

It's you, it's me, it's us



PRELIMINARY PROGRAM | INNSBRUCK 2024

Wednesday, July 10, 2024

EVENING

17:00

OPENING CEREMONY

17:30

OPENING PANEL

„AI and Positive Psychology: Enhancing Well-being through Technology?“

18:45

Welcome Reception

Legend

	Keynote lecture
	Invited speaker
	Workshop
	Symposium
	Oral presentation

8:30 -9:30	<p>A Life Worth Living: Nurturing Well-Being in Cancer Patients through Online Positive Psychology Interventions</p> <p>Alena Slezackova</p>	<p>Tending to Our Humanity in the Age of AI</p> <p>Joni Staaf Sturgill, Brian Stamford</p>	<p>Enhancing classroom dynamics through EPR methodology: a workshop on exploration, practice, and reflection</p> <p>Francesco Pisanu, Federica Coletta, Francesco Rubino</p>	<p>Positive and health-oriented (self-) leadership and team work: supporting leaders and their teams on their way to wellbeing, personal growth and flourishing at work</p> <p>Mareike König, Melanie Maurer</p>	<p>THE QUEST FOR OPTIMAL LEARNING - Visions for future education</p> <p>Mette Marie Ledertoug, Nanna Paarup, Charles Martin-Krumm, Shiri Lavy, Sue Roffey</p>	<p>Embedding Positive Psychology science: The potential role of organisational operating rhythms</p> <p>Suzy Green</p>
	<p>Fourth Wave Positive Psychology: Advancing Wellbeing Science in Times of Global Crisis</p> <p>Judith Mangelsdorf</p>					

15 min Break

9:45 -10:45	<p>Positive Psychology in Practice: A Decade of Insights for Trainers, Coaches and Facilitators</p> <p>Bridget Grenville Cleave</p>	<p>Leading Wellbeing: Strategies for Success in Educational and Organisational Settings</p> <p>Rhiannon McGee, Sharron Russell</p>	<p>Innovative Developments in Character Strengths</p> <p>Ryan Niemic, Robert McGrath</p>	<p>Well-being of adolescents and young adults, and positive psychology interventions in an educational context</p> <p>Johan Lataster, Sandra Diller</p>	<p>Positive Psychology Interventions: Towards Pragmatic, Flexible and Engaging Tools in Educational Contexts</p> <p>Ilona Boniwell</p>	<p>The model of sustainable mental health: the meaning and impact of positive psychology interventions in mental health care</p> <p>Ernst Bohlmeijer</p>

15 min Break

11:00 -12:00	<p>KEYNOTE LECTURE <i>presented by</i></p>					
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1h 45 min Lunchbreak

Morning Session from 8:30 until lunch

<p>New Thinking on Psychological Health: Find Purpose and Meaning in Life</p> <p>Andrew Soren</p>	<p>Interventions that Increase Optimism Lessen Depression</p> <p>Nicola Schutte, John Malouff</p>	<p>Investigation of character strengths of Italian children in early childhood period: A psychometric network approach</p> <p>Kayina Abudurexiti, Beatrice Rossi, Clarissa Ciardo, Massimo Stella, Laura Franchin</p>	<p>Emotional Intelligence: The holy grail for leadership? A review and research agenda</p> <p>Katharina Gerhardt, Marianne Van Woerkom, Robin Bauwens</p>	<p>Co-creating whole school wellbeing: A mixed-methods case study into the use of Appreciative Inquiry in a UK Primary School</p> <p>Frederika Roberts</p>	<p>A cross-sectional profile of classical musicians' mental health and illness</p> <p>Sara Ascenso</p>	<p>8:30 - 9:30</p>
	<p>Positive health outcomes in studies of mindfulness-based interventions among people with cancer: A systematic review and meta-analysis</p> <p>Nasim Badaghi, Cecilie Buskbjerg, Linda Kwakkenbos, Sabien Bosman, Robert Zachariae, Anne Speckens</p>	<p>On the interplay between different parenting styles, children's character strengths, and children's life satisfaction</p> <p>Marco Weber</p>	<p>Leader's virtues and ethical leadership style - joined effect on follower's engagement</p> <p>Przemyslaw Zbierowski, Milena Gojny-Zbierowska</p>	<p>Supporting Teachers' Mental Health through Schoolwide Positive Psychology Practices Targeting PERMA-H</p> <p>Shannon Suldo</p>	<p>How do we intervene in young people's mental health?: Lessons from 7 years of intervention delivery</p> <p>Ian Platt</p>	
	<p>Positive Psychology Interventions to Promote Resilience and Well-being Among Educators: A Scoping Review</p> <p>Luke Tomlin, Timothy Budden, Aaron Simpson, Travis Kingdon, Ivan Jeftic, James Dimmock, Cameron Norsworthy, Ben Jackson</p>	<p>Validation of the German Values in Action Inventory (VIA Youth-96) in Children and Adolescents</p> <p>Silvia Exenberger, Christina Taferner, Alexandra Huber, Kathrin Sevecke, Stefan Höfer</p>	<p>Do daily leader and colleague behaviours matter for work effort? The role of daily basic psychological need satisfaction and frustration</p> <p>Lynelle Coxen, Leoni Van Der Vaart, Anja Van Den Broeck, Sebastiaan Rothmann, Bert Schreurs</p>	<p>The How-to Parenting Program : A randomized controlled trial evaluating its impact on need-supportive parenting behaviors</p> <p>Genevieve Mageau</p>	<p>Towards a Positive Psychiatry: The PHOENIX Group - A Short Group Psychotherapy for Improving Mental Health and Resilience After Inpatient Treatment</p> <p>Bob Vogel</p>	
	<p>Factors influencing the effectiveness of Positive Psychology Interventions: A systematic Review</p> <p>Jolanta Burke, Nikki Rickard, Andrea Giraldez-Hayes</p>	<p>Understanding meaning in children and youth: mapping the course towards developing a Youth Meaningfulness Index</p> <p>Rebecca John, Claudia Maria Picasso, Kristoffer Geer</p>		<p>The Role of the Family in Parental Well-Being and Depression During the COVID-19 Pandemic</p> <p>Carolyn Albright</p>	<p>Well-Being and Resilience</p> <p>Kübra Yilmaztürk Yildirim</p>	

