

IPPE 2015 Conference: *Converting Science into Practice* Keynote and Workshop Information

Keynotes

Professor Barbara Fredrickson — *Positivity Resonates*. Author of *Positivity* and *Love 2.0*, Professor Barbara Fredrickson's most recent research offers an innovative approach to understanding the multiple ways by which positive emotions promote physical health. Best known for her *Broaden-and-Build Theory of Positive Emotions*, which identifies positive emotions as key drivers of individual and collective resource building, Dr Fredrickson's research reveals how positive emotions alter heart health and molecular physiology. Implications for how best to promote positive lifestyle changes are illuminated.

Professor Felicia Huppert — *What Role Does Mindfulness Play in Well-Being?* Well-being is a combination of feeling good and functioning well. There is evidence that a high level of well-being or 'flourishing' is associated with positive health and good relationships, with learning and capability. So well-being is clearly desirable for individuals, organisations, and communities. There are many good programs designed to increase well-being. Underlying them all are the skills of attention, emotion regulation, and self-compassion. Mindfulness training explicitly develops these seminal skills. Evidence for the well-being benefits of mindfulness programs will be presented, along with supporting data from neuroscience.

Professor Joseph Ciarrochi — *How to Create a Nurturing Community*. We humans are unique in our capacity to treat others with neglect and cruelty, even when doing so has no direct benefit to anyone, including ourselves. This keynote will describe the causes of mean behaviour and how we can intervene at both the individual and group levels to create more nurturing communities. Theory and science has shown us a clear way forward. It is now time to convert the science into practice.

Workshops

Morning Workshops:

Professor Barbara Fredrickson — *How to Self-Generate Positivity*

In this experiential workshop, Barbara Fredrickson will share the lab-tested practices that can help you infuse your daily life with more frequent positive emotions, some of which take just minutes a day. You'll come away seeing new possibilities for building happiness, health, connection, and flourishing communities.

Dr Christian van Nieuwerburgh — *An Introduction to Integrating Coaching and Positive Psychology in Education: First Steps*

This introductory workshop will explore a range of ways in which coaching and positive psychology can be integrated for use within educational settings. Participants will learn about a coaching process and explore ways of supplementing this with some positive psychology interventions. This will be an interactive workshop with ideas for participants to take away and implement straight away.

Michelle McQuaid — *Putting Your Strengths to Work*

Studies suggest when people have the chance to develop their strengths regularly at work, it improves their individual well-being, workplace performance, and organisational outcomes. As a result, more workplaces are using assessment tools like Gallup's StrengthsFinder, the VIA Survey, and Realise2 to help employees discover their strengths. Once complete however, many companies struggle to embed the development of strengths into their people management processes. In this workshop Michelle will share practical tools and technique for putting your strengths to work.

Afternoon Workshops:

Professor Joseph Ciarrochi and Dr Baljinder Sahdra — *Values, Self-Compassion, and Effective Action: Evidence-Based Strategies for a Flourishing Life*

We humans are often caught in a war with ourselves. We are either pushing away experiences we don't want (avoidance), or clinging to experiences we don't want to lose (attachment). We rarely feel like we have 'enough'. We present research that shows how both experiential avoidance and attachment are sources of suffering. We then describe concrete interventions which help us declare peace with ourselves and our fellow humans. The interventions focus on developing mindfulness, compassion, and valued action.

Dr Suzy Green, Miriam Berlage, Romalica Rocca (Loreto Kirribilli) — *Positive Education: Science into Practice*

In this workshop, Dr Suzy Green will provide a brief overview of the current state-of-play on Positive Education. In addition, Miriam Berlage, Deputy Principal and Romalina Rocca, Director of Student Well-Being from Loreto Kirribilli will share their unique approach to Positive Education, which seeks to integrate Positive Psychology with Ignatian Spirituality, sharing tips for successful implementation. Workshop participants will have ample opportunity to reflect on their own current approaches to Positive Education and Well-Being and to identify next steps in implementation in their school.

Dr Christian van Nieuwerburgh — *Widening Your Leadership Repertoire: Lessons from Coaching Psychology*

This workshop explores ways in which those with leadership responsibility can incorporate coaching skills and techniques into their practice. In this interactive workshop, participants will consider how some key concepts and theories from coaching psychology can have an immediate impact on their leadership style.