

It's you, it's me, it's us



PROGRAM | INNSBRUCK 2024

It's you, it's me, it's us

Welcome to Innsbruck!



Enjoy a great conference  
in the Heart of the Alps



**Marta Bassi**  
*President of the European Network of Positive Psychology*

Università degli Studi di Milano  
Dipartimento di Scienze Biomediche e Cliniche

Dear Participants,

It is a tremendous honor to welcome you to the 11th European Conference on Positive Psychology!

Over the last two years, in my role as president of the European Network of Positive Psychology I have worked behind the scenes to set up this exciting event for the dissemination and exchange of cutting-edge knowledge and experience in this stunning alpine environment. True to my mandate, I have been guided by the vision of positive psychology as a science accessible to all, highlighting and strengthening the distinctive European approach to the field.

This journey has been supported by the enthusiastic ENPP board members: Dóra Guðmundsdóttir, Helena Águeda Marujo, Luca Negri, Evgeny Osin, Corinna Peifer, Alena Slezáčková and Matthew Smith.

The list of persons to whom I am grateful is extensive, and I am the custodian of a large fund full of acts of kindness. Major contributors include Professor Stefan Höfer and his excellent organizing team, with the precious support of the German-speaking associations. The Austrian partners first applied to host the ECPP well before the start of the COVID-19 pandemic. Despite many pandemic-related difficulties, Professor Höfer's determination to organize a high-quality conference remained steadfast, demonstrating his dedication to the science of positive psychology.

As the conference organization progressed, the fund of acts of kindness grew larger. My gratitude extends to all the speakers, presenters, and facilitators who have generously agreed to share their outstanding experiences with us. I also thank each of you, the conference delegates, who responded to the call for participation in unprecedented numbers in the history of the ENPP.

The large attendance at the conference reflects the vitality and cohesion of the positive psychology community in Europe and around the world. It speaks of our passionate commitment to face the complex challenges of current times together.

In line with the conference theme "It's you, it's me, it's us", the program underscores the unique positive psychology perspective on crucial issues about physical and psychological well-being in various settings such as work and education, and at different levels, from the individual to society. Ultimately, it addresses sustainability on the planet and the implementation of a positive vision for the future.

Everyone's contribution is a great source of inspiration and the spark for scientific progress and practical applications for a flourishing world.

It's now time to share this invaluable fund and enjoy the conference!



**Stefan Höfer**  
*Conference Chair, ECPP 2024*

Medical University Innsbruck  
Department of Psychiatry II

Dear Colleagues,

Welcome to the 11<sup>th</sup> European Congress on Positive Psychology in Innsbruck, the capital of the Alps!

This year's theme, "It's you - it's me - it's us", emphasizes the interconnectedness of humankind and the need to flourish together. Our program focuses on innovative approaches to enhance individual and societal well-being, which is crucial as we navigate global challenges.

Our keynote speakers will cover a range of topics: Corey Keyes will discuss the deeper purposes behind our actions; Antonella Delle Fave will address the importance of recognizing overlooked population groups; Andreas Krafft will share insights on hopes, fears and expectations for the future from cross-cultural research; Michael Ungar will explore nurturing resilience in stressed environments; Suzy Green will speak on creating sustainable well-being through positive psychology coaching; and Willibald Ruch will reflect on the evolution and future of character strengths.

Additionally, our invited speakers will explore diverse subjects such as the flow experience in relation to modern work contexts and prosocial commitment, the importance of positive peace for advancing positive psychology, the significance of mattering in co-creating inclusive communities, and nurturing well-being in cancer patients through online interventions. Further topics include advancing well-being science in times of a global crisis and addressing systemic racism through reconciliation and apology, among others.

Our pre-conference workshops offer hands-on experience on key positive psychology constructs like flow, resilience, meaning, and mindfulness, with practical applications in educational, organizational, and life-span contexts.

I am immensely grateful to all participants who contributed to the program by presenting their research, and to each and every one actively participating in various sessions, making this conference a vibrant and enriching experience.

This conference is an excellent opportunity to advance global and individual well-being through knowledge exchange and innovative research. I encourage you to make the most of it.

I extend my sincere gratitude to everyone involved in planning and organizing this event: volunteers, the conference administration team, the scientific committee, abstract reviewers, the ECPP executive board, Marta Bassi as ENPP president, and all participants. Without you, we wouldn't be here today.

Enjoy the conference, engage in scientific exchange, form new friendships, and experience the beauty of Innsbruck. May you return home inspired and with your well-being at its peak.

Willkommen in Innsbruck!