15 min Break

<p>Healing the Healers: Fostering Well-being and Resilience through Positive Psychology Interventions in the Healthcare Workplace</p> <p>Mary Collins</p>	<p>Nature, culture and sustainable living: Frameworks for creative wellbeing</p> <p>Helga S. Lovoll</p>	<p>Nature-Based Interventions: A Review of Reviews</p> <p>Branislav Kaleta, Stephen Campbell, Jolanta Burke</p>	<p>Empowering educators: unraveling the impact of transformational leadership, professional development, and learning program management on teacher job satisfaction</p> <p>Greta Mazzetti, Consuelo Mameli, Dina Guglielmi, Giulia Paganin</p>	<p>Who Needs a Strengths-Based Leader to Fit their Job?</p> <p>Marianne Van Woerkom, Robin Bauwens</p>	<p>Personal growth in micro niches - the role of positive place experiences</p> <p>Tamás Martos</p>	<p>9:45 - 10:45</p>
	<p>Flow in Nature? Exploring environments for optimal experiences</p> <p>Amy Isham</p>	<p>Effectiveness of Nature-based Positive Psychology Interventions on well-being: A Systematic Review and meta-analysis</p> <p>Xingjian Ruan, Jannis Kraiss, Kim Tonis, Thomas Van Rompay, Ernst Bohlmeijer</p>	<p>Parents Supporting Young Children's Need for Self-Determination: Positive Child Mental Health Correlates and Outcomes</p> <p>Mireille Joussemet, Jessica Corbeil, Geneviève Mageau</p>	<p>Creative Arts and Human Flourishing (Thematic Analysis of Leaders Participating in a 21 -Day Creative Arts Intervention)</p> <p>Patricia Friberg, Andrea Giraldez-Hayes</p>	<p>What makes a meaningful day? An experience sampling study on the daily pursuit of meaningfulness through employee-employer exchange relations</p> <p>Elaf Basri</p>	
	<p>How Does Local Nature Promote Subjective Wellbeing? The roles of Physical Activity and Place-belongingness as Mediators</p> <p>Raul Grau-Ruiz</p>	<p>Tackling social disconnection: An umbrella review of RCT-based interventions targeting social isolation and loneliness</p> <p>Thomas Hansen, Ragnhild Bang Nes, Thomas Sevenius Nilsen</p>	<p>It's you - it's me - it's us</p> <p>Bertram Strolz</p>	<p>Can Goal-Setting and Self-Reflection About One's Work-Nonwork Boundaries Improve Boundary Fit and Subjective Well-Being? A Randomized Controlled Trial</p> <p>Nicolas Müller, Larissa Haerdtter, Margaretha Scholz, Julia Steinke, Verena C. Haun, Regina Kempen</p>	<p>Novelty, Positive Emotion, and Social Connection in Shared Experiences</p> <p>Brian Hill</p>	
	<p>The nature and importance of balance and harmony in life: New global insights from the Gallup World Poll</p> <p>Tim Lomas</p>	<p>Perceived social support is associated with lesser psychological distress in LGBQ+ Lithuanians</p> <p>Rasa Katinaite, Kristina Zardeckaite-Matulaitiene</p>	<p>OTZMA Positive CBT Toolkit for Teachers and Students' Resilience during Crisis</p> <p>Dalia Alony</p>	<p>Practical Application of the Me, We, Us Model to Drive Employee engagement and Leadership Development</p> <p>Manjit Kaur</p>	<p>Meaningful tourism experiences and emotions: The role of emotional intensity on the attribution of meaning</p> <p>Ester Câmara</p>	

15 min Break

<p>Corey Keyes - What's Your Why? Positive Psychology is a Means, So What Is Your End?</p>						<p>11:00 - 12:00</p>
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1h 45 min Lunchbreak

14:00
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15:00

KEYNOTE LECTURE *presented by*

15 min Break

15:15
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16:15

What is bigger and better than well-being? Introducing wholebeing...

