

Workshop List – Saturday, 13th of July

1st Morning Session: 08.30 – 09.30

"Better in Every Domain: The Holistic Life Crafting Model in Action"

Bryan Dik, Llewellyn van Zyl, Michael Steger, Bradley Wright

"The Nonflict Way - Conflict resolution, self coaching, and transformation enhancement using a simple and comprehensive 3 steps process"

Gilad Kfir

"Paws for Wellbeing - The benefits of canine-human interaction for our physical and mental health"

Clive Leach, Roz Rimes

"Building Resilience across ages with the Mindful Self Compassion Program created by Prof. Kristin Neff and Prof. Christopher Germer"

Monique Borcard-Sacco

"Resilience and wellbeing for parents"

Dana Moldoveanu Brandes, Jannie Stricker, Vera Kristensen

2nd Morning Session: 09.45 – 10.45

"Seasons of Meaning: Experiential Approaches to Deepening Meaning in Everyday Life"

Michael Steger, Pninit Russo-Netzer

"Ménage a Trois -- Positive Psychology, Psychodrama, Couples Therapy -- Strengths-based practices to cultivate hope and positivity in relationships"

Andrea Szucs, Daniel Tomasulo

"Next Level Appreciative Inquiry Practice. Using the Framework for Increasing Wellbeing on the Me, We and Us levels"

Ase Fagerlund

"The 4th wave of Positive Psychology – Planet Earth and Mankind"

Cordula Kreidl

"PianoBreak - From Thinking to Intuition"

Felicitias Goerke

1st Afternoon Session: 15.15 – 16.15

"The Way of the Mindful Warrior"

Colleen Lightbody

"Psychodrama Demonstration of a Virtual Gratitude Visit & Self-Compassion Technique"

Daniel Tomasulo

"Increasing resilience and mental wellbeing of refugees and migrants in a cultural sensitive manner"

Tom Hendriks

"Training for Teachers, Lessons for Us: An Inside Look at Resilience Practices in U.S. Schools"

Martin Blank

"Passion in you, in me, in us"

Sok-Ho Trinh