POSITIVE PSYCHOLOGY
IN A NUTSHELL

Dr ILONA BONIWELL

BACKGROUND & RATIONALE

MY ACADEMIC CREDENTIALS

Over 530 conference talks and keynotes, including:

- TEDx
- Action for Happiness
- ENPP
- IPPA
- HEC Paris
- CENTRALE
- Anglia Ruskin University
- UEL University of East London

Founded and led: Taught and teaching at:

(redeemed, and over 3000 students taught)

- The British Psychological Society

WHICH WOULD YOU CHOOSE?

Red Cape
(Stop Bad Things)

Green Cape
(Grow Good Things)

INTRODUCING POSITIVE PSYCHOLOGY

The science of optimal human functioning, well-being and human strengths.

Rather than “fixing what is wrong”, positive psychology “builds what is strong”
THE FUTURE: SUSTAINABLE HAPPINESS

- The current economic model, based on the doctrine of endless growth, has resulted in the destructive attempt to use the earth’s finite resources to satisfy infinite wants.
- The use of gross domestic product (GDP) as the primary indicator of progress in the current growth-based paradigm has serious limitations.

THE VALUE OF HAPPINESS

- Creativity enhancement
- Task persistence, multi-tasking, being systematic
- Achievement and academic success
- Optimism
- Attending to relevant negative information
- Longevity
- Less vulnerability to illness
- Sociability, trust, helpfulness
- Less hostility and self-centeredness

MAJOR DISCOVERIES

- Creativity enhancement
- Task persistence, multi-tasking, being systematic
- Achievement and academic success
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TWO PERSPECTIVES ON HAPPINESS

HEDONIC                EUDAIMONIC

FEELING GOOD            DOING WELL
Belief that our abilities are...

<table>
<thead>
<tr>
<th>Fixed</th>
<th>Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>To look smart even if sacrificing achievement</td>
<td>To learn new things even if hard or risky</td>
</tr>
<tr>
<td>Meaning of Failure</td>
<td>Meaning of Effort</td>
</tr>
<tr>
<td>Our abilities are low</td>
<td>Low effort (poor strategy)</td>
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<tr>
<td>Strategy after Difficulty</td>
<td>Low effort</td>
</tr>
<tr>
<td>Self-Defeating Defenses</td>
<td>Activates &amp; develops abilities</td>
</tr>
<tr>
<td>Performance after Difficulty</td>
<td>High</td>
</tr>
<tr>
<td>Impaired</td>
<td>Equal or improved</td>
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</table>

FOCUSING ON STRENGTHS INCREASES ENGAGEMENT

<table>
<thead>
<tr>
<th>Ignore</th>
<th>Weakness</th>
<th>Strengths</th>
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</thead>
<tbody>
<tr>
<td>57%</td>
<td>43%</td>
<td>51%</td>
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</table>

POSITIVE ORGANISATIONS & LEADERSHIP

WHY NOW?

- One in 4 CEOs plan to leave
- Quality of work environments has declined
- 66% of UK employees don’t use their strengths
- Fewer than 20% of adults experience positive emotion at work
- Managers often focus on results rather than enabling

WHAT ARE THE MAIN DRIVERS?
PERFORMANCE DRIVERS

Introducing Positive Leadership

The ability to mobilise, facilitate and develop a community of exceptional performers, using individual strengths, positive emotions, motivation and optimism as drivers.

Introducing Positive Education & Positive Parenting

In two words or less, what do you most want for your children?
And what do the schools teach?

WHAT DO THE SCHOOLS TEACH?

WHAT DO WE NEED TO TEACH?

Martin Seligman

What is the best way to prepare for our kids life?
What challenges are they likely to encounter?
What skills would they need?
How can we teach those skills?

MARTIN SELIGMAN

• Achievement
• Thinking skills
• Conformity
• Literacy
• Maths
• Discipline
• Success

What do the schools teach?