Aaron Jarden &
Andrea Downie

Exploring and experiencing the Job Canvas - an agile, strengths-based, person-centred alternative to a traditional job description

Charlotte Axon

Teacher wellbeing - when one of the best jobs in the world becomes too tough

Nanna Paarup,
Mette Marie Ledertoug

The Meaningful Work Paradox: Strategies for Sustainable Wellbeing

Andrew Soren

Neurodiversity-Inclusive Care: Fostering Strengths-Based Change

Elaine Taylor-Klaus

Mindfulness-Based Strengths Practice for Education

Peter Malinowski

Mattering in co-creating inclusive communities: promoting well-being in kindergartens and communities through place-based and future-forming practices and policies

Dina von Heimburg

16:15
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17:30

Ryan Niemic and the VIA Institute on Character Character Strengths - Science, Thriving through Menopause

Ana Scherer, Lara Williams

New Frontier: Positive Economic Psychology

Rona Hart

Building professional resilience, How positive psychology can contribute to the development and growth of a professionals attitude towards social workers, therapist, and other social professions

Marlies Jellema

Breathwork Transformation Session 90 min - 17:30 - 19:00

Itai Itzvan

Joyful Journeys: Applying Humor in Positive Psychology for Coaching Success

Bea Bincze, Alexandra Cser

Thrive to Perform & Perform to Thrive: A Leadership Development Programme for Higher Education Students, Nurturing Thriving Individuals who Foster Performance and Positivity in Organisations

Krumma Jonsdottir

17:30
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18:30

Afternoon Session from 14:00 until evening

Willibald Ruch - Character Strengths in Zurich: A Retrospective and Future Outlook

14:00
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15:00

15 min Break

<p>Finding More Flow, Finding More Wellbeing</p> <p>Orin Davis</p>	<p>Embracing Resilience in Adults with Neurodevelopmental Disorders</p> <p>Michal Al-Yagon</p>	<p>The positive psychology of negative affect</p> <p>Karel Botha</p>	<p>Challenges of Implementing Positive Leadership Interventions into Cross-Cultural Teams</p> <p>Mike Hoffmeister, Roger Muller</p>	<p>Finland - Eudaimonia of the North? Unravelling the Blueprint for a Good Society Through Societal, Cultural, and Psychological Lense</p> <p>Viivi Pentikäinen</p>	<p>Reducing Photo Investment Through An Online Self-Compassion Intervention: A Controlled Study Among Young Adult Females</p> <p>Daniela Villani</p>
		<p>New Possibilities for Being Human: Heroism and Positive Psychology</p> <p>Michael Condren</p>	<p>Emotional Intelligence: a positive resource for Human Capital Sustainability Leadership in Healthy Organizations</p> <p>Annamaria Di Fabio, Andrea Svicher</p>	<p>Building individual meta-objectives to co-create and execute solutions in a multicultural context</p> <p>Isabel Echavarría</p>	<p>Efficacy of the Best Possible Self Intervention in Social Interaction Scenarios: Comparison Between Original and Framed Versions</p> <p>Wenxin Liu</p>
		<p>Training in Positivity: a Randomized Controlled Trail and Evaluation of a digital Positive Psychology Application on the ability to adapt and mental health in the aftermath of Covid-19 pandemic</p> <p>Ernst Bohlmeijer</p>	<p>The Impacts of Self-Development on Leaders' Psychological Well-Being: Quasi-Experimental Longitudinal Evidence in Executive Education</p> <p>Ayse Yemiscigil, Dana Born, Diego Arias, Horace Ling</p>	<p>A culturally appropriate strengths based coaching program for Aboriginal and Torres Strait Islander peoples living in social housing.</p> <p>Alison Brown</p>	<p>Exploration of Mental health and flourishing in youth through a new measure of Grit</p> <p>Afifa Anjum, Durrja Alqarni, Mazahir Ali</p>
		<p>How do sports people conceptualise mental toughness?</p> <p>Jennifer Dorling</p>	<p>Changes in the well-being and turnover intentions of employees by training the PERMA lead behaviour of their managers</p> <p>Frank Neseemann</p>	<p>I am happy as a Muslim: The relationship between religiosity, happiness, and life satisfaction with demographic variables among Muslims from the UK, Egypt, and the Maldives</p> <p>Aishath Shahama</p>	<p>Positive self-perception in social media - a quantitative evaluation of a brief positive-psychological intervention for female users.</p> <p>Fiona Reinartz</p>