## SUSTAINABILITY - A CONFERENCE AS GREEN AS POSSIBLE

Our commitment to sustainability and environmental responsibility is at the heart of our conference. We have taken several measures to ensure that this event is as green and sustainable as possible. Here are the key initiatives that underscore our commitment:

### Sustainable Materials

- **Conference Bags:** Each attendee will receive a conference bag made from recycled cotton, reflecting our dedication to reducing waste and reusing materials.
- **Pens:** The pens provided are made from coffee grounds and recycled plastic (PET), combining innovative use of waste materials with practicality.

### Eco-Friendly Hydration

- **Bottles:** Attendees will be given stainless steel bottles, designed to last long and keep beverages at the right temperature for up to 12 hours thanks to their double-wall construction.
- **Water:** We encourage everyone to refill their bottles with tap water or spring water, significantly reducing plastic waste. Our efforts have already saved 12,000 plastic bottles from being used.

**Water Quality in Innsbruck:** Innsbruck's water supply is sourced 100% from spring water, renowned for its high quality. This water originates from the Nordkette mountains, where it begins as melted snow or rainfall, filtering through rock layers over several years. This natural filtration process ensures the water is pure and pristine by the time it reaches the Mühlauer Spring, maintaining a temperature of around 5°C.

### Sustainable Coffee

- **Certified Coffee:** The coffee served is certified and sourced from sustainable farms, ensuring that it supports environmentally friendly and ethical farming practices.
- **Compostable Cups:** To complement our sustainable coffee, we use compostable coffee cups, minimizing the impact on landfills.

### General Sustainability Efforts

- **Green Practices:** We choose organic options when available to support eco-friendly agriculture.
- **Program Materials:** All printed materials, including the conference program, are made from environmentally friendly paper, supporting responsible forestry practices.

### Renewable Energy

**Power Supply:** Our conference is powered by renewable energy from Innsbruck, which relies on environmentally friendly energy production. For over 100 years, Innsbruck has utilized natural water power for electricity. Today, all Innsbruck power plants produce electricity entirely from natural sources, including Innsbruck's own hydropower plants and photovoltaic systems, ensuring that our energy use is as green and sustainable as possible.

BY IMPLEMENTING THESE MEASURES, WE AIM TO SET A STANDARD FOR SUSTAINABLE PRACTICES IN EVENTS AND INSPIRE OUR ATTENDEES TO CONTINUE THESE PRACTICES IN THEIR DAILY LIVES. THANK YOU FOR JOINING US IN OUR EFFORTS TO PROTECT AND PRESERVE OUR ENVIRONMENT.

It's you, it's me, it's us



## GENERAL INFORMATION

|                           |  |  |
|---------------------------|--|--|
| Conference Venues         | University of Innsbruck<br>School of Management  | Universitätsstraße 15<br>6020 Innsbruck, Austria |
|                           | University of Innsbruck<br>Faculty of Theology   | Karl Rahner Platz 3<br>6020 Innsbruck, Austria   |
|                           | Congress Innsbruck   | Rennweg 3<br>6020 Innsbruck, Austria             |
| Language                  | The official language of the conference is English.  |  |
| Accessibility             | The whole conference venue is wheelchair accessible.   |  |
| Access to the Conference  | Please note that wearing your conference badge is mandatory during all parts of the program.   |  |
| Certificate of Attendance | Certificate of attendance will be sent electronically latest within one week after the meeting ends.   |  |
| Registration Fee          | Registration fee includes access to the whole scientific program and the exhibition, a conference bag, a stainless steel bottle, a conference badge, a program, a notebook, a pen, coffee breaks and three lunches and access to the opening and closing ceremony.<br>Pre-conference workshops registration fees and conference dinner are not included. |  |
| Conference Health Policy  | This is a non-smoking conference. We encourage you to use staircases instead of elevators or escalators. Drink 2-3 litres of alpine spring (tap) water during the day.   |  |
| Child Care                | The Child Care room is located in Classroom 1.   |  |
| Coffee Breaks             | Coffee breaks will be served every day in the main hallway and the cafeteria on the ground floor of the theology building.   |  |
| Lunches                   | Lunch will be available buffet-style between the keynote lectures in Congress Innsbruck..  |  |
| WiFi                      | Free highspeed WiFi is available throughout the venue.<br><br><b>WiFi:</b> UIBK<br><b>User:</b> c115135<br><b>Password:</b> ECPP#ibk24   |  |



