08:00 - 09:00 – Registration.

08:30 - 08:35 – Welcome, by Dr Aaron Jarden, President of the New Zealand Association of Positive Psychology.

08:35 - 08:40 – Conference opening, by Professor Rex Billington, AUT.

08:40 - 08:50 – Lucy Hone (MAPP) - A brief introduction and overview of positive psychology.

**Short Description**: Positive psychology is an emerging science covering a multitude of research topics. Lucy will give us a brief overview of the field's history, pin point some key theoretical findings, current real world applications and psychometric measurement tools. She will also address some frequently held misconceptions about positive psychology.

**Biographical Information**: Lucy Hone is a PhD student at AUT University, with a MAPP (masters in applied positive psychology) from the University of Pennsylvania. She lives in Christchurch with her family and is proud to call that resilient city her home.

08:50 - 09:30 – International Keynote Speaker 1: NZAPP Speaker Dr Dianne Vella-Brodrick.

**Title**: “Knowledge, green lights, action” – Creating a script for positive change.

**Longer Description**: Exposure to positive interventions by way of awareness and knowledge is an important first step in enhancing well-being. However, knowledge about a specific intervention...
does not always equate with the practice and integration of that intervention into one’s everyday functioning. Hence, the likelihood of increasing well-being is compromised if the connection between theory and practice is not strong. Assigning positive interventions to individuals does not necessarily mean they are fully engaged with the intervention. There may be a number of person-activity-context factors such as enjoyment, motivation and practice that may be influencing the extent to which an individual is engaged with the positive intervention and is deriving the predicted benefits. I will present findings from a range of studies, mostly with young people, to support the notion that positive change is enhanced if these person-activity-context factors are satisfied. Often however, these factors are not considered and their impact is not known. When positive interventions have been administered, it is important to ask: (a) to what extent was knowledge acquired and retained, (b) did the ‘green lights’ go off in terms of comprehension and potential application and (c) did real world action ensue? A number of methods for determining whether or not these factors were satisfied will be discussed ranging from survey questions to experience sampling, and suggestions for increasing satisfaction will be made. This level of detail will provide more insight into the factors that contribute to positive change so that positive interventions can be tailored to meet these specifications and create more potent effects.

Biographical Information: Dr Dianne Vella-Brodrick (PhD) has recently taken up an appointment as the Director of the new Masters of Applied Positive Psychology program at the Melbourne Graduate School of Education, University of Melbourne. She is an adjunct Senior Lecturer in the School of Psychology and Psychiatry at Monash University and a founder of the Emotion and Well-Being Research Unit at Monash. She has developed and delivered a number of positive psychology subjects and lectures. She is a registered psychologist and a member of the Australian Psychological Society. She is the Secretary of the International Positive Psychology Association (IPPA) and chairs the IPPA Membership Committee. Dianne is also a Co-Editor in Chief of the Psychology of Well-Being journal and has been Co-Director of two Australian positive psychology conferences in 2008 and 2010. Her research interests include the development and evaluation of positive interventions for enhancing well-being, including school-based positive education programs, youth mental health and workplace well-being interventions.

09:30 - 10:00 – Talk 1a: Professor Grant Schofield and Dr Aaron Jarden - The New Zealand Wellbeing Index: Super wellbeing, Five Ways to Wellbeing, and health outcomes.

Short Description: The Sovereign New Zealand Wellbeing Index was created to better understand the wellbeing of New Zealanders. This presentation outlines this ambitious research project.

Longer Description: The Sovereign New Zealand Wellbeing Index (SNZWI) is a six year longitudinal study with the aims of a) developing an overall index of New Zealanders wellbeing, b) determining the prevalence of wellbeing among different geographic locations and various demographic groups, and c) investigating the predictors and moderators of wellbeing among New Zealanders, and how these compare to internationally comparative samples. In September 2012 a nationally representative sample of 10,009 (18+ years) individuals completed the 130 question online survey (two further data collection waves of the same participants are scheduled for 2014
& 2016). The questions and scales focused on psychological wellbeing, health and lifestyle, and socio-demographics. Questions were primarily drawn from Round 6 of the European Social Survey Personal and Social Wellbeing module, but additionally included scales such as the Flourishing Scale. Key results and findings will be presented and discussed. The SNZWI is currently the largest, most detailed, and wholly representative wellbeing dataset on the New Zealand population. The particular strength of the SNZWI is its capturing of how society is functioning as a whole, overtime, by focusing on the relationship between psychological wellbeing, and on health and lifestyle factors and outcomes. This talk will outline this study and highlight key findings to date: super wellbeing, Five Ways to Wellbeing, and health outcomes.

Keywords: Wellbeing, epidemiology, assessment, research.

Knowledge Focus: This work has a research focus.

Biographical Information: Dr Aaron Jarden is a Senior Lecturer in Psychology at the Open Polytechnic of New Zealand and Senior Lecturer at Auckland University of Technology. Aaron is president of the New Zealand Association of Positive Psychology, lead investigator for the International Wellbeing Study, founder of The Tuesday Program, and co-editor of the International Journal of Wellbeing. http://www.aaronjarden.com/

Professor Grant Schofield: Professor Schofield’s research and teaching interests are in chronic disease prevention especially reducing the risk and eventual mortality and morbidity from obesity, cardiovascular disease and diabetes, and wellbeing. As such, his work tries to understand, then change, the determinants of the contributing behaviours: physical (in)activity and (un)healthy eating, and also how these relate to wellbeing. He has taken a population and settings approach to translate basic science, epidemiology, and intervention outcomes to new trials, innovative research applications and to influence government, corporate, and NGO policy. Professor Schofield founded and is the director of the Centre for Physical Activity and Nutrition at AUT, which sits under the larger National Institute for Public Health and Mental Health Research which he is also a co-director. In the broader area of physical activity and health he is the pioneer in the field in New Zealand.

09:30 - 10:00 – Talk 1b: Dr. Paul Wood - Connecting theory and practice in coaching psychology: A personal story.

Short Description: For the sake of coaching psychology’s credibility, Dr Paul Wood will discuss why coaching psychologists must transparently lead the way in connecting psychological theory with applied coaching practice. He will then illustrate how this can be effectively done by talking about its importance in his own story of personal transformation, from prisoner to PhD, and the way it informs his current practice.

Longer Description: The purpose of this presentation will be to call for coaching psychology practitioners to lead the way in connecting sound theory and empirical findings with applied coaching practice. It will be argued that this is crucial for maximising clients’ capacity to experience real sustained positive change and growth. It will also be argued that this is crucial for establishing
coaching psychology’s credibility in a market where “coaching” lacks any means to sound quality control.

