

Keynote Session 2

Date: 7 Oct 2016

Time: 10:45-12:15

Session Chair: Prof. Samuel Ho

Speaker: Dr. James Pawelski

Title: Thriving to Succeed: How the Science of Well-being can Help the Next Generation

Flourish

Abstract:

We all want the next generation to flourish. But sometimes well-meaning parents and educators push children and young people to succeed in ways that undermine their well-being. Research in positive psychology is demonstrating that it is possible to succeed and thrive. In fact, thriving can actually help the next generation succeed. This interactive presentation will explore some of the basic ideas behind positive psychology, describe its spread around the world, present empirical evidence for its effectiveness, and suggest practical steps participants can take to help children and young people flourish.