15:15
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16:15

Posterpresentations / Coffee break

16:15
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17:30

<p>Introducing Wellbeing Systems Science (WSS) - Imagining, Building and Contributing to a Globally Inclusive, Ecologically Healthy Future</p> <p>Lisa Barker, Antonella Delle Fave, Viivi Pentakainen, Diane Bowles</p>	<p>PTG Interventions from Wartime Trauma: Practical Applications Amongst Israelis</p> <p>Lisa Honig Buksbaum, Richard Tedeschi, Pninit Russo-Netzer</p>	<p>Character Strength-Based Cognitive-Behavioral Therapy Focusing on Adolescent and Young Adult Cancer Patients with Distress: A Randomized Control Trial of Positive Psychology</p> <p>Yi Zhou</p>	<p>Do we change when we think we have changed? Personality changes in the context of crucial life events</p> <p>Ekaterina Nazina</p>	<p>Flow in Recreational Doubles Pickleball: A Meaningful Source of Enjoyment for Adults over 50</p> <p>Gary Gute</p>	<p>What (Doesn't) Limit Peoples Prosociality in Social Dilemma Situations</p> <p>Patricia Groß</p>
		<p>AI and the Future of Therapy: Enhancing Human Agency and Interpersonal Skills</p> <p>Alexander Piotrowski, Burkhard Pahl</p>	<p>Strengths of Sharing, Strengths of Deception: A Behavioural Examination</p> <p>Pavel Freidlin</p>	<p>Status of Flourishing among Indian Emerging Adults</p> <p>Amrut Bang</p>	<p>Coping with Gender Minority Stress: Influence of Coping, Social Support and Community on Stress in Genderqueer Youth</p> <p>Teresa O'Rourke</p>
		<p>Journey towards Flourishing: Insights from Teaching Positive Psychology for a Decade</p> <p>Daniela Blickhan</p>		<p>Flourishing in old age - opportunities for sustainable age and ageing</p> <p>Christiane Bahr</p>	<p>Strengthening the future: A resilience intervention for youth</p> <p>Gayathri Janapati</p>
				<p>The Whys of Gaming: A Cross-Sectional Study on the Role of Video Game Players' Motivations in Meaningful and Engaging Experiences</p> <p>Chiara Scutto</p>	<p>Positive classroom climate in action: combining narrative and positive psychology practices with teachers and students</p> <p>Francesco Pisanu</p>

17:30
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18:30

Your Personal Evening Program

Friday, July 12, 2024

8:30 - 9:30	Wellbeing Economy - what is our end goal, Money or Happiness? Dóra Guðmundsdóttir	Positive Futures - Hope for a better life Andreas Krafft	Meaning and Purpose in life from a transdisciplinary perspective; A third wave approach to positive psychology coaching Omid Alaei	Mindful Mentoring to Enhance Healthcare Worker Well-being Sanjay Saint	The VIA Institute on Character's Vision and Application of Positive Artificial Intelligence (PAI) Jeffrey Levy	Taking the Science of Positive Psychology to Scale: Applying PERMA+4 Bergsveinn Olafsson, Gavriella Rubin, Thomas Trunell
	Positive Health: An intersection where the mind meets the body Jolanta Burke					

15 min Break

9:45 - 10:45	Relationships and Research: How Positive Psychology Can Help us Become Better Together Suzie Pileggi Pawelski, James Pawelski	Embracing Existential Wellbeing - An Exploration of Existentialism and Post-Traumatic Growth To Navigate Challenges with Positivity Michelle Falzon	Positive psychology in the hospitality industry: improving employee engagement and productivity through interventions that increase happiness on the example of Hotel Sans Souci Wien Andrea Fuchs, Claudia Schriever	Work on character strengths as an orientation aid at the interface between school leavers and career starters - motivating acquisition of meaning and words through a playful approach Verena Isik, Myriam Meier	Strengths as a pathway to thriving in educational and academic settings: New findings Tamar Icekson	Co-design in Positive Health Interventions: experience from practice Elaine Byrne

15 min Break

11:00 - 12:00	KEYNOTE LECTURE <i>presented by</i>					
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1h 45 min Lunchbreak

