

# Setting a Congress Crafting Goal

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# Introduction

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At the 2022 European Positive Psychology Conference in Iceland we introduced the concept of "Conference Crafting" as part of our pre-conference job crafting masterclass.

Building on some of the ideas from our "job crafting" workshops, we encouraged participants to set a small personal conference goal in the same way we encouraged people to craft their jobs.

We got some fantastic feedback from participants. They told us that setting an intentional goal at the start of the conference allowed them to get the most from their time in Iceland. We also learned that people enjoyed sharing their personal goals and their experiences with each other over the course of the conference; it gave them a point of shared connection and discussion.

We're delighted to be sharing this idea with you all at this year's IPPA World Congress on Positive Psychology and to invite you all to set a "congress crafting" goal this year to get the most out of your time in Vancouver.

Happy Crafting!



Dr Maggie van den Heuvel  
**Assistant Professor,  
University of Amsterdam,  
Founder Art of Work**



Rob Baker,  
**Founder and Chief  
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Tailored Thinking**



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# 5 Ways to Craft Your Congress Experience

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There are 5 different orientations or ways of crafting your conference experience. These different types are inspired by job crafting research.

## 1. Task Crafting

Shaping how you undertake activities at the conference (e.g. how you take notes, present, plan your conference sessions)

## 2. Skill Crafting

Crafting your learning experiences at the conference (e.g. deliberately deepening your knowledge by focussing on a specific topic, or broaden your knowledge by attending a range of different sessions)

## 3. Relationship Crafting

Shaping how you interact with others at the conference (e.g. finding ways to make new connections, finding time to develop an existing relationship further, finding ways to value and thank volunteers)

## 4. Purpose Crafting

Personalizing your conference experience so it feels meaningful and purposeful (e.g. taking time to reflect on how the field of positive psychology is impacting on others, how you can use the knowledge you have developed to have a meaningful impact, connecting and learning more about Vancouver and the surrounding area)

## 5. Wellbeing Crafting

Crafting your conference experience so that it positively influences your mental and / or physical health (e.g. taking breaks to get outside everyday, finding time to be alone so that you don't feel overloaded, walking to the conference venue)



# Setting an intentional Congress Crating Goal

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The framework on the following pages will allow you to set a compelling conference crafting goal. We encourage you to consider 6 questions and in particular focus on the first three.

1. What is your goal?

What is the specific goal you are going to set yourself for the conference?

2. Why is this important?

Why have you decided to set this goal? Why is it important to you?

3. When are you going to do this?

When exactly are you going to do your goal? (be as specific as possible)

4. What are the barriers?

What are the things that are going to get in the way? how might you overcome these? how might you just accept them if they happen?

5. How are you going to recognise success?

How are you going to celebrate, reward and recognise your success?

6. Who will you share your goal with?

Who are going to be your 'accountability buddies'?



# Setting your congress crafting goal.

Setting a clear crafting goal sets you up for success. This template will help you to clarify your goal and different factors that will help you to achieve it.

1. What is your goal?

2. Why is this important?

3. When are you going to do this?

4. What are the barriers?

5. How are you going to recognise success?

6. Who will you share your goal with?



# Setting your congress crafting goal.

Some examples of goals set by Rob and Maggie.

1. What is your goal?

Task crafting: Using a mind map to take notes

Wellbeing crafting: Ensuring I go outside at least 5 minutes every 2 - 3 hours

2. Why is this important?

I'll have a better record after the sessions to review later

I often feel "overloaded" if I don't do this

3. When are you going to do this?

I'll do this at least once a day

I'll have these breaks everyday

4. What are the barriers?

I might struggle to do this (or feel too tired)

Getting side-tracked by others

5. How are you going to recognise success?

I'll buy myself a new notepad to record my notes

Enjoy your time outside and be refreshed when I get back in

6. Who will you share your goal with?

I'll tell Maggie

I'll tell my colleagues and friends at the conference





# Good luck.

# Connect with us and let us know how you got on.



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## Job Crafting Resources

[Website - Overview of Job Crafting](#)

[Book - Personalization at Work by Rob Baker](#)

[Video - Re:work: Creating meaning in your work through job crafting with Amy Wrzesniewski](#)

[Video TEDX talk - Job Crafting: The Power of Personalization](#)

[Article - Turn your boring job into one you love – 2021 HBR article by Prof Dan Cable](#)

[Article - What job crafting looks like – 2021 HBR article by Amy Wrzesniewski and Jane Dutton](#)