|                             |   |
|-----------------------------|---|
| Keynote Lectures            | The keynote lectures will be held everyday in Congress Innsbruck, "Saal Tirol".   |
| Interactive Poster Sessions | <p>Interactive poster sessions will be held in the main hallway of the School of Management on several floors. You will find your poster number in the scientific program and on the respective poster boards.</p> <p>Please put up your posters in the morning of the day on which your poster session is scheduled (latest by the beginning of the first healthy break).</p> <p>Please be present near your poster during the poster session.</p> <p>You must take your poster down at the end of the day. Posters not taken down at the end of the day will be recycled.</p>   |
| Parallel Sessions           | Up to 12 parallel sessions will be held 4 times a day. The oral presentations are planned for 15 minutes each (12 min. presentation, 3 minutes discussion). Please stay in time, otherwise the chairpersons are asked to interrupt and end your talk.   |
| Speaker Preparation Room    | <p>You are invited to upload no later than 2 hours prior to your scheduled event your presentations at our speakers preparation room - <b>Computer Room 3<sup>rd</sup> floor</b>. All presentations will be centrally collected and uploaded to the appropriate computers in each lecture hall.</p> <p>All lecture halls are equipped either with PC or laptop running Microsoft PowerPoint only. Volunteers in each lecture hall will help with your presentation. Individual computers are not accepted.</p> <p>All oral presenters are encouraged to familiarise themselves with the lecture rooms in which they are presenting in advance of their session.</p> |
| Photographs and videos      | Photographs and videos will be taken at this event. These will be used for public relations purposes (including social media and internet). This processing serves to safeguard our legitimate interest in public relations and documentation within the meaning of Art. 6 para. 1 f) GDPR. In justified cases, you have the right to object to the processing and also have the right to free information about your stored data and, under certain circumstances, the right to rectification, erasure and restriction of processing of the data.  |

## OPENING CEREMONY & WELCOME RECEPTION

All conference delegates are invited to attend the opening ceremony in Congress Innsbruck, followed by a Welcome Reception in "Hofgarten".

|               |   |
|---------------|---|
| Date and time | Wednesday, 10 <sup>th</sup> of July at 17:00              |
| Place         | Congress Innsbruck,<br>Rennweg 3, 6020 Innsbruck, Austria |
| Music         | Party Gig - LIONESA SOUL & Band                           |



## CONFERENCE DINNER

The conference dinner will be hosted at an alpine mountain hut called Hoadlhaus. Limited tickets are available at the welcome desk on the basis of first come first serve.

Busses will depart from the conference venue at 18:45. After a short ride we will arrive at the mountain base, where a cable car will bring us to the alpine hut (2,340 meters above sea level). Traditional Tyrolean food (including Tyrolean vegetarian options) will be served.



Dinner will be accompanied by music (Acoustic Gig - LIONESA SOUL & Band) and you can enjoy the night under the stars (weather permitted).