Morning Session from 8:30 until lunch

<p>Listening to Our Stakeholders: Master of Applied Positive Psychology (MAPP) Programs Around the World</p> <p>James Pawelski, Christian Van Nieuwerburgh</p>	<p>Physical activity, the alpine environment and psychosomatic medicine</p> <p>Barbara Sperner-Unterweger, Katharina Hufner</p>	<p>Hindering or Helping? User Preferences for Features of Recorded Mindfulness Practice</p> <p>Maja Stanko-Kaczmarek</p>	<p>Exploring the Benefits of Hiring Individuals with Disabilities in the Workplace</p> <p>Rosilyn Sanders</p>	<p>Understanding Sexual Well-Being</p> <p>Vera Ludwig</p>	<p>How We View Our Own Aging Matters for Wellbeing. Implications in The Context of Disruptions Associated With The COVID-19 Pandemic</p> <p>Elli Kolovos</p>	<p>8:30 - 9:30</p>
		<p>Potentiating Allied Character Strengths: Gratitude and Compassion</p> <p>Liz Gulliford</p>	<p>Few things in life are easy and worth doing: how the bi-directional relationships between meaningful work and work-related stress can both help and hinder wellbeing</p> <p>Jess Annison</p>	<p>Exploring the Interplay Between Personality Dynamics and Well-Being: A Study of Extraversion and Emotional Valence</p> <p>Gaja Zager Kocjan</p>	<p>In Right Relationship - Exploring Systems to Co-create Lasting and Sustainable Wellbeing</p> <p>Lisa Barker</p>	
		<p>The nexus of relational peace: Character strengths and wellbeing in close interpersonal bonds</p> <p>Christos Pezirkianidis</p>	<p>Decent Work and Quality Professional Life of Higher Education Teachers in Portugal: an empirical study</p> <p>Tania Ferraro, Patricia A. Pacheco</p>	<p>Quantitative evaluation of a positive psychological intervention to promote well-being in best agers</p> <p>Vanessa Striefler</p>	<p>Utilizing Different Framework Synergies to Enhance Current Environmental-Wellbeing Approaches</p> <p>Tracey Platt</p>	
		<p>COVID-19 Long-term Impact: Exploring Character Strengths Change in Different Age Groups</p> <p>Sahar Amoury Naddaf, Shiri Lavy</p>		<p>Wisdom, Eudaimonic well-being and Creative-divergent thinking: interrelated processes and resources for aging well.</p> <p>Manuela Zambianchi</p>	<p>From Gratitude to Sustainability: Unpacking Product Value for Conscious Consumption</p> <p>Sofia Kousi</p>	

15 min Break

<p>Professionalising Positive Psychology: Background, progress, and future possibilities</p> <p>Rona Hart</p>	<p>Can Flourishing protect against Occupational Depression? A Comparison between General and Special Education Teachers</p> <p>Giacomo Angelini</p>	<p>A Meaningful Synergy: The Integration of Character Strengths and the Three Types of Meaning in Life</p> <p>Pninit Russo-Netzer, Ricardo Tarrasch, Ryan M. Niemc</p>	<p>Does Fun at Work Enhance Meaningful Work? A Three-Wave Study towards Innovative Work Behaviours</p> <p>Jarrood Haar, Azka Ghafoor, David Brougham</p>	<p>Well-being through self-fulfilment? Self-actualization, growth and well-being in the general population</p> <p>Nele Jacobs</p>	<p>Serious Leisure's contribution to integral human development in nursing home care</p> <p>Maria D'Araújo, Maria V. Nunes</p>	<p>9:45 - 10:45</p>
	<p>How to cultivate the true self to promote the well-being and mental health of adolescents and students in higher education? Results of a scoping review</p> <p>Rémi Paré-Beauchemin</p>	<p>Are Character Strengths WEIRD or not? Exploring the Cultural Relevance of Character Strengths Across Eurasia</p> <p>Tahira Mubashar, Marco Weber-Harzer, Claudia Harzer</p>	<p>How Cross-Domain Social Support Leads to Work-Life Balance: A Longitudinal Boundary Theory Perspective</p> <p>Yannick Provost Savard, Dana Bonnardel, Justin Blaise Richards</p>	<p>Courage to be happy: risk-taking as a mediator of the relationship between psychological courage and well-being</p> <p>Grzegorz Pajestka, Madgdalena Poraj-Weder</p>	<p>Mere religiosity is not enough! Spirituality strengthens the relations between religiosity and positive youth development</p> <p>Jet Buenconsejo</p>	
	<p>Expanding application of positive education to nonformal education settings through Training nonformal education Teachers</p> <p>Niva Dolev</p>	<p>South African University Students' Experience of a 6-week Character Strengths Program</p> <p>Sean Abrahams, Anita L. Campbell</p>	<p>The Impact of Automated Coaching on Daily Experiences at Work</p> <p>Scott Dust</p>	<p>The Effect of Everyday Inner Conflicts on Well-being</p> <p>Dina Nir</p>	<p>Seasons of Life in Action: The Development of the Tree of Life Metaphor within a Faith-Based Paradigm for Exploring Meaningful Harmony and Balance</p> <p>Sumaera Hasan</p>	
		<p>Friendships of Mutual Accountability: The foundational role of relationships in character development within higher education</p> <p>Rebecca Park, Susan Fesperman</p>	<p>Antecedents and outcomes of work-related flow: A meta-analysis</p> <p>Wei Liu, Hairong Lu, Peikai Li, Dimitri Van Der Linden, Arnold B. Bakker</p>	<p>Understanding Resilience in Turbulent Times: A Three-Year Study of Sense of Coherence, Well-being, and Anxiety in the Czech Republic</p> <p>Martin Mácel</p>	<p>How does different travel modes affect subjective wellbeing?</p> <p>Magnus Roos</p>	

