

# BREAKOUT SESSION III

2:15PM - 3:25PM

## BRYAN DIK, PhD.

Co-Founder and Chief Science Officer, *jobZology*



## The Science and Art of Positive Employee Development

Many HR professionals are drawn to their work because they care about people, and want to help people live their callings on the job. Growing research demonstrates that employees who approach their work as a calling are happier at work, find more meaning in what they do, and put in more effort than do other employees. Yet how can employers most effectively support employees striving to experience purpose and meaning in the workplace? In this presentation, Bryan Dik will present best practices in positive employee development, drawing from cutting-edge research in positive psychology and vocational psychology. Participants will learn practical strategies for helping their employees make the most out of their jobs, using both formal and informal assessments and exercises.

**Bryan J. Dik, PhD**, is associate professor of psychology at Colorado State University, and is also co-founder and Chief Science Officer of *jobZology*. Bryan is an international expert on career development and has published widely in academic and popular outlets on perceptions of work as a calling; meaning, purpose, religion and spirituality in career decision-making and planning; measurement of vocational interests; and strategies for fostering meaningful work in educational, counseling, and coaching practice. He is a frequent speaker at national and international conferences, on college campuses, and for organizations. Bryan has served on the editorial boards for seven research journals, and is co-author of *Make Your Job a Calling: How the Psychology of Vocation Can Change Your Life at Work*. He is also co-editor of two other books: *Purpose and Meaning in the Workplace* and *Psychology of Religion and Workplace Spirituality*. Bryan is a Fellow of the American Psychological Association and Society for Counseling Psychology, and he received an Early Career Professional Award from the Society for Vocational Psychology. He lives with his wife Amy and their four sons (Eli, Silas, Abram and Jasper) in Fort Collins, Colorado.

Bryan is a prolific scholar and technical expert, but he is highly skilled at presenting to lay audiences. In his inspiring workshops, he takes cutting-edge scientific knowledge on what it means to live and work with happiness and meaning, and makes it come alive. His blend of disarming humor, powerful stories, and evidence-based best practices from his experience as a career psychologist offers an engaging, motivating, and highly impactful experience for audiences. Bryan views his public workshops as a critical opportunity to present what he's learned in his psychological research in a way that will provide widespread benefit for people in all walks of life—a core component of his calling, which he is excited to live out.