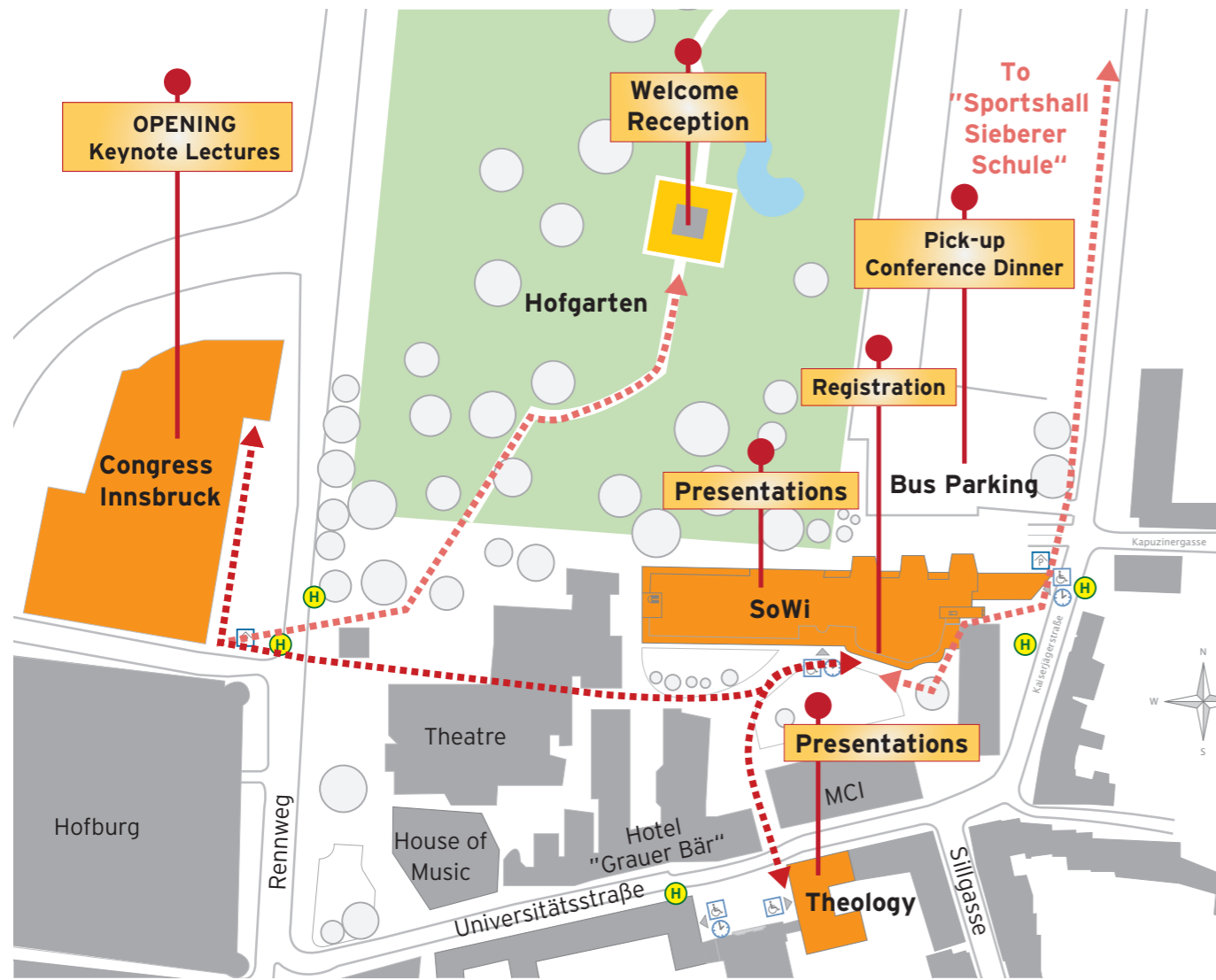
|               |  |
|---------------|--|
| Please notice | As the dinner will take place at an alpine mountain hut, appropriate clothing is required: |
|               | * (smart) casual warm clothing   |
|               | * no high heels, no dinner jacket  |

Busses will bring us back to the conference venue.

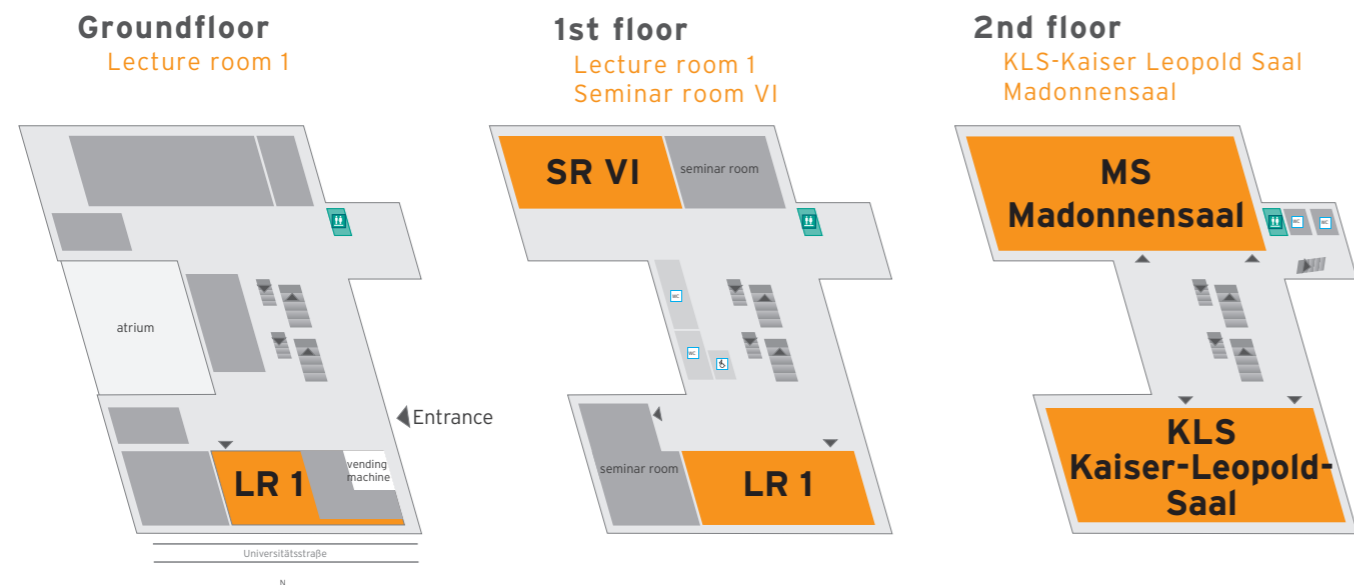
## CLOSING CEREMONY

The closing ceremony will take place on Saturday, 13<sup>th</sup> of July at 16:15 in the Aula at the School of Management. The closing ceremony will end with the announcement of the 12<sup>th</sup> conference of the ECPP. Don't miss it!

