

Wellness Day: Building Happiness with Time

Wednesday, May 15th, 2019

Sponsored by the Vivien M Srivastava Memorial Endowment

10:00am - 12:00pm

Vivien M Srivastava Lecture 2019

Happier Time: The role of people, workplaces, and policy in promoting time affluence

Lecturer

Ashley Whillans

Registration for students, postdocs, faculty and staff [here](#)

12:30pm - 2:30pm

Concurrent lunch sessions

**Session 1: Design Your Life: What do you want out of
life, at UBC and beyond?** ([register here](#))

Session 2: Navigating Work-Life Balance in Grad School
([register here](#))

Funding and support for these sessions is also provided by Graduate and Postdoctoral Studies, the Wellness Centre and the Centre for Student Involvement and Careers.



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