This position will be supported through reference to peer-reviewed publications, the use of case-studies, and the introduction of a new theoretical model of change that reflects an empirically derived approach to applied coaching psychology (The Five Steps to Freedom). This model will be illustrated through the presenter’s own journey of personal transformation. A journey that has seen him progress from a barely literate drug addict serving a life sentence for murder, to a well-respected PhD who runs a successful coaching practice, has guest lectured at multiple universities, and is delivering the closing keynote speech at this year’s Australasian conference of the International Coach Federation.

The implications of this presentation will be that coaching psychologists stand to make the biggest contribution to the credibility of coaching as a worthwhile activity that returns on clients’ investments in time and money. Using the Five Steps to Freedom to illustrate how theory can be effectively incorporated into behavioural change models will also show that coaching frameworks and models can be transparent about their influences and inspiration without concern over the loss of intellectual property or other claims that proprietary models use to avoid transparency. Finally, Paul’s own story will hope to inspire others within coaching psychology and positive psychology more generally to aim high when working with clients hoping to make substantial and sustained change in their lives.

Keywords: Connecting theory with coaching practice, Five Steps to Freedom, Positive Change, Sustained Change, and Personal transformation.

Knowledge Focus: Practice (through sound theoretical connection).

Biographical Information: Dr Paul Wood is the Director and Principal Coach of Switch Coaching and Consulting and What’s Your Prison? He is passionate about personal and professional development. This passion is the result of his personal experience of overcoming adversity and engaging in positive change and growth.

09:30 - 10:00 – Talk 1c: Melissa Rowthorn - Using the WHOQOL-BREF in Mental Health Recovery Outcome Assessment.

Longer Description: Funders and stakeholders supporting mental health recovery services in NZ require accountability. The 26 item short form of the World Health Organization Quality of Life Scale (WHOQOL-BREF) is being trialled as an organisational outcome measure to help appraise mental health recovery activities and services conducted by several non-governmental organisations (NGOs). A particular value of the instrument as an outcome measure is that the assessment is made by the person about themselves. This strength is consistent with the values of service user empowerment within NGOs. The questionnaire is intended to accompany other outcome measures that report change in symptoms and in management practices made by others in the organization. It is not meant to stand alone. Several NGOs in NZ are currently using the tool, sharing implementation ideas together and finding solutions to common problems their organizations encounter when using the scale. The presentation will report on progress being
made. The presentation will also report on the viability and usefulness of the BREF as an aid in assessing and planning recovery orientated support work. It will explore how the tool can help to lead conversation beyond the person’s symptoms into areas important to their quality of life as the person receiving services works towards their recovery. There is sometimes a mismatch between what people receiving services and providers of services perceive as acceptable questions to ask. Some staff find it uncomfortable to address questions which service users report no embarrassment. Other staff find the questionnaire most useful to explore quality of life issues that are satisfying or dissatisfying to service users. A potential outcome of using the WHOQOL as a recovery focussed assessment and outcome tool is the influence it could have in directing or reinforcing the objectives of NGOs away from the impacts of illness and relief of symptoms towards the importance of quality of life and the promotion of wellbeing.

Knowledge Focus: Research / Application.

Biographical Information: Melissa Rowthorn began working in the NGO sector in 1996 as a mental health support worker. She trained as a psychologist through this time and holds a BA, MsocSci, and PGDipCBT. She has been involved in providing services to adults who have intellectual disability, dual disabilities, co-existing problems, and long term mental health recovery needs through this time. Since 2007 Melissa has been a psychologist at Connect Supporting Recovery in their Rehabilitation Team, providing 1:1 psychological services to clients, support and consultancy to staff, psychological services to Connect’s social enterprise as well as project work within the organisation. Since 2010 Melissa has been busily involved with a team of “champions” in Connect rolling out the WHOQOL–BREF and using it as an Organisation wide outcome measure.

Sarah Andrews has held a variety of roles from social worker to manager of a large community health service. She holds a BA (Hons) Community Studies, PGCert Research & Analysis and PGDipPH. The post grad study, combined with her passion for service delivery, introduced her to the wonderful world of programme evaluation. From 2008 Sarah was a Project Manager/Research Associate at the School of Population Health, University of Auckland. There she worked in a team that conducted a range of programme evaluations for DHBs and NGOs. Sarah took up the newly created evaluator role with Richmond in 2011. Richmond provides mental health and disability support services across New Zealand.

10:00 - 10:30 – Talk 2a: Peta Wellstead - Flourishing men. What do NZ men need to flourish and how can we provide it?

Short Description: This paper will report findings from The Mental Health Foundation 2012 research that asked NZ men to provide data about their information-seeking in times of life stress.

Longer Description: Government and community agencies invest considerable human and fiscal resources in developing information products and services to inform the community about issues of health and wellbeing. This investment includes a range of strategies from large mass media
marketing campaigns to less high profile initiatives such as letterbox delivery of information. Many of these campaigns are accompanied by web-based information and resources.

Notwithstanding this large-scale investment little research is undertaken to determine the efficacy of these campaigns and the way that they enhance community wellbeing overall, and for specific groups.

The research under review in this paper was an attempt to critique the information-seeking behaviour of a group of NZ men who identified themselves in an online survey as needing information and support during a stressful life event. Three hundred men took part in the survey and their responses have provided much needed data on the way that information and support can be provided to men in ways that better meets their needs.

Keywords: NZ Men; information delivery; help seeking; support services.

Knowledge Focus: Research and Theoretical focus with implications for Practice.

Biographical Information: Dr. Peta Wellstead. School of Information Science and Technology, Open Polytechnic of NZ. Dr Wellstead’s particular research interest is in the area of Information Literacy. The critical premise of her work is that it is not information that is important, but what we do with that information and how it changes behaviour over time. Information Literacy is a tool that allows citizens to find the information they need and use it to make appropriate life choices.

The project reported here, mirrors her PhD research in Australia, and is being undertaken for the New Zealand Mental Health Foundation in order to assist the Foundation produce and deliver information in ways that best serve New Zealand men’s health needs.

10:00 - 10:30 – Talk 2b: Gordon Spence - Workplace wellbeing and coaching.

