



## What is the NZAPP?

The mission of the New Zealand Association of Positive Psychology (NZAPP) is to promote the science and practice of positive psychology and its research-based applications, and to foster communication and collaboration among researchers, practitioners, teachers, and students around New Zealand and across disciplines who are interested in positive psychology.

The NZAPP is a not-for-profit organisation and aims to be inclusive and represent a wide range of interests and industries.

## What is Positive Psychology?

“There are two complementary strategies for improving the human condition. One is to relieve what is negative in life; the other is to strengthen what is positive. Mainstream psychology focuses largely on the first strategy; Positive Psychology emphasizes the second” - Martin Seligman.

“Positive psychology is the scientific study of what enables individuals and communities to thrive” - International Positive Psychology Association.

The field of positive psychology was founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

The diverse range of goals of Positive Psychology include building a science that supports families and schools that allow children to flourish, workplaces that foster satisfaction and high productivity, communities that encourage civic engagement, therapists who identify and nurture their patients' strengths, and the teaching and dissemination of Positive Psychology interventions in organisations and communities.

## What are the benefits of being a member?

- \* Quarterly e-newsletters
- \* Conferences
- \* Free books
- \* Certificate of membership
- \* Membership connections
- \* Free resources

Simply fill in the online form on the NZAPP website

[www.positivepsychology.org.nz](http://www.positivepsychology.org.nz)

Are you  
**HAPPY?**

**No**

**YES**

Do you  
want to be  
happier?

Keep doing  
what you  
are doing...

**No**

**YES**

Join the

NEW ZEALAND ASSOCIATION OF POSITIVE PSYCHOLOGY  
**NZAPPP**  
[www.positivepsychology.org.nz](http://www.positivepsychology.org.nz)