**MAP OF THE UNIVERSITY AREA**



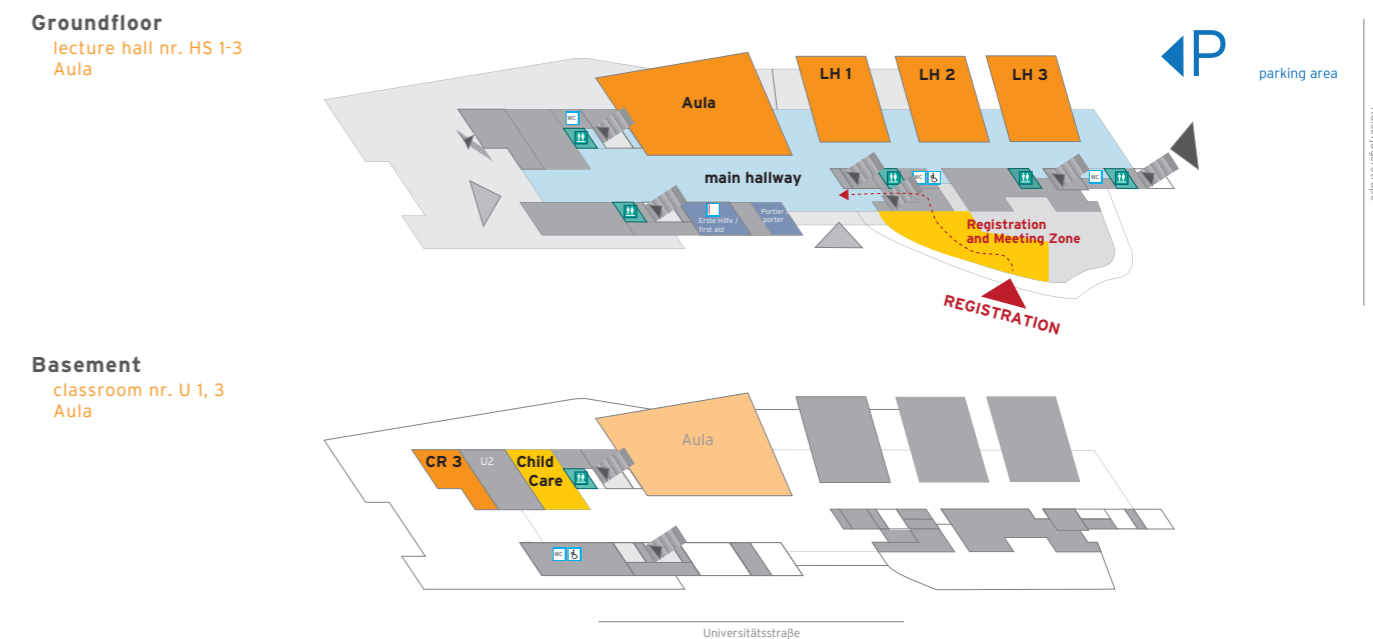
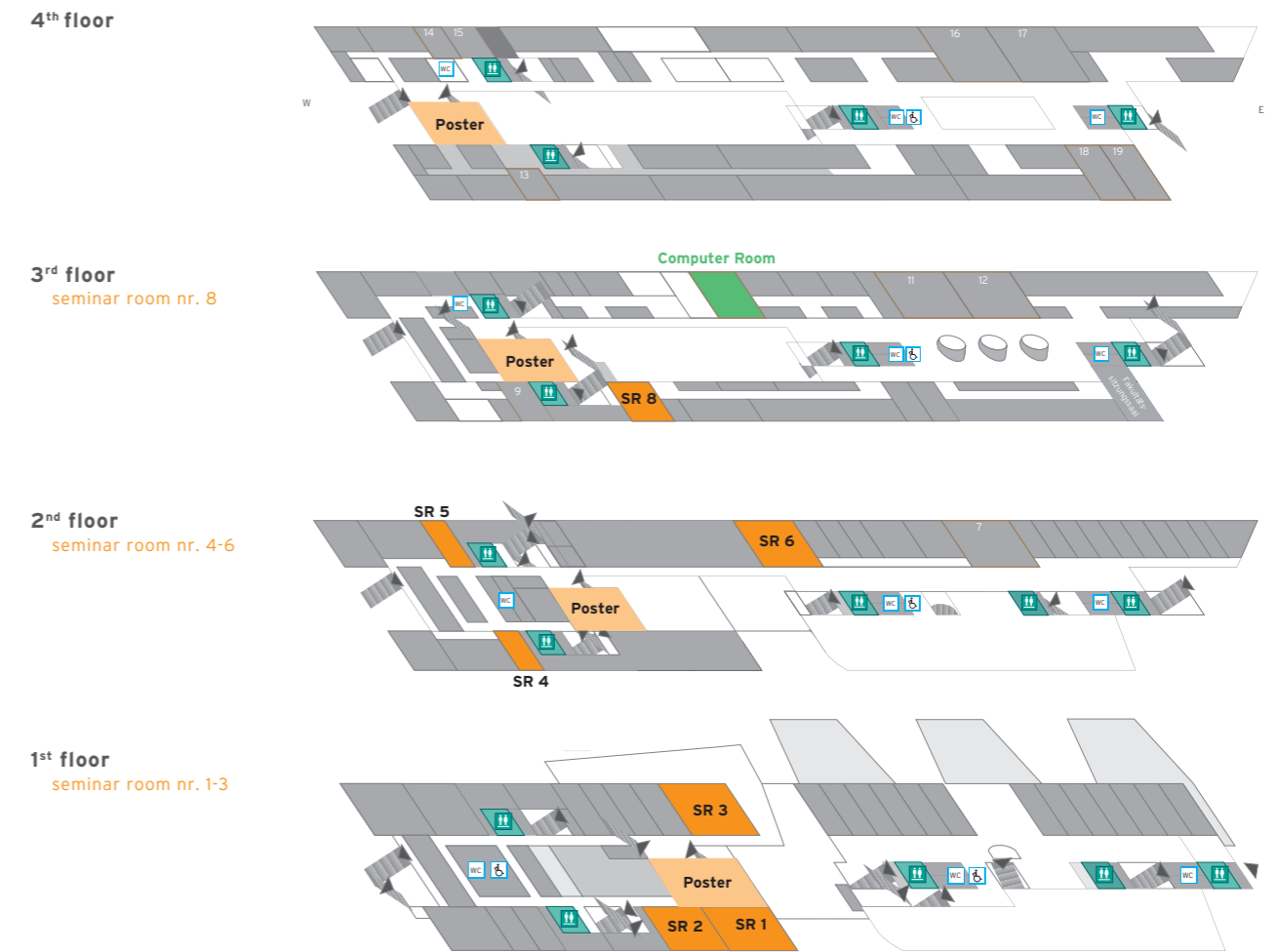
**MAP - FACULTY OF THEOLOGY**  
Karl-Rahner-Platz 3