15 min Break

<p>Michael Ungar - Diagnosing, Nurturing and Maintaining Resilience: Tools for Positive Development in Stressed Environments</p>	<p>11:00 - 12:00</p>
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1h 45 min Lunchbreak

14:00
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15:00

KEYNOTE LECTURE *presented by*

15 min Break

15:15
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16:15

It's you, it's me, it's us - how Positive Leadership can help us shape an even greater world

Cornelia Lucey

Empowering Student and Educator Comprehensive Well-being through the Student Alliance for Flourishing Partnership

Kristine E. Larson

From Me to We: what does this mean for Society and Social Justice?

Sue Roffey, David Roffey

+ book launch with drinks

A Comprehensive Organizational Development Model to Activate Character Strengths and Grow Engagement, Relationships and Performance in the Workplace

Jillian Copley

A strengths based model to navigate a journey towards peace and happiness

Vijay Kumar

How to Promote Students' Subjective Well-Being: The Well-Being Promotion Program, A Multitarget School-Based Positive Psychology Intervention

Shannon Suldo, Sarah Fefer, Kai Zhang Shum

Prosocial Commitment, Flow, and the limits of Attention

Jeanne Nakamura

16:15
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17:30

Posterpresentations / Coffee break

17:30
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18:30

The Neuroscience of Wellbeing: understanding your brain to live a happier life

Sue Langley

The Anatomy of Resilience

Christian Taftenberg Jensen

Enhancing Team Dynamics and Performance Through VIA Strengths Teaming Approach

Karen Whelan-Berry, Paul Papierski

Experience mapping: discovering the power of places in the promotion of well-being

Viola Sallay, Tamás Martos

Embodied Positive Psychology

Alla Klymenko

An Experiential Workshop: Coaching Outdoors and in Nature

Ceri Sims, Nikki Ayles

18:35 - Conference Dinner

Afternoon Session from 14:00 until evening

Suzy Green - Positive Psychology Coaching: Creating Sustainable Wellbeing for You, Me & Us

14:00
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15:00

Zurich Center for Positive Psychology: Leveraging Character Strengths in Today's Transforming Workplaces Alexander Stahlmann	Synergies of Lifestyle Medicine and Positive Psychology for Positive Health Liana Lianov, Marta Bassi, Ilona Boniwell, Jolanta Burke, Kathi Norman	Non-Academic Education in Positive Psy- chology in the German-speaking Areas of Germany, Austria and Switzerland Daniela Blickhan	Practical Wisdom and the VIA-IS - A preliminary study on the situational use of character strengths in the teaching profession Benjamin Berend	Work on Wellbeing - the importance of WoW! Sue Langley	The Philosophy of Happiness: A Tension Resolved Christian Piller
			Character strengths profiles of Taiwanese medical students and their correlations with life satisfaction Wen-Hsu Lin, Chi Chiao, Ming-Chang Tsai, Yi-Fang Chung, Chin-Chun Yi	A latent profile analysis in Italian workers: Key ingredients for Healthy organizations Andrea Svicher, Annamaria Di Fabio	To Change or Not to Change? - Status Quo Bias and Happiness Arie Sherman, Tal Shavit
			A Qualitative Examination of Character Strengths and Virtues in Intergroup Reconciliation Roger Bretherton	A cross cultural and interdisciplinary approach to define a workplace wellbeing framework: a case study from United Arab Emirates Radhika Punshi, Gauri Gupta, Tayyab Rashid, Gregory Dean	The Why, What & How of Teaching Happiness Thomas Mündle
			Character Strengths of Employees with Protector Roles: Understanding their Role for Persuasion Skills, Workplace Well-being, Job Performance, and Career Success Claudia Harzer, Tahira Mubashar, Scott Mitchel	PERMA-Lead: A Behavioral Leadership Approach to Positive Leadership Markus Ebner	

15:15
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Posterpresentations / Coffee break

16:15
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17:30

Listening to our Stakeholders: Credentia- ling Project by IPPA Task Force Ilona Boniwell	Implementing innovative positive interventions with the use of Virtual Reality and other digital technologies Chiara Ruini	Re-writing health and illness narratives in the context of positive health sciences including positive psychology interventions Padraic J. Dunne	Special Session - Journal of Happiness Studies: Meet the Editors! Antonella Della Fave, Esther Otten	Aftermath of the COVID-19 Pandemic: Resilience and Mental Health of Emerging Adults University Students Sophie Leontopoulou	Linking Teachers' Well-Being with Students' Well-Being: A Multi-Level Study Conducted During COVID-19 Shiri Lavy
				The Role of Spiritual Intelligence and Self-Compassion as Predictors of Perceived Stress and Psychological Resilience among University Students in India during COVID-19 Shubhangi Jagdev	Direct and Mediated Impacts of Parental Democratic Communication on Adolescent Well-being: Insights from the 2020 Chinese Family Panel Studies Sydney Hu
				MIND FULL OR MINDFUL? SAM - A health promotion program for students Brigitte Jenull	Associations Between Parental and Child Well-Being Indicators: Preliminary Results from a Three-Wave Longitudinal Survey Maja Tadic Vujcic
				Teaching happiness to students - implementation and evaluation of a program aiming at promoting well-being in elementary schools Tobias Rahm	Main characteristic and measures of Group Flow in Collaborative Learning: a systematic Prisma review Faustine Wawak

