

# NURTURING HEALTHY RELATIONSHIPS AT HOME AND WORK

**8&9**  
**JULY 2024**

AT IESE BUSINESS SCHOOL  
BARCELONA



HOME  
RENAISSANCE  
FOUNDATION®



International  
Center for Work  
and Family



fostering  
understanding

## ➤ Schedule and Timetable

**Monday 8<sup>th</sup> July 2024**

**IESE BUSINESS SCHOOL | BARCELONA**  
**Carrer d'Arnús i de Garí, 3, 7 North Campus**

8.30 – 9.00 *Registration & Coffee*

9.00 **Welcome and Introductory Remarks**

Mireia Las Heras, IESE Business School. Meeting Academic Leader

Bryan K. Sanderson, CBE, Chairman and Founding Director of Home Renaissance Foundation

Carlos Cavallé – Chairman and Founder of Social Trends Institute

9.15 **Session 1 | Work and Family. The Nature and Importance of Interpersonal Relationships from a Sociological Perspective.**

**Marta Bertolaso & Emiliano Boschetto, University Campus Biomedico of Rome**

*Specifically Human. How Work and Home Epistemologically Imply Each Other. Models and Metrics of Relational Workplaces*

**Pablo García, Universidad de Zaragoza**

*Harmonizing Work and Family Life: a Relational Approach*

**Nancy Snow, University of Kansas**

*The Primacy of Self-Care in Attaining Work-Life Balance*

**Marc Grau, Universidad Internacional de Cataluña**

*Understanding Family Resilience: Facilitating Factors from a Systematic Review*

10.45 *Coffee Break*

11.15      **Discussion of the Philosophy and Sociology track**  
Moderator: [Maria Jose Bosch](#) – Leadership Professor at ESE Business School, Universidad de los Andes, Chile.

12.45      *Lunch break*

14.15      **Session 2 | Enriching Relationships and Health**

**Samuel Aryee, University of Surrey**

*Family-Supportive Workplace Relationships and Employee Flourishing:  
A Self-Determination Perspective*

**Bridget Bryan, King's College London**

*Investigating the Links between Loneliness, Work and Health*

**Andrea Rodríguez - International University of Catalonia &**

**Aleix Bonfill – La Salle Barcelona, Ramon Llull University**

*Suffering and Healing Relationships in End-of-life Care*

15.30      *Coffee Break*

16.00      **Discussion of the Health and Wellbeing track**  
Moderator: [Maria Jose Bosch](#) – Leadership Professor at ESE Business School, Universidad de los Andes, Chile.

17.15      End of the day

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**Tuesday 9<sup>th</sup> July 2024**

**IESE BUSINESS SCHOOL | BARCELONA**

9.30           **Session 3 | Interpersonal Relationships: the Interplay  
among Life Spheres**

**Mireia Las Heras, IESE Business School & Yasin Rofcanin,  
University of Bath**

*Relationships and the Interplay of Work and Non-Work. What We  
Know from a Decade of Research*

**Catalina Enestrom, IESE Business School**

*The Role of Shared Reality at Home and at Work*

**Seçil Bayraktar, Toulouse Business School**

*How Can New Ways of Work, such as Hybrid Work or More  
Flexible Work, Foster Better Flow of Resources between Work  
and Non-Work?*

10.45           *Coffee Break*

11.15           **Discussion of Organisations and Business track**

Moderator: [Maria Jose Bosch](#) – Leadership Professor at ESE  
Business School, Universidad de los Andes, Chile

12.30           **Closing Remarks**

13.15           End of the Program

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