It's you, it's me, it's us



**MAP - SCHOOL OF MANAGEMENT (SOWI)**  
Universitätsstraße 15



## OPENING PANEL

### „AI AND POSITIVE PSYCHOLOGY: ENHANCING WELL-BEING THROUGH TECHNOLOGY?“

#### Claudia Prettner

Claudia Prettner works as Project Adviser in the health research unit of the European Health and Digital Executive Agency (HaDEA), where she also acts as the organisation's Wellbeing Ambassador. She brings a decade of experience in EU tech and AI policy. She worked, amongst others, at the European Commission as Policy Officer on topics such as ePrivacy, digital health and online disinformation and at Amnesty International as Legal Adviser on technology and data protection. Claudia is a passionate life-long learner and is currently following various yoga teacher trainings. Claudia holds degrees in law and business law from Austria and Spain.



#### Huma Shah

Huma is an Assistant Professor at Coventry University where she teaches 'AI, Creativity & Ethics' in masters and undergraduate degrees. She gained her PhD in 'Deception-detection and machine intelligence in Practical Turing tests' from Reading University, UK in 2011. She was a Research Fellow on the EU FP7 funded 'RoboLaw' project (<http://www.robolaw.eu/>). She directed the science and innovation (Co-Investigator) on the EU Horizon2020 research and innovation project CSI-COP. Coventry University led the international nine-partner CSI-COP team winning 'Best Innovative Privacy Project' in the inaugural PICCASO Privacy awards in 2022. CSI-COP applied a citizen science approach investigating tracking-by-default and GDPR compliance in websites and smart phone apps. More information on the EU Horizon2020 project can be found here: <https://cordis.europa.eu/project/id/873169>



#### Robert McGrath

Robert (Bob) McGrath is a Professor of Psychology at Fairleigh Dickinson University in Teaneck NJ, as well as a Senior Scientist for the VIA Institute on Character. He has authored 50 books, chapters, and articles on the nature and measurement of character as well as character development and education. He is also involved in research on the evaluation of public safety officers, psychologists as prescribers of medication, and the use of AI in several settings.