17:30
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18:30

Conference Dinner - 18:35

Saturday, July 13, 2024

8:30 -9:30	<p>Better in Every Domain: The Holistic Life Crafting Model in Action</p> <p>Bryan Dik, Llewellyn van Zyl, Michael Steger, Bradley Wright</p>	<p>The Nonflict Way - Conflict resolution, self coaching, and transformation enhancement using a simple and comprehensive 3 steps process</p> <p>Gilad Kfir</p>	<p>Paws for Wellbeing - The benefits of canine-human interaction for our physical and mental health</p> <p>Clive Leach, Roz Rimes</p>	<p>Building Resilience across ages with the Mindful Self Compassion Program created by Prof. Kristin Neff and Prof. Christopher Germer</p> <p>Monique Borcard-Sacco</p>	<p>Resilience and wellbeing for parents</p> <p>Dana Moldoveanu Brandes, Jannie Stricker, Vera Kristensen</p>	<p>Positive Psychology Coaching: Facilitating clients' journey towards flourishing</p> <p>Daniela Blickhan</p>
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15 min Break

9:45 -10:45	<p>Why positive peace matters for the advancement of positive psychology: A pursuit for moral responsibility and activism in dealing with global issues</p> <p>Helena Águeda Marujo</p>	<p>Seasons of Meaning: Experiential Approaches to Deepening Meaning in Everyday Life</p> <p>Michael Steger, Pninit Russo-Netzer</p>	<p>Ménage a Trois - Positive Psychology, Psychodrama, Couples Therapy - Strengths-based practices to cultivate hope and positivity in relationships</p> <p>Andrea Szucs, Daniel Tomasulo</p>	<p>Next Level Appreciative Inquiry Practice. Using the Framework for Increasing Wellbeing on the Me, We and Us levels</p> <p>Ase Fagerlund, Gina Masterka, Beth Jenkins, Sue Giagnorio</p>	<p>The 4th wave of Positive Psychology - Planet Earth and Mankind</p> <p>Cordula Kreidl</p>	<p>PianoBreak - From Thinking to Intuition</p> <p>Felicitias Goerke</p>
	<p>Pathways to Reconciliation: The Role of Apology in Addressing Systemic Racism</p> <p>Maysa Akbar</p>					

15 min Break

11:00 -12:00	KEYNOTE LECTURE <i>presented by</i>					
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1h 45 min Lunchbreak

Morning Session from 8:30 until lunch

Exploring the Flourishing Impacts of Arts Engagements Matthew Pelowski	Positive Education Worldwide: Exploring Diverse Cultural Perspectives and Practices Maggie Zhao	The Socio-Ecological Factors Associated with Resilience in Refugees: A Systematic Scoping Review Tengku Nila Fadhlia	Hope for the best or prepare for the worst? Calm perseverance, not vigilant monitoring, contributes to adolescent life satisfaction Laura Weiss	Relationships among meaning in life, religiosity and life satisfaction in families of people with disabilities Maria Platsidou	Using traditional Indigenous stories to enhance psychological and environmental well-being: Lessons from Waykánashpam (Salmon People) Michelle Jacob	8:30 - 9:30
		Evolution of trauma and social sharing of emotions among Ukrainians refugees Marie Clergeau	The relationship between 5c indicators of positive youth development, self-compassion, and well-being in adolescents Hana Gacal	An investigation of the Meaning-Making Model in parents raising a child with a disability Anastasia Mavridou	The Ethical Path to Wellbeing Tarli Young	
		Wellbeing and resilience of researchers in Ukraine Tammi Walker, Natalya Mosol	Examining the heterogeneity of the experience of meaning in life among late adolescents and the role of resilience: A Latent Profile Analysis Semira Tagliabue	The contribution of empathy to mother's disintegrative responses in the context of infant care Orit Taubman-Ben-Ari, Hilit Erel-Brodsky	From Commitment to Relationship Flourishing: A Brief Journey through Generativity in Couple Relationships Susana Costa Ramalho	
		Understanding the importance of bonding social capital for the well-being of first-generation labour migrants: A cross-sectional study in the Netherlands Marianne Simons	Building Inner Strength: The Contribution of Self-Compassion to the Resilience of Adolescents from Divorced Families in Makassar Umniah Saleh	Thriving in the second half of life: Identifying predictors of a fulfilled life Doris Baumann	The Need to Radically Reformulate Our Understanding of What Wellbeing Means as Humans Michael Steger	

