

The Winter LIFE School on Health and Well-being

Strengthening well-being and human flourishing through human functioning

Date and time	February 23, 2027 – 13:00–17:45 February 24, 2027 – 9:00–18:00 February 25, 2027 – 8:30–17:15
Place	University of Lucerne Froburgstrasse 3, 6002 Lucerne

Program

Day 1 (February 23): Conceptual foundations

13:00 – 14:30 Introduction and Opening Lecture: Well-being across time: From ancient philosophy to modern economics

Aim: to explore the evolution of ideas about what it means to live well, tracing perspectives from ancient philosophers like Aristotle, who emphasized concepts such as eudaimonia or human flourishing, to modern thinkers like Amartya Sen and Martha Nussbaum, whose capabilities approach has reshaped contemporary understandings of well-being. It examines how these ideas have informed disciplines such as economics and health sciences, highlighting their relevance in shaping public policies and interventions designed to improve quality of life. By bridging philosophical traditions with modern applications, the lecture encourages a multidisciplinary reflection on well-being as a dynamic concept, emphasizing its moral, economic, and health-related dimensions while discussing its practical implications in addressing contemporary societal challenges.

Lecturer: [Sara Rubinelli](#)

14:30 – 16:00 Lecture: What is functioning and why does it matter for health? – Rethinking Health and rehabilitation

Aim: to introduce the concept of functioning as the interaction between individuals and their environments, emphasizing its fundamental role in understanding health, and to reconsider what this means for rehabilitation specifically. The lecture explains how functioning goes beyond traditional health metrics by focusing on individuals' ability to perform activities and participate in life, then turns to what this reframing implies for rehabilitation practice and the ways it can improve functioning. It underscores the importance of this concept for healthcare innovation, showing how it can guide the development of personalized care strategies, improve health outcomes, and inform policies that foster better integration of environmental and individual factors in both general health systems and rehabilitation services.

Lecturers: Jerome Bickenbach and [Gerold Stucki](#)

16:00 – 16:30 Coffee break

16:30 – 17:45 Developing a research abstract

Aim: to kick off the School's collaborative research thread. Participants introduce themselves and their research interests, then find like-minded peers to team up with around a shared research question. Each group starts shaping a research abstract that applies the concept of functioning to their own field, which they will develop further on Day 2 and present to the whole cohort on Day 3.

Lecturer: [Céline Bolliger](#)

18:30 – 21:00 Networking dinner

Day 2 (February 24): Methods

9:00 – 10:30 Workshop: Quantitative methods to capture the lived experience of health

Aim: to explore diverse methodological approaches for understanding the lived experience of health, by integrating quantitative methods and emphasizing the importance of studying well-being and functioning in ways that prioritize relevant outcomes. The focus is on measuring functioning (or what truly matters to people), ensuring that research methodologies align with the dimensions of health and well-being.

Lecturer: [Adrián Martínez de la Torre](#)

10:30 – 11:00 Coffee break

11:00 – 12:30 Workshop: Qualitative methods to capture the lived experience of health

Aim: to show participants how to translate qualitative narratives into measurable indicators that can trace functioning outcomes in diverse populations. By working with real-world case studies, participants will learn to integrate qualitative insights, enabling them to derive actionable, evidence-based measures that capture the complexities of functioning and well-being across varied contexts.

Lecturer: [Nicola Diviani](#)

12:30 – 13:30 Lunch

13:30 – 15:00 Workshop: What supports functioning? Rethinking policy

Aim: to engage participants in reimagining elements of health systems to prioritize and promote well-being. Using functioning as a foundational principle, participants will discuss health policies that focus on enhancing well-being and enabling individuals' participation.

Lecturer: [David Weisstanner](#)

15:00 – 15:30 Coffee break

15:30 – 17:00 Workshop: What supports functioning? Rethinking investment

Aim: to explore functioning through an economic perspective, examining how funding decisions, resource allocation, and investment strategies shape people's ability to participate in life. Participants will work through practical cases to evaluate current investment models in health and social care and consider what it would mean to invest specifically in outcomes that support functioning and well-being.

Lecturer: [Diana Pacheco Barzallo](#)

17:00 – 18:00 Developing a research abstract

Day 3 (February 25): From Research to Impact

8:30 – 10:00 Final Workshop: Abstract presentation

Facilitators: [Sara Rubinelli](#) and Cristina Mesa Vieira

10:15 – 10:30 Coffee break

10:30 – 12:00 Speaking science: translating research for policy and practice

Aim: to provide participants with the skills to communicate their research on functioning and well-being to audiences beyond academia, translating complex research findings into clear, accessible messages without losing scientific accuracy. Participants will reflect on how strong science communication can help bridge the gap between functioning research and its real-world adoption in policy and practice.

Lecturer: [Maddalena Fiordelli](#)

12:00 – 13:00 LIFE B.Braun Keynote Lecture

13:00 – 14:30 Lunch

14:30 – 15:30 Technology at the service of health and wellbeing

Aim: to examine how digital tools, artificial intelligence, and other emerging technologies can support the assessment and enhancement of functioning and well-being, and to discuss the opportunities and challenges of integrating them into health systems and everyday life.

Lecturer: [Viktor von Wyl](#)

15:30 – 17:00 Building advocacy networks and institutional engagement

Aim: to equip participants with practical strategies for building advocacy networks and engaging with institutions, showing how research on functioning and well-being can be translated into policy influence and systemic change.

Lecturer: [Matilde Leonardi](#)

17:00 – 17:15 Closing