## KEYNOTE SPEAKERS

#### Corey Keyes

##### WHAT'S YOUR WHY? POSITIVE PSYCHOLOGY IS A MEANS, SO WHAT IS YOUR END?

Corey Keyes is professor emeritus of Sociology at Emory University where he held the Winship Distinguished Research Professorship. He was a member of the prestigious international MacArthur Foundation Research Network on Successful Midlife Development and Aging. He has participated in several National Academies of Science initiatives - "The Future of Human Healthspan" and improving national statistics to measure recovery from mental illness. He organized and co-hosted the first Summit of Positive Psychology held in 1999 at the Gallup Organization. His research introduced the concepts of social well-being, flourishing, the two continua model of mental health and illness, and his work is being used to prevent mental illness via the promotion of positive (flourishing) mental health. He is represented by the United Talent Agency (Agents: Albert Lee and Pilar Queen) and is currently working on a book entitled "Languishing" for Crown Publishing, an imprint of Penguin RandomHouse Publishing, that is due out in 2024.



#### Willibald Ruch

##### CHARACTER STRENGTHS IN ZURICH: A RETROSPECTIVE AND FUTURE OUTLOOK

Willibald Ruch works as an emeritus Professor in the Department of Psychology of the University of Zurich, Switzerland. Willibald received his PhD from the University of Graz, Austria in 1980 and later worked at different universities in Germany, the UK and Switzerland. Earlier in his career he worked on topics such as humor, amusement and laughter, as well as cheerfulness as a state and trait. After attending a positive psychology (PP) think tank in Akumal and the first PP summits in Washington he broadened his research to study PP topics such as character strengths and virtues, well-being and fulfilment in life, positive interventions and trainings of character strengths, including humor together with his collaborators at the University of Zurich. Willibald is co-editing or on the editorial board of several journals (including Journal of Research in Personality, Journal of Positive Psychology), and co-editor of two book series. Recently he published the Hogrefe Handbook of Positive Psychology Assessment together with Arnold Bakker, Louis Tay and Fabian Gander. He is the founder of the Swiss Positive Psychology Association, an IPPA Fellow and senior scientist at the VIA Institute of character and he runs a post graduate course on positive psychology at the University of Zurich. He studied classical guitar and hopes to find more time to cultivate these skills again during retirement.





**Michael Ungar**

**DIAGNOSING, NURTURING AND MAINTAINING RESILIENCE:  
TOOLS FOR POSITIVE DEVELOPMENT IN STRESSED ENVIRONMENTS**

Michael Ungar, PhD, is the founder and Director of the Resilience Research Centre at Dalhousie University where he holds the Canada Research Chair in Child, Family and Community Resilience. In 2022, Dr. Ungar was ranked the number one Social Work scholar in the world in recognition of his ground-breaking work as a family therapist and resilience researcher. That work has influenced the way human development and organizational processes are understood and studied globally, with much of Dr. Ungar’s clinical work and scholarship focused on the resilience of marginalized children and families, and adult populations experiencing mental health challenges at home and in the workplace. In addition to providing consultation to international NGOs like the Red Cross and Save the Children, government agencies in more than a dozen low, middle, and high income countries, and educational institutions at all levels of study, Dr. Ungar’s research has also influenced the HR and corporate social responsibility initiatives of Fortune 500 companies like Unilever, DHL and Cigna. Dr. Ungar’s work emphasizes how to use the theory of resilience to increase both individual and institutional agility during crises, with numerous organizations having adopted his concept of resilience as a negotiated process that enhances wellbeing and social responsibility. He is the author of over 250 peer reviewed articles and book chapters and 17 books. His blog, Nurturing Resilience, can be read on Psychology Today’s website.