Longer Description: Workplace wellbeing continues to attract the interest of people leaders, practitioners and scholars alike, although often for very different reasons. For many the primary interest is explicitly focused on the achievement of better business and organisational outcomes (e.g. health risk minimisation, enhanced productivity, reduced health costs), whilst for others the primary interest is more strongly related to enhanced employee wellbeing (e.g. morale, work satisfaction, vitality). In this talk, Dr Spence will argue that the reasons why organisations pursue workplace wellbeing matters, a lot. After briefly reviewing some of the common methods employed by organisations to create healthier, happier work environments, he will show that the key components of organisational trust (i.e. integrity, benevolence, predictability, ability) and intrinsic need satisfaction (i.e. autonomy, competence, relatedness) are the foundation stones of wellbeing @ work. As both these workplace variables are relational in nature, it will be argued that all forms of effective workplace coaching (e.g. executive, team, non-executive) have important contributions to make towards enhancing the trustworthiness of organisations, and the reliability with which they meet the basic needs of employees. Somewhat ironically, many organisations appear to be looking outwardly for solutions to workplace wellbeing issues (e.g. outsourced wellbeing programs), when the answers they seek are more likely to reside in the execution of basic skills that nurture and support healthy human relationships. As such,
organisations that genuinely invest in the creation of a “coaching culture” may well prove to be following the most enlightened path – albeit one that comes with fewer bells and whistles than other contemporary workplace solutions.

Biographical Information: Dr Gordon Spence is Program Director of the Master of Business Coaching program at Sydney Business School, University of Wollongong and acting Director of the Australian Institute of Business Wellbeing. He holds a PhD in coaching psychology from the University of Sydney and regularly lectures on the psychology of peak performance, leadership, evidence-based coaching, and the application of positive psychology within organisational contexts. Gordon is also an active researcher (with particular interests in autonomous motivation, employee engagement and workplace wellbeing), a practising executive and workplace coach, workshop facilitator, and author of numerous peer-reviewed journal articles and book chapters.

10:00 - 10:30 – Talk 2c: Marcus Henning - Medical students and their quality of life whilst studying in New Zealand.

Longer Description: The wellbeing and quality of life of medical students has been receiving increased attention in recent academic research. This paper reviews our recent published work on assessment of medical students’ quality of life and related issues. This work includes focus group analysis on the barriers to maintaining quality of life, investigations of the validity of the WHOQOL-BREF quality of life questionnaire, links between quality of life and motivation, the effects of academic performance, the challenges faced by international medical students, and the use of religiosity and spirituality to cope with stressors related to studying.

The results of these studies highlight the specific challenges that medical students encounter, and how these affect quality of life and motivation to learn. To ensure that medical students receive optimal training to develop as competent professionals in a stressful yet rewarding profession, students need to learn sufficient self-care skills to provide them with long-term resilience against stressors and the ability to maintain quality of life.

Biographical Information: Dr Marcus Henning: Dr Marcus Henning currently works as senior lecturer and post-graduate academic advisor at the Centre for Medical and Health Sciences Education at the University of Auckland. He has facilitated numerous workshops to clinical teachers in New Zealand in relation to developing pragmatic skills in enhancing clinical teaching and promoting a scholarly understanding of medical education. He is actively engaged in research and his specific interests include: quality of life, the motivation to teach and learn, organizational behaviour, conflict management, and professional integrity. His background is in psychology and PhD was in the area of educational psychology. His publication details can be found on the following website:


Dr. Chris Krägeloh is a Senior Lecturer in Psychology at Auckland University of Technology and recently finished a term as Head of Postgraduate Studies in the School of Public Health and Psychosocial Studies. Chris is a founding member of the New Zealand World Health Organization Quality of Life (NZ WHOQOL) Group and conducts research about quality of life issues in a wide range of health and educational settings. He is an experimental psychologist by training and has
expertise in psychometric testing of questionnaires. His other research interests include applied linguistics, as well as conceptual and philosophical issues in psychology, especially regarding the concept of mindfulness.

Susan J. Hawken: University of Auckland, Department of Psychological Medicine, Auckland

10:30 - 10:50 – Morning tea break (poster session).

10:50 - 11:40 – **International Keynote Speaker 2**: WHOQOL Speaker Dr Marcelo Fleck.

**Title**: Possible uses of WHOQOL in mental health: International and Brazilian perspectives.

**Longer Description**: The World Health Organization Quality of Life Instrument (WHOQOL) was developed in the 1990’s. The WHOQOL-100 was published in 1995 and the abbreviated version (WHOQOL-BREF) in 1998. Since then, there are around 1200 PUBMED indexed papers published using WHOQOL. Papers come from different regions of the world attesting WHOQOL international vocation and cross-cultural perspective. Almost 20% of WHOQOL papers are on Mental Health. The purpose of this presentation is to highlight some possible uses of WHOQOL as an outcome instrument in Mental Health using some international examples and the WHOQOL Brazilian Center experience to illustrate the richness and potentiality of the Instrument.

**Biographical Information**: Marcelo graduated in Medicine from the Federal University of Rio Grande do Sul (1983), Masters in Medical: Medical Sciences, Federal University of Rio Grande do Sul (1991) and PhD in Medical: Medical Sciences, Federal University of Rio Grande do Sul (1997). He is currently Associate Professor - Department of Psychiatry and Legal Medicine, Federal University of Rio Grande do Sul, Editor of the Brazilian Journal of Psychiatry, Ex-engineer and former member of the Programme Coordinators graduate in Psychiatry UFGRS, Coordinator of the Mood Disorders Program of the Hospital de Clinicas de Porto Alegre, Group Coordinator WHOQOL (World Health Organization Quality of Life Group) in Brazil, temporary consultant of the World Health Organization, and has experience in the field of medicine, with emphasis on Psychiatry, acting on the following topics: quality of life and depression.

11:40 - 12:10 – **Video link-up to UK positive psychology expert Dr Nic Marks**.

12:10 - 12:40 – **Talk 3a**: Gaynor Parkin - Evaluation of effectiveness and transfer of learning for a resilience training program.

**Short Description**: I am interested in how best to transfer knowledge from research to tools and skills that people can use to improve their wellbeing and functioning. This is both a personal and professional interest. This paper will present a very brief overview of key themes from resilience.
and positive psychology research to date, then outline the rationale for the current study, and the study methodology. At this early stage, data is continuing to be collected; therefore statistical findings will not be presented. However, a summary of progress to date and participant’s post training feedback will be presented. Additionally, implications for practice will be discussed based on observations from this feedback, and trainers’ observations.

Longer Description: Strengthening psychological resilience has become increasingly relevant for individuals and organisations particularly those experiencing rapid change and limited resources. Resilience refers to the ability to adapt and recover well after stress, adversity or change (Meredith et al, 2011). Many people describe resilience as “bouncing back”.

