

---

# STRENGTHENING EUROPEAN MILITARY & ORGANISATIONAL PSYCHOLOGY

---

SGM, Leuven, 21-22 February

## Tentative program

We want to ensure sufficient time to meet each other and work together to develop concrete plans.

### General schedule

- The small group meeting is scheduled to officially commence at 10:00 on Wednesday, 21/02. Following the day's discussions and activities, we will conclude with a group dinner.
- The Small Group Meeting (SGM) is planned to conclude by 16:00 on Thursday (22/02), allowing participants the flexibility to travel home on the same day.
- We meet in Zaal Couvreur - Leercentrum AGORA; Edward Van Evenstraat 4 , 3000 Leu

## Wednesday 21/02

- 09am welcoming coffee
- 10am Opening by the dean of Faculty of Psychology & Educational Sciences, prof Dirk Hermans: 'how to handle fears'
- 10h15 Introduction to the program and ways of operating by Ingrid Covington & Martin Euwema
- 10h25 Who-is-who – speed dating and mapping topics
- 11h00 NATO General: what are current needs and questions in defense forces for Work & Organizational Psychologists (for safety reasons name is not revealed). Q&A and explore in topical groups.
- 12h30 Lunch
- 13h30 Ukraine- what are the current needs? Presentation by board members of the Ukrainian association for work & organizational psychology.
- Plenary Q&A, followed by topical small group brainstorm
- 16h15 Plenary discussion and preliminary conclusions
- 17h00 Reception at Faculty of Psychology & Educational Sciences
- 19h00 Dinner at restaurant Mykene

## Thursday 22/02

09h00 Wellbeing and enduring stress- how to prevent- support and cure.

Introduction by Chaplain G; life coach at Shape (Nato headquarters, Mons) and by prof Wilmar Schaufeli, world leading expert on burnout, stress and well-being.

Q&A and Small group explorations

12h00 Lunch

13h00 Recruitment, retention, transition, and career breach in times of crisis and change

Explore the different challenges to recruit and manage careers in sustainable ways in Defense forces.

15h00 Conclusions- Action Planning- Funding- How to move into further actions...

16h00 Closure and goodbye

Drinks and dinner for those staying in Leuven