

The Positive Press

Newsletter No.11, March 2011

• Greetings

- This year has started as a good year of continued growth for the field of Positive Psychology internationally, and we have some new and exciting developments in New Zealand planned for 2011. Details of these developments are included in this shortened 11th newsletter (due to the Christchurch earthquake) as part of our ongoing mission to keep members informed.

• Association News

○ NZAPP Conference

- The executive committee are hard at work developing the associations inaugural conference, set down for the 9th and 10th of September. The location will be AUT's north shore campus in Auckland. This event will involve a one day conference and one day of workshops. More details will be available on the NZAPP website soon (under the resources tab), and in the June newsletter.

• Stay Informed

○ New Free Journal:

- [International Journal of Wellbeing](#)

As mentioned in the last newsletter, the New Zealand developed *International Journal of Wellbeing* was launched on the 30th of January 2011. The main aim of this journal is to promote interdisciplinary research on wellbeing. As such, the editorial team are dedicated to open access academic research, and to making the journal's content permanently free for all readers and authors. The first issue features articles from the leaders in the field of wellbeing. You can navigate to this journal's website and sign up for free.

• Events

- 2011 April 16 [Second Australian Positive Psychology in Education Symposium](#), Sydney

- The draft program for the 2nd Australian Positive Psychology in Education Symposium in Sydney is now on-line, and involves a great range of speakers who will provide insights into applied positive psychology in the education sector. Dr Suzy Green notes that she was fortunate enough to hear the opening keynote, Dr Jim Knight from the University of Kansas, speak at the 1st International Positive Psychology and Education Conference in London last year, and that his research on "instructional coaching" was engaging and inspiring: "It provides another fabulous way to utilise evidence-based coaching as an applied positive psychology to assist educators in real-time".

The symposium will also have a series of panels in the afternoon that aim to provide practical insights into learning, living and embedding Positive Psychology in Education including a special video link from Jenny Fox-Eades, a world leader in strengths in schools. The day will end with a panel aimed at looking at sustainability with strategic applications of Positive Psychology in Education.

There is also now an incentive for early-bird registration (registrations received before March 31st). Those registered by that date will go into a draw to win \$300 worth of books relating to Positive Psychology in Education.

- 2011 June 16-17 [6th Annual Happiness & Its Causes Conference](#), Brisbane

- NZAPP is an Endorsing Body for the 6th Annual Happiness & Its Causes Conference in 2011. Speakers for the conference include: His Holiness the Dalai Lama, the eminent psychologist Dr Paul Ekman and renowned Buddhist monk and meditator, Matthieu Ricard. Others include Robert Biswas-Diener (his latest book reviewed above), Michael J Gelb, Jane Goodall, Russ Harris, Anthony Grant, amongst so many.

- 18-21 July 2011 [36th Annual National Wellness Conference](#), University of Wisconsin, USA

- (*Website states*): The theme, "Growing Wellness," enthruses all individuals in wellness and health promotion to cultivate healthy change and nurture well living not only in individual clients and employees, but also in the communities (families, neighborhoods, cultural groups, and beyond) to which they belong.

Committed to the well person, home, workplace, and community -- and valuing that wellness is for everyone -- we employ innovative practices to grow wellness and enrich lives.

- The conference features leading positive psychologists Barbara Fredrickson and David Myers at the University of Wisconsin - Stevens Point, The theme is "Pathways to Optimal Well-being: Exercising Strengths/Increasing Real Happiness.
- 2011 July 23-26 [2nd World Congress on Positive Psychology \(IPPA\). Philadelphia, Pennsylvania, USA.](#)
 - (*Website states*): This unparalleled international conference - bringing together academics and practitioners - will gather the world's most renowned experts in positive psychology to present their latest findings and best practices. It is a great opportunity for anyone interested in learning how the "science of thriving" is changing the lives of individuals, communities, and institutions around the globe. Lectures, workshops, symposia and poster sessions will feature leading-edge research, as well as applications of positive psychology in a variety of fields - from business to education to medicine.

- **NZAPP Membership News**

- **Membership Total:** 606 (up from 561 in December).
- A Certificate of Membership to the New Zealand Association of Positive Psychology, is available on request, by emailing info @ nzapp.co.nz.

- **Support**

- Suggestions as to what you would like included in the newsletter are welcomed.
- Please consider providing a book or article review for the next newsletter.
- Other contributions may include information of interest, thoughts on an area of positive psychology, general comments or questions, and progress on current research.
- You can further support your association by informing your networks, friends, and colleagues about the NZAPP.

"The people who work in positive psychology are the people with the highest well-being I have ever known" – Martin Seligman.