Previous research has identified a number of qualities and coping strategies that are more common amongst highly resilient adults (Tugade & Fredrickson, 2004; Smith, Tooley, Christopher & Kay, 2011; Seligman et al., 2005, and Meredith et al, 2011). These include:

- Meditation/Mindfulness skills: the skill of focused attention in the present moment, linked with improved cognitive functioning and physiological recovery.
- Emotion regulation skills: ability to manage intense emotions appropriately and flexibly.
- Experiencing positive emotions: feeling emotions such as enthusiasm, satisfaction and hope contribute to optimism and flexibility about change.
- Cognitive reframing or reappraisal (also understanding links between thoughts/feelings/behaviour): ability to look at thoughts from different perspectives and therefore create new emotions and behaviour options.
- Realistic optimism: a cognitive skill of remaining hopeful when things are hard, and taking action to improve difficulties.
- Problem solving skills and realism: active problem solving skills and acceptance of what is outside of personal control, or can’t be changed.
- Connectedness and strong personal relationships.

The current study has three goals:

1. To investigate the effectiveness of a specific psychological resilience training intervention. The research training has been developed in NZ from current best practice research evidence. Data is being collected from approximately 400 participants from six New Zealand organisations, including both public service and private sector.

2. To compare the effectiveness of e-learning versus face-to-face delivery for this resilience training. E-learning delivery can be advantageous for large organisations with geographically dispersed staff. However at this point in time there is mixed evidence on whether e-learning is as effective as face-to-face learning.
3. To investigate some specific forms of technology that enabled follow up to determine which are most effective at helping participants transfer learning and skills from the training to everyday life and work. A significant challenge for training interventions is translating training knowledge into behaviour change. There is some evidence that follow up and reminders via digital and interactive technologies can improve the implementation of program learning. In the health behaviour field SMS, social media and email messaging have been used for some time with promising results (see Cole-Lewis et al, 2010; Wei et al, 2011 and Militello, 2012 for reviews). However little is known about which specific components of these interventions have the most effect on behaviour, or which technological medium is most effective to deliver the follow-up support.

**Keywords**: resilience, training, evaluation, implications for practice.

**Knowledge Focus**: Empirical assessment of positive psychology constructs in an experimental paradigm.

**Biographical Information**: Gaynor Parkin: Clinical Teaching Fellow and PhD candidate, Psychology Department, Victoria University of Wellington. Managing Director, Umbrella Health and Resilience Ltd.

**12:10 - 12:40 – Talk 3b: Tamasin Taylor - Defining and measuring contentment.**

**Short Description**: The current study produced a 10-item contentment measure with state and global, cognitive and physiological correlates of contentment for use within the context of positive emotion research.

**Longer Description**: 

**Introduction**: Research indicates that our thought-action repertoire and personal resources may be strengthened by utilising positive emotions such as happiness and contentment (Frederickson, 2000). Currently, however, there are no paper/pencil measures that can measure the wide breadth of the contentment-emotion construct, which is posited to include state and general contentment levels; as well as how it may be perceived simultaneously by the individual cognitively and physiologically. The current study aimed to define, create and validate such a contentment measure that could pick up these factors for the purpose of scientific research into positive emotions.

**Method**: 10-questions relating to the global, state cognitive and physiological correlates of contentment were generated from an initial pool of 38; this initial pool having been administered to 352 participants from the University of Auckland and the data tested using principal components analysis. The final measure was then examined for scale reliability, discriminant and convergent validity.

**Results**: The current study produced a 10-item contentment measure with two distinct subscales and was found to have sufficient statistical reliability and validity. The first subscale was labelled General Cognitive Appraisal and the second subscale was labelled State Tension Appraisal. This
measure is considered by the authors to be flexible enough to pick up state and general contentment levels in the individual depending on the given timeframe, as well as being able to differentiate the cognitively and physiologically-perceived contentment in the individual. Finally, being 10-questions in length, it also has the advantage to researchers of being quick to administer or easily added to a larger questionnaire package for the purpose of exploring positive-emotion theory.

**Keywords:** Measure, contentment, positive emotions.

**Knowledge Focus:** Research.

**Biographical Information:** My name is *Tamasin Taylor* I am a PhD student (Health Psychology) at The University of Auckland. Professor Glyn Owens is my supervisor. My interests are in positive emotions and how these can be utilised within the context of health self-regulation.

**12:10 - 12:40 – Talk 3c: Chris Krägeloh - The New Zealand WHOQOL-BREF with national items: Focus group work, item selection, confirmatory factor analysis, and Rasch analysis.**

**Longer Description:** The World Health Organisation Quality of Life (WHOQOL) instruments are the most widely used quality of life assessment tools. These questionnaires have been developed in collaboration with 15 international field centres, and the WHOQOL can thus claim to have strong cultural validity, in addition to its strong psychometric properties. To enhance conceptual equivalence of some quality of life facets across cultures, national versions of the WHOQOL questionnaires can include nation-specific items as an add-on to the core instrument. Here we present the results from focus group work that led to the generation of candidate New Zealand national items, and outline how the most suitable items were selected. Using confirmatory factor analysis, four of the final national items were identified for the psychological domain of quality of life, and one item for the social domain. Subsequent Rasch analysis tested the unidimensionality of the four WHOQOL-BREF domains (physical, psychological, social, and environmental quality of life) and is able to suggest how New Zealand WHOQOL-BREF data with national items are best to be analysed.

**Knowledge Focus:** Research.

**Biographical Information:** Dr. *Chris Krägeloh* is a Senior Lecturer in Psychology at Auckland University of Technology and recently finished a term as Head of Postgraduate Studies in the School of Public Health and Psychosocial Studies. Chris is a founding member of the New Zealand World Health Organization Quality of Life (NZ WHOQOL) Group and conducts research about quality of life issues in a wide range of health and educational settings. He is an experimental psychologist by training and has expertise in psychometric testing of questionnaires. His other research interests include applied linguistics, as well as conceptual and philosophical issues in psychology, especially regarding the concept of mindfulness.

*Paula Kersten* is an Associate Professor in Rehabilitation at AUT University and a UK registered physiotherapist. She founded the Outcomes Research Cluster at AUT in January 2011. This
cluster has a major focus on “Outcomes that matter – Addressing meaning and measurement”. Its aims include furthering the science of outcomes measurement through methodological research, building research capacity, and supporting clinicians and service leaders in the use and interpretation of their outcomes data. This work includes for example detailed investigations of commonly used measurement tools such as the visual analogue scale, as well as exploration of cultural validity and clinical utility of measures. Paula also carries out research that has a focus on the evaluation of new ways of working in rehabilitation. Recent work includes a pilot trial of bridging the rehabilitation intention action gap, a multi-centre randomised controlled trial (RCT) of multiple sclerosis fatigue management and an RCT of secondary prevention after minor stroke.