• Achievement
• Thinking skills
• Conformity
• Literacy
• Maths
• Discipline
• Success
THE PREVENTION ARGUMENT (Seligman, Gillham, etc)

THE FACTS
- Earlier onset
- Academic and interpersonal difficulties
- Smoking, drugs, alcohol and suicide risks

THE JOINT ARGUMENT (Layard et al, 2013)

THE TWO PILLARS OF POSITIVE EDUCATION

RESILIENCE WELL-BEING

Promotion Prevention

CAN HAPPINESS BE TAUGHT? INDEED!

HAPPINESS SKILLS: WHAT SHOULD WE TEACH AND HOW?

WHAT HAPPINESS IS NOT
WHAT DO WE TEACH WHEN WE TEACH HAPPINESS?

<table>
<thead>
<tr>
<th>Positive Self</th>
<th>Positive Body</th>
<th>Positive Emotions</th>
<th>Positive Mindset</th>
<th>Positive Direction</th>
<th>Positive Relationships</th>
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</thead>
<tbody>
<tr>
<td>Happy Tahh</td>
<td>Image-Makers</td>
<td>Understanding</td>
<td>Mindful</td>
<td>Egg Yourself Off</td>
<td>Tans, or Float,</td>
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<td>Ms. Inc.</td>
<td>Supervisor</td>
<td>The Negetivity</td>
<td>Hope</td>
<td>Yani, Big</td>
<td>Hope</td>
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<tr>
<td>My Strengths</td>
<td>Nutrition</td>
<td>Reach your</td>
<td>Generation</td>
<td>Rojo and</td>
<td>Forgiveness</td>
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<td>Confident You</td>
<td>Media-Masters</td>
<td>Art for Fun</td>
<td>Engagement</td>
<td>Engaging</td>
<td>Cooling and</td>
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<tr>
<td>My Best</td>
<td>Possibility</td>
<td>Do or Todd,</td>
<td>Big Money</td>
<td>Rock Roy</td>
<td>Empathy</td>
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<tr>
<td>Qualitative</td>
<td>Power</td>
<td>The Power of</td>
<td>Mental Time</td>
<td>Big Money</td>
<td>Excitement</td>
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<td>BHUTAN AND THE NEW DEVELOPMENT PARADIGM</td>
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<td>SUSTAINABLE HAPPINESS</td>
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<td>THE FUTURE?</td>
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<td>Fears</td>
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<td>- Brain programming?</td>
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<td>- Opening Pandora’s box</td>
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<td>- Who is qualified?</td>
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<td>- Excessive individualism and narcissism</td>
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<td>- Overstepping the role of the school</td>
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<td>THE NINE DOMAINS OF THE GNH</td>
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PROPOSED NEW DEVELOPMENT PARADIGM MODEL

THE HAPPINESS MANIFESTO

Taking any one of the GMH domains as a base, what recommendations would you give to public policy makers?

INT. MSc IN APPLIED POSITIVE PSYCHOLOGY (I-MAPP)

STUDENT BENEFITS:
- Opportunity to craft their learning trajectory
- Opportunity to choose between more applied and research pathways
- Opportunity to choose between geographical locations

THE CONCEPT:
- Multicentre
- Multi-pathway
- Executive education format – intensive weeks
- Each module on a stand-alone structure

OPERATIONAL ESSENCE:
- All students register directly with ARU
- All learning web resources held within ARU
- Shared strategic leadership
- Local programme leadership

I-MAPP AT A GLANCE

Cambridge (optional modules)
- Positive psychology
- Neuroscience of well-being
- Positive psychology in practice
- Positive development
- Positive child development
- Positive relationships
- Well-being, accountability and well-being careers

Paris (optional modules)
- Positive psychology
- Positive performance
- Positive psychology coaching
- Positive education
- Positive organisational and team
- Positive society

On-line (compulsory modules)
- Qualitative research methods
- Quantitative research methods
- Major project (compulsory)

RESOURCES: www.positrans.fr
Thank you for your attention!

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www.positran.fr