJECTIVE WELL-BEING OVER THE LIFE COURSE

**Organizers:** Morgane Künzi, Anahita Mehrpour, Greta Mikneviute, Iuna Dones

**Date:** 6<sup>th</sup> October 2021

**Format:** on Zoom

<https://unige.zoom.us/j/69371798208?pwd=SjNBZ3FJeXlyUzhBZGxoWlpWSnN4UT09>

**Passcode:** 668332

### Outline of the program:

The idea of this seminar is to provide an overview of subjective well-being following the life course in the topics. The seminar would be kicked-off with a lecture from Prof. Nicola Ballhausen (NL) addressing general notions as well as theoretical models surrounding well-being and subjective well-being, personal development, and resilience in relation to life transitions. We would then have a round of presentations each on different aspects in relation to subjective well-being such as work-related well-being with Shagini Udayar (UNIL) and Cecilia Toscanelli (UNIL), political participation with Dr. Annika Lindholm (FI), life satisfaction in migrants with Iuna Dones (LIVES – HETSL) and emotion regulation mechanisms during COVID19 with Olenka Dworakowski (UZH). We would conclude the seminar with a round table of discussions animated by PhD students.

### Program:

Topic	Sessions	Lecturer	Contact info
Intro	9:00- 9:10	Greta, Morgane, Anahita, Iuna	greta.mikneviute@unige.ch
Well-being throughout life course	9:10 - 10:30	Prof. Nicola Ballhausen, Tilburg University (NL)	n.m.ballhausen@tilburguniversity.edu
Session Break: 10:30 – 11:00			
Well-being at work: The role of personal characteristics and contextual factors	11:00 – 11:45	Shagini Udayar (UNIL) and Cecilia Toscanelli (UNIL)	shagini.udayar@unil.ch cecilia.toscanelli@unil.ch
Subjective well-being and the political citizen	11:45 - 12:30	Dr. Annika Lindholm, Åbo Akademi University (FI)	annika.lindholm@unil.ch
Lunch Break: 12:30 – 14:00			
Life satisfaction and migration in older adults	14:00 – 14:45	Iuna Dones HETSL, LIVES	iuna.dones@hetsl.ch
Session Break: 14:45 – 15:00			
Emotion regulation during COVID19	15:00 – 15:45	Olenka Dworakowski, UZH	olenka.dworakowski@uzh.ch
Session Break: 15:45 – 16:00			
Round table: general discussion	16:00 – 17:00	LIVES PhD students	