Patricia Hsu, AUT University, Department of Psychology, Auckland.

Joanna Feng, AUT University, Department of Psychology, Auckland.

12:40 - 1:30 – Lunch break (poster session).

1:30 - 2:10 – International Keynote Speaker 3: CPSIG Speaker Dr Travis Kemp.

Title: The Future of Leadership and Organisations in the Connection Economy: What does Positive Psychology Provide the Brave New World?

Longer Description:

Global industry and commerce are transforming at an exponential rate in ways that were inconceivable even 5 years ago. The nature, function, structure and purpose of organisations within the new connection economy will be dramatically different from those of their post-industrial, digital economy predecessors. The speed and magnitude of this change mean that many of our iconic and legacy organisations are floundering already and worse, others remain unaware of their impending challenges.

As our organisations and institutions struggle to keep pace with these changes, a new style of leadership is required. Whilst hierarchical, structural and directive controls provided arguable efficacy in governing our post-industrial enterprises, the connection economy places individuals and their relationships at the centre of the new organisation’s operational structure.

Drawing on the emerging research and practice-based evidence, Dr Kemp will illuminate the emerging changes and challenges for contemporary organisations and their leaders in navigating a rapidly transforming commercial landscape. Dr Kemp will discuss the phenomenon of leadership within the connection economy and outline the responsibility that Psychology has in supporting sustainability and performance within these post-structuralist contexts.
With Human Connections becoming the core asset of post-digital organisations, Dr Kemp will highlight the central place that Positive Psychology holds within these organisations and the importance of developing an alliance-based positive leadership approach to ensuring their sustainable success.

**Biographical Information:** Travis is recognised by industry and professional peers as being amongst Australia's leading practitioners and thought leaders in the field of coaching, performance and organisational psychology. His personal practice centres on leadership development, peak performance and executive coaching. Travis is a registered Teacher, a registered Psychologist with endorsement in Organisational, Exercise & Sport and Counselling Psychology and an internationally accredited Coaching Psychologist.

Travis is currently an Independent Consulting Psychologist, Business Advisor and Company Director having spent the last two years transitioning his corporate psychology consulting firm, The Teleran Group, to Lee Hecht Harrison following its acquisition in 2011.

He has worked with C-Suite executives and their teams across ASX Top 50 companies, BRW Top 100 private companies, federal, state and local government and not-for-profit sectors and across a broad range of industries including mining, engineering, construction, defence, professional services, FMCG, pharmaceutical, telecommunications, financial services and banking industries.

Previously, he has held a range of senior leadership roles including Leadership and Talent Director at Lee Hecht Harrison (Australia & New Zealand), MBA Director at the University of South Australia, Global Program Manager for Leadership Assessment with Electronic Data Systems Corporation (EDS) (now Hewlett Packard) and Manager, Human Resources (Asia Pacific) with Faulding Pharmaceuticals (now Hospira).

He currently holds adjunct academic appointments as Honorary Principle Fellow at the Australian Institute of Business Well Being, Sydney Business School, University of Wollongong, Adjunct Senior Lecturer and Unit of Study Coordinator at the University of Sydney's Coaching Psychology Unit and Affiliate Senior Lecturer in the Discipline of Psychiatry, School of Medicine at the University of Adelaide.

He has published widely in the professional and research literature and is co-editor of the international peer-reviewed scientific journal, the International Coaching Psychology Review.

Dr. Kemp’s latest ground-breaking leadership text, co-authored with colleagues Annie Mckee and Gordon Spence, “Management: A focus on Leaders” (Pearson, 2013) is the first to explore management from the context of leadership has already been adopted by several Australian Universities management programs.

Travis holds Fellowship of the Australian Institute of Management, Australian Human Resources Institute and the Australian Institute of Company Directors. Travis is an Honorary Fellow and past Scientific Advisory Council Member for the Institute of Coaching, McLean Hospital, Harvard University and an Honorary Vice President of the International Society of Coaching Psychology.
More broadly, Travis holds non-executive Directorships of Surf Life Saving (South Australia), Aria award winning Media production company CIK Media, The Helmsman Project and is Television Host of the innovative four part documentary series, Do or Die (Australian Broadcasting Commission).

2:10 - 2:40 – Talk 4a: Associate Professor Paul Jose - Fostering resilience in adolescents.

Short Description: An intervention with 13-yr-old adolescents is reported: a 12-week, one hour per week programme designed to promote positive emotions and resilience was evaluated. Results suggest that certain positive psychology dynamics were helpful in reducing depressive symptoms and enhancing happiness in middle adolescents.

Longer Description: The period of middle adolescence (12-15 years) is marked by increases in depressive and anxious symptomatology and externalising behaviour. A quasi-experiment was performed to determine whether a newly constructed 12-week, one hour per week programme (named PAL for Positive Approaches to Life) designed to promote positive emotions and resilience would be effective in both reducing depressive symptoms as well as increasing happiness. Thirty-eight Year 9 students from four schools participated in PAL, and were matched with 38 control students. Results indicated that the intervention led to greater levels of psychological wellbeing, satisfaction with life, subjective happiness, gratitude, and resilience at immediate conclusion, six months later, and 12 months later. In addition, the programme significantly reduced depressive symptoms as well. Mediational analyses indicated the presence of three mediators between the programme and increased resilience: gratitude, life satisfaction, and happiness. Altogether the results provided promising support for the proposition that a positive psychology intervention can foster resilience in middle adolescence.

Keywords: Adolescence, resilience, intervention, depressive symptoms.

Knowledge Focus: Empirical assessment of positive psychology constructs in an experimental paradigm.

Biographical Information: Paul Jose is an Associate Professor of Psychology at Victoria University of Wellington, and has studied adolescent development for over 30 years. His recent research efforts concern meaning in life, positive and negative emotions, and savouring.


Description: Jay McLean PhD is the leadership Development Specialist for Tait Communications Ltd. He believes in flourishing and improving the well-being of people by bringing genuine leadership to life at Tait. In essence his strategy is to develop a supportive leadership culture through coaching. Executive coaching is employed to develop leadership top-down and team coaching is employed to develop leadership bottom-up. Team-coaching has the grunt of engendering a leadership culture bottom-up through the power of followers’ role-modelling leadership principles. Overall, it is simply discipline: People thinking, conversing, doing, reflecting.
and being held accountable for demonstrating our genuine leadership principles. Does it work? Jay shares his trials and tribulations, bringing his evidence to bare as to whether coaching indeed makes a difference to the well-being of Tait Communications.