15 min Break

Investigating the Role of Meaning in Arts Experiences James Pawelski	Mapping Human Flourishing Across Cultures Enrique Tamés	Factors associated with happiness and wellbeing in Austrian and German adolescents Rachel Dale	The Scholarly Terrain of the Study of Love: A Bibliometric Methods Approach Saida Heshmati	The Good Life Network: A Value-Based Approach to Wellbeing Irene Teulings	How Parents Mediate Cultural Influences on Flow in Schools David J. Shernoff, Janine Bempechat, Jin Li	9:45 - 10:45
		Can adolescents and adults recognize positive mental health like mental illness? An experimental mixed methods study Mariana Maia De Carvalho	From 'ego' to 'Self': a randomized controlled intervention study on the cultivation of Confucian ideal personality traits (Junzi personality) based on traditional Chinese culture Liu Shuzhen	Exploring the Wellbeing of Chinese Older Adults: A Systematic Review Yue Pan	Enhancing Well-Being of Urban School Students in India: A Comparative Study of Two Interventions in a Natural Setting Nainika Hira, Raina Chhajer	
		A diversity of scales to measure subjective well-being: do they measure the same? A study of the subjective well-being and its determinants in Flanders. Dries Verlet	Friendship Quality and Life Satisfaction: A Three-Wave Longitudinal Study Diaconu-Gherasim Loredana	How does social support shape relationship between career calling and wellbeing? Ayse Burcin Baskurt	Perceptions of Acceptability and Utility of Ongoing Coaching to Enhance Implementation of the Well-Being Promotion Program in Schools Sarah Fefer	
		Caring for the Future: Advancing Adolescent Mental Health in Afrika through Innovation and Youth Engagement Anitha Menon	Factors associated with experiencing flow in fulfilling and enjoyable situations in Japanese undergraduates Masato Kawabata, Asakawa Kiyoshi	Positive Technology: A journey into a Virtual Reality room for Peak Performance and Flourishing Catherine MacLaurin	Adapting a School-Based Positive Psychology Intervention Using the Ecological Validity Model for Middle School Students Kai Zhuang Shum, Shannon Suldo, Sarah Fefer	

15 min Break

Andreas Krafft - Our Hopes, our Fears, our Future - Learnings from 15 years of cross-cultural and transdisciplinary empirical research	11:00 - 12:00
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1h 45 min Lunchbreak

Saturday, July 13, 2024

14:00
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15:00

KEYNOTE LECTURE *presented by*

15 min Break

15:15
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16:15

What You Think About, You Bring About: The Powerful Impact of Thoughts and Beliefs on our Lives - a Neuroscientific View

Michaela Brohm-Badry

Passion in you, in me, in us

Sok-Ho Trinh

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

Hope across cultures: Further insights from the International Hope Barometer Program

Tharina Guse

Well-being Unveiled: Examining Key Happiness Factors in the Indian Milieu

Kamlesh Singh

Flow experience in the context of Work 4.0

Corinna Peifer

16:15
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17:00

Closing Ceremony, Social Impact Awards, Announcement of ECPP 2026

17:00

End of Meeting

Afternoon Session from 14:00 until evening

Antonella Delle Fave - Invisible people: a missed opportunity for knowledge development

14:00
-
15:00

15 min. Break

Evidence of Satiation of Subjective Well-being on Income at the Aggregate Level in European Countries

Simon Röck

The impact of daily social interactions on evening mood: The role of perceived interaction positivity and diabetes status

Amy Mc Inerney, Sonya Deschenes

Theory Meets Technology: Empirical Insights from Two Digital-Based Positive Psychology Interventions

Marc-Antoine Gradito Dubord, Jacques Forest

Is There a Mid-Career Crisis? An Investigation of the Relationship Between Age and Job Satisfaction Across Occupations Based on Four Large UK Datasets

Ying Zhou

What a Meaningful Day! A Network Psychometric Approach to Investigate the Interaction Between Meaning-Making and the Daily Satisfaction of Basic Psychological Needs

Michela Zambelli

Is ethical consumption related to Eudaimonic or Hedonic wellbeing? Analysis from a Switzerland-Japan Perspective

Makiko Hashinaga, Jörg Rössel, Patrick Shenk

15:15
-
16:15

How to Use Well-Being Dialogue Card

Madoka Maeno

The Power of Thank You: Exploring the Effects of Received Gratitude on Employees' Burnout and Basic Psychological Needs through a Multilevel Approach

Elena Gabriela Nicuta

Chance and Choice: Determinism and Decision making

Sue Langley

Closing Ceremony, Social Impact Awards, Announcement of ECPP 2026

16:15
-
17:00

End of Meeting

17:00

It's you, it's me, it's us



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