2:10 - 2:40 – Talk 4c: Yannick Griep - Developing a better understanding of how unemployed people give meaning to their life and develop a policy action plan for bottom-up change, using a qualitative case study applying photovoice.

Long Title: Images for knowledge and change: The importance of financial stability and emotion-focused coping for unemployed in Brussels (Belgium) and the potential of bottom-up policy thinking using an exploratory case-study.

Short Description: Developing a better understanding of how unemployed people give meaning to their life and develop a policy action plan for bottom-up change, using a qualitative case study applying photovoice.

Longer Description: There is a growing group of unemployed in Brussels for which there are currently no vacant jobs (Thys, 2009). This study aims to develop a better understanding of how these unemployed give meaning to their life; using a qualitative case study applying photovoice (Wang, 1999; Wang & Burris, 1994, 1997). Whereas other methods, with pre-structured closed-choice scales, tend to be characterized by asymmetric relationships between researchers and the unemployed (Fryer, 2003), photovoice emphasises participant’s involvement and action as vital elements of research in order to bring about positive change in participants critical thinking skills, confidence about the future and self-esteem (Blackman & Fairey, 2007; Fryer & Fagan 2003). Four participants used a camera - during three months - to document their ideas around three main themes (1) the problems of unemployment, (2) coping with unemployment, and (3) the development of a policy action plan for bottom-up change. Using the SHOWED – technique (Shaffer, 1993; Wang, 1999) respondents highlighted that the constant confrontation with an unstable financial situation impacted their daily life (Fryer, 1986; 1995) and that they struggled with negative stereotypes society holds towards them (Steele & Aranson, 1995). Participants mainly applied emotional-focused coping strategies (Carver, Scheier, & Weintraub, 1989). Finally participants identified seven key points (e.g. a more differentiating and motivating unemployment policy) that served as catalysts for bottom-up policy ideas. The most stirring idea was the proposition of a motivating differentiating policy instead of a general penalizing one; an idea that had already been suggested by other researchers (e.g. De Cuyper & Struyven, 2004). In sum, photovoice proved to be an effective tool in stimulating critical thinking and active involvement among participants. This results in rich contextual knowledge, valuable ideas for bottom-up policy, as well as participants reporting feelings of a sense of control over one’s life, situation and environment.

Keywords: Photovoice, unemployment, bottom-up change, empowering.

Knowledge Focus: Research.
Biographical Information: Yannick Griep is a PhD researcher at the department of Work and Organizational Psychology (WOPs) at the Vrije Universiteit Brussel under the supervision of Prof. Dr. Roland Pepermans. His research interests focus around volunteering, psychological contract, unemployment, negative behaviour at work, and wellbeing.

Isabelle Ysebaert is a Master of Science in Organizational & Work Psychology and a Trainee at Fotosynthesis, a participatory photography community project in London, interested in creative community solutions to social problems.

Dr. Elfi Baillien is assistant professor Organizational Behaviour at the Human Relations Research Group (HUBrussel) and affiliated to the Research Group for Work, Organizational and Personnel Psychology (KULeuven). Her research interests focus around negative behaviour at work, interpersonal and intergroup conflict, organisational change, work-related stress, and well-being.

Prof. Dr. Hans De Witte is Full Professor in Work Psychology at the Research Group Work, Organizational and Personnel Psychology (WOPP) at the KU Leuven, Belgium. He studies topics like the psychological consequences of job insecurity, unemployment, temporary employment and downsizing.


Short Description: We test the flourishing of NZ employees using Self Determination Theory, finding support for Fredrickson and Losada’s (2005) assertion that flourishing employees will have a higher positivity ratio than those who are not flourishing.

Longer Description: Flourishing is characterised by a growth and self-expansive orientation, where the emphasis is on continued growth. Flourishing individuals are associated with greater self-development, generativity, growth, resilience as well as enjoy enhanced physical and mental health outcomes. The tipping point from which flourishing is found is 2.9 :1 and this positivity ratio is what is needed to build flourishing individuals. We test this with a large sample of NZ employees using the Self Determination Theory variables of Three Needs (autonomy, competence and relatedness). Using 457 employees, we calculated potentially flourishing employees as those in the top quartile (1/3) for each of Self Determination Theory’s three needs, and in turn, created a new variable (flourishing) for employees who had at least two of the three needs satisfaction scores in this category. This aligns with current thinking that a flourishing person does not need to excel in all dimensions. We tested this towards the positivity ratio, where positive affect is divided by negative affect. Overall, our findings support Fredrickson and Losada’s (2005) assertion that flourishing employees will have a higher positivity ratio than those who are not flourishing (M=3.1 versus 2.0). The implications, including developing flourishing employees, will be discussed.

Keywords: Flourishing, Employees, Self Determination Theory.
Knowledge Focus: Research.

Biographical Information: Maree Roche, School of Business, Waikato Institute of Technology, New Zealand

Professor Jarrod M. Haar, School of Management, College of Business (Albany), Massey University

2:40 - 3:10 – Talk 5b: Dr. Nathan S. Consedine - Beyond compassion fatigue: what really stops physicians from being compassionate?

Short Description: Compassion research among physicians implies they get tired of caring. We provide data illuminating several additional aspects of professional medical practice that may interfere with compassion among physicians.

Longer Description:

Purpose: Physicians and other health professionals are expected to be compassionate. However, most compassion research focuses on compassion fatigue – an outcome variable – and fails to consider the specific factors that interfere with compassion in physician’s practice. In an initial study, we describe the development and validation of a measure assessing barriers to compassion among physicians.

Methods: A pilot sample of 75 physicians generated an initial list of barriers. A final 34 item Barriers to Physician Compassion Questionnaire (BPC), was administered to 372 convenience-sampled Filipino physicians together with measures assessing demographics and practice-related variables, stress, locus of control, and trait compassion.

Results: As expected, the barriers to physician compassion were complex. Structural analysis revealed the presence of four distinct, face-valid, and discriminable components – physician burnout, external distractions, difficult patient/family, and complex clinical situation. All barrier components had adequate internal reliabilities (>0.70) and patterns of convergent and divergent validity.

Conclusion: Remaining compassionate in medical practice is difficult but is unlikely to be exclusively “determined” by fatigue. Identifying specific environmental and interpersonal barriers to compassion among healthcare professionals may help identify areas in which practice can be adjusted to maximize the delivery of compassionate healthcare.

Keywords: physician compassion, compassion fatigue, barriers to compassion, transactional model.

Knowledge Focus: Research/practice.
Biographical Information: Nathan S. Consedine, Associate Professor, Psychological Medicine, Faculty of Medical and Health Sciences, University of Auckland. Dr. Consedine is a health psychologist with research interests in emotions, mindfulness, and compassion.

Antonio (Tony) Fernando, Senior Lecturer, Psychological Medicine, Faculty of Medical and Health Sciences, University of Auckland. Dr. Fernando is a psychiatrist and meditation practitioner with research interests in medical education, physician compassion, and sleep.

2:40 - 3:10 – Talk 5c: Kirsten Lovelock – “All is well with me” – uncertainty, proximity and idioms of distress.

Short Description: This paper draws on two environmental health research projects, one concerned with chemical contamination and the other the health of front line workers responding to the earthquake(s) in Christchurch. Uncertainty and proximity are emergent issues with respect to wellbeing in both studies and concern for the “other” emerges as a key idiom of distress for some participants.

Knowledge Focus: Research.

Biographical Information: Dr Kirsten Lovelock is a Senior Research Fellow in the Department of Preventive and Social Medicine, Dunedin School of Medicine, University of Otago.

3:10 - 3:30 – Afternoon tea (poster session).

3:30 - 4:00 – Talk 6a: Lucy Hone - The challenges of operationalising flourishing.

Short Description: The term flourishing describes high levels of wellbeing and has multiple beneficial correlates, but has been operationalised and measured in different ways. This presentation compares the findings from a large scale NZ population study, whereby flourishing was operationalised and measured via four different methodologies.

Longer Description: Several different definitions of flourishing exist. Seligman lists his criteria as being in the upper ranges of the following: positive emotion, engagement, positive relationships, meaning, and positive accomplishment (Seligman, 2011). Others conceptualise flourishing as the presence of high levels of three core features (positive emotions, engagement, and meaning/purpose) and any three of six additional features (self-esteem, optimism, resilience, vitality, self-determination, and positive relationships) (Huppert & So, 2009). Fredrickson’s studies of positive emotion led her to conclude that a ratio of 2.9:1 positive affect to negative affect marks a crucial tipping point for flourishing (Fredrickson & Losada, 2005). The Flourishing Scale (Diener et al., 2010) is a new brief summary measure designed to measure respondents’ self-perceived success in areas identified as important for psychological flourishing (including positive relationships, meaning, self-esteem, and optimism). Using the Sovereign Wellbeing Survey (SWI)
dataset (N = 10,009), the author investigates the prevalence and characteristics of flourishing according to these different operationalisations.

**Keywords**: Flourishing, well-being, optimism, resilience, depressed mood, meaning, autonomy, relationships.

**Knowledge Focus**: Operationalisation of positive psychology constructs.

**Biographical Information**: Lucy Hone is a PhD student at AUT University, with a MAPP (masters in applied positive psychology) from the University of Pennsylvania. She lives in Christchurch with her family and is proud to call that resilient city her home.

**3:30 - 4:00 – Talk 6b: Rod Galloway - Strengths-based learning approaches for children: A New Zealand case study.**

**Short Description**: Find out what happened when 400 children had repeated opportunities to know and grow their strengths over five years. This session presents some new strengths-based approaches to teaching and learning.

**Longer Description**: Strengths-based philosophies are evident in New Zealand education policy statements, curriculum design and school descriptions. The pedagogy draws on ideas from positive psychology, differentiated instruction and personalised learning but often lacks clarity around definitions and examples of evidence-based practice. This presentation explores the educational foundations of strengths-based approaches for children and considers the effectiveness of one model in light of relevant literature.

The chosen case study school has been implementing a strengths-based intervention programme involving 400 children for a number of years. The school leaders have developed a series of reflective and evaluative questions to assist with the identification and nurturing of children’s strengths. Self-administered questionnaires and structured interviews were used with teachers, children and at least one of their parents for five consecutive years.

Analysis of the data gathered suggested strengths-based approaches had a positive effect on learning in the case study school. The number, categories and perceived success of children’s strengths tracked over this period increased dramatically. Children at the school became better at recognising their strengths and that may have contributed to noted improvements in engagement, self-belief, resilience and risk taking.

The encouraging outcomes of this investigation will be shared along with the practical strengths-based strategies used to accentuate children’s success.

**Keywords**: Strengths-based, Engagement, Motivation, Learning.

**Knowledge Focus**: This work has a practice focus.
Biographical Information: Rod Galloway (MEd) is an experienced teacher and school principal. Since 2005 he has been the Chairperson of the New Zealand Foundation for Character Education and Principal of Dunedin’s largest primary school known for implementing comprehensive strengths-based initiatives. In 2009 Rod was the visiting fellow at the University of Edinburgh writing about strengths-based approaches in schools. The University of Wales currently uses his strengths-based learning model in their initial teacher education programme. Rod is honoured to have twice received a Woolf Fisher Fellowship for services to education.

3:30 - 4:00 – Talk 6c: Professor Jarrod Haar – Abusive supervision and its influence on the mental health of Maori employees: The benefits of resilience.

Short Description: Maori as a population register significantly higher levels of anxiety and depression. Using a sample of 261 Maori employees we find support that resilience may moderate the influence of abusive supervision on Maori employees.

Longer Description: Organisational justice theories suggest that employees who are abused by their supervisor are likely to respond with lower personal outcomes including wellbeing. Conversely, there is much research on resilience and its role in aiding and enhancing the wellbeing of employees. The present study brings these disparate literatures together and tests whether resilience moderates the influence of abusive supervision on the mental health of Maori employees. Maori as a population register significantly higher levels of anxiety and depression compared to the majority of the population. Using a sample of 261 random Maori employees, we tested the influence of abusive supervision and resilience towards anxiety and depression outcomes. The survey design included separating the predictor variables from outcome variables by a month. Results showed that respondents reported low levels of abusive supervision (M=1.8) and high levels of resilience (M=4.2). Regression analysis showed that abusive supervision accounted for sizeable amounts of variance, while resilience was more modest. While no significant interaction effect was found towards anxiety, there was towards depression, with respondents with high resilience buffering the influence of high abusive supervision, ultimately reporting significantly lower levels of depression than respondents with low resilience. The findings support the notion that resilience may moderate the influence of abusive supervision perceptions on employee mental health.

Keywords: resilience, Maori employees, abusive supervision.

Knowledge Focus: Research paper.

Biographical Information:

Professor Jarrod M. Haar, School of Management, College of Business (Albany), Massey University.

Maree A. Roche, School of Business, Waikato Institute of Technology, New Zealand.

David Brougham, School of Management, College of Business (Palmerston North), Massey University.
4:00 - 5:20 – Talk 7a: Jasbindar Singh – Courageous conversations.

Short Description: Conflict and tension are inevitable in any relationship – business or otherwise. This interactive presentation will address the barriers, the cost and how to have those courageous conversations that are being avoided.

Longer Description: Are there conversations that your coachee – manager or leader - needs to have that they are avoiding? This may be with a direct report, peers, manager, customers and suppliers or at home. How about you? Do you find a particular person or situation going round and round in your head; consuming a lot of your RAM?! Do you find yourself thinking about what you might say but never actually say it? Perhaps there is a concern about things coming out the wrong way, upsetting the ‘apple cart’ and making the situation even worse?

Conflict and tension are inevitable in any relationship – business or otherwise. The point is not that these tensions exist but how we deal with it. Research shows that Kiwi managers and leaders, compared to their global counterparts, lag in this area. But there is a cost to this. For leaders it affects their credibility, team morale, and business results. Avoiding conversations we need to have is not only emotionally and mentally draining – it also affects our sense of self-efficacy and well-being.

The aim of this presentation is to “out the ostrich!”. It is an opportunity to reflect on where you and your clients might not be having those powerful conversations that could really move things forward. It is to empower you to consider new possibilities and take breakthrough action. It will highlight that a coaching conversation about the need for courageous conversation with our coachee can itself shift things.

Keywords: Courageous conversations, difficult conversations, responsibility, accountability, coaching conversations, communication.

Knowledge Focus: Practice focus.

Biographical Information: Jasbindar Singh, coaching psychologist and executive coach, SQ Executive Management Consultancy Ltd. Areas of work and interest – leadership coaching, mentoring, emotional intelligence, executive development, employee engagement, conflict resolution, business and personal success.

4:00 - 5:20 – Talk 7b: Sam Farmer - A coaching model for individual practitioners.

Short Description: This presentation proposes a structured coaching model – from Initial Referral, through the Coaching Process itself, to Final Review – for individual coaching practitioners.

Longer Description:
Purpose: Increasingly, the coaching literature (Lane & Corrie, 2009) and coaching consumers expect practitioners to identify a framework for their coaching process. However, it is less clear from the literature about what a coaching model is supposed to describe. Should it relate solely to the coaching sessions, or is it supposed to include other factors surrounding the process? Favouring the latter perspective, this presentation outlines a model for coaching that describes a formalised process from the time a coachee is referred to the coach, to the time that the coaching contract is ended. As a result, it provides a structured model that takes account of: the system in which coaching is sought and initiated; sponsorship and contracting; formulation and the coaching process; measurement, evaluation and review. In this way, it also allows for the differences in approach and theoretical perspective that coaches will bring in order to match the idiosyncratic needs of their clients so that they can flourish within the New Zealand working context.

Method: This presentation is based upon the supervised practice experience of the presenter in his work with individual coaching clients from the corporate and state sectors.

Implications: It will be suggested that, as a structured, negotiated and formally recorded process, this model facilitates the greater accountability of coaches to individual coachees and their organisations, as well as to the emerging profession of coaching. It also points to the role of coaching sponsors in taking greater responsibility for supporting, contributing to and monitoring coachee goals. In addition, it implies the role that supervisors have in building coach professional accountability.

Keywords: Coaching; Coaching Model; Coachee; Coach.

Knowledge Focus: Practice focus.

Biographical Information: Sam Farmer is Director of Enhance Facilitation Limited and co-founder of the Coaching Psychology Special Interest Group, NZ (of which he was the first Chair). He is an Honorary Vice President of the International Society for Coaching Psychology. Having originally trained as a Forensic Psychologist, Sam’s current areas of practice are focused in Coaching Psychology, Humanitarian Psychology and Supervision. He has also presented on these topics in Australia and South Africa as well as New Zealand.

4:00 - 5:20 – Talk 7c: Oleg Medvedev and Erik Landhuis - Happiness, Subjective Well-being and Quality of Life.

Longer Description: Existing definitions of happiness, subjective well-being, and quality of life suggest conceptual overlap between these constructs. The current paper addresses the call for empirical data initiated by Camfield & Skevington (2008) in order to verify these relationships. In our study 180 university students completed the Oxford Happiness Questionnaire, the WHOQOL BREF quality of life questionnaire, the Satisfaction with Life scale and the Positive and Negative Affect Scale. The results show that all well-being measures have high loadings on the single factor that explains 83% of variance in both psychological WHOQOL domain and the Oxford Happiness Questionnaire. Strong correlations were found between happiness, psychological and health domains of WHOQOL, life satisfaction, and positive affect. Together these data suggest a universal well-being factor that can be measured using different approaches and support
interchangeable use of terms happiness, subjective well-being and psychological well-being. Applications of the WHOQOL measures for more accurate assessment of happiness and subjective well-being are discussed.

Knowledge Focus: Research.

Biographical Information: Oleg Medvedev is doing research in psychophysiology and tutoring psychology and research papers with the Department of Health and Environmental Sciences at AUT. He has a background in finance and economy and spent several years managing finance and trading business in Europe. During his work in the finance industry Oleg noticed that some people, in spite of being well financially, are often distressed and dissatisfied with their life. That motivated his career change to study and research in psychophysiology and well-being. Oleg completed BA in Psychology and BSc (Honours) in Psychophysiology at AUT and is currently setting up his PhD project.

Erik Landhuis is a Lecturer in Psychology with the Department of Social Sciences. He completed his PhD in Psychology at the University of Auckland. For his PhD research he looked at emotional expression and its role in maintaining physical and psychological well-being in situations of prolonged stress. While completing his PhD he worked as an Assistant Research Fellow with the Dunedin Multidisciplinary Health and Development Study at the University of Otago. After completing his PhD he was awarded a Post-Doctoral Research Fellowship from the University of Otago, working in the Department of Preventive and Social Medicine investigating the bidirectional association between asthma and atopy and psychological well-being. He joined AUT as a Lecturer in Psychology in February 2010.

5:20 - 5:25 – Presentation of awards.
5:25 - 5:30 – Conference close.

7:00 – 9:00 – Conference dinner – The Elephant Wrestler.

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