**Suzy Green**

**POSITIVE PSYCHOLOGY COACHING: CREATING SUSTAINABLE WELLBEING FOR YOU, ME & US.**

Dr. Suzy Green is a Clinical and Coaching Psychologist (MAPS) and Founder & CEO of The Positivity Institute, a Sydney-based positively deviant organisation dedicated to the research and application of the science of optimal human functioning in organisations and schools. She is a leader in the complementary fields of Coaching Psychology and Positive Psychology having conducted a world-first study on evidence-based coaching as an Applied Positive Psychology. Suzy has published over twenty academic chapters and peer reviewed journal articles including the Journal of Positive Psychology. She is the co-editor of “Positive Psychology Coaching in Practice” (Green & Palmer, 2018), “Positive Psychology Coaching in the Workplace” (Smith, Boniwell & Green, 2021) and “The Positivity Prescription” (Green, 2019). Suzy lectured on Applied Positive Psychology as a Senior Adjunct Lecturer in the Coaching Psychology Unit, University of Sydney for ten years and is an Honorary Vice President of the International Society for Coaching Psychology. Suzy is an Honorary Visiting Professor at the University of East London and holds Honorary Academic positions at the Centre for Wellbeing Science, University of Melbourne, the Black Dog Institute and she is an Affiliate of the Institute for Well-Being, Cambridge University. Suzy is also a member of the Scientific Advisory Board for Coach Hub, a leading global coaching technology platform. Suzy is an official ambassador for the Starlight Children’s Foundation and she maintains a strong media profile appearing on television, radio and in print.



**Andreas Krafft**

**OUR HOPES, OUR FEARS, OUR FUTURE - LEARNINGS FROM 15 YEARS OF CROSS-CULTURAL AND  
TRANSDISCIPLINARY EMPIRICAL RESEARCH**

Andreas Krafft holds a doctoral degree in Management Sciences at the University of St. Gallen (Switzerland) with special focus on Organizational Psychology, Culture and Development. He has academic specializations in Social Psychology of Organizations, Work and Health Psychology as well as Positive Psychology from the University of Zürich. Andreas is associate researcher for futures studies and lecturer at the Institute of Systemic Management and Public Governance at the University of St. Gallen. Furthermore, he teaches at the University of Zürich in the field of Work and Health, at the Master of Applied Positive Psychology at the University of Lisbon, Portugal, as well as at the Master of Futures Studies from the Free University Berlin. He is co-president of swissfuture, the Swiss Society for Futures Studies, member of the executive board of SWIPPA (the Swiss Positive Psychology Association) and of the DACH-PP (German speaking Association of Positive Psychology). For many years, he has led the International Research Network of the Hope-Barometer and has published several scientific articles and books on hope.



**Antonella Delle Fave**

**INVISIBLE PEOPLE: A MISSED OPPORTUNITY FOR KNOWLEDGE DEVELOPMENT**

Antonella Delle Fave, MD specialized in Clinical Psychology, is professor of Psychology at the Medical School, University of Milano, Italy. Her research work is centered on the study of mental health indicators, flow experience and daily experience fluctuation patterns across life domains and cultures, and among individuals experiencing conditions of diversity and adversity. Together with international partners she has launched a mixed-method design project aimed at identifying happiness and well-being components across countries. Her scientific production includes papers in international peer-reviewed journals, as well as authored and edited academic books. She served as President of the International Positive Psychology Association, the European Network of Positive Psychology, and the Società Italiana di Psicologia Positiva. She is currently Editor in Chief of the Journal of Happiness Studies.





**INVITED SPEAKERS**



Corinna Peifer



Helena Águeda Marujo



Dina von Heimburg



Alena lezácková



Cornelia Lucey



Michaela Brohm-Badry



Jeanne Nakamura



Dóra Guðmundsdóttir



Judith Mangelsdorf



Jolanta Burke



Andrea Downie



Aaron Jarden



Itai Ivtzan



Maysa Akbar



**SCIENTIFIC PROGRAM - TIMESCHEDULE**

| Conference Overview |                                |                           |                         |                           |
|---------------------|--------------------------------|---------------------------|-------------------------|---------------------------|
|                     | Wednesday<br>July 10, 2024     | Thursday<br>July 11, 2024 | Friday<br>July 12, 2024 | Saturday<br>July 13, 2024 |
| 7:30                | Start Day 1                    | Start Day 2               | Start Day 3             | Start Day 4               |
| 8:30                |                                | Scientific Session        | Scientific Session      | Scientific Session        |
| 9:00                | Preconference Workshop         |                           |                         |                           |
| 10:00               |                                | Scientific Session        | Scientific Session      | Scientific Session        |
| 11:00               |                                | Keynote Lecture           | Keynote Lecture         | Keynote Lecture           |
| 12:00               |                                |                           |                         |                           |
| 13:00               |                                | Lunch Break               | Lunch Break             | Lunch Break               |
| 14:00               | Preconference Workshop         | Keynote Lecture           | Keynote Lecture         | Keynote Lecture           |
| 15:00               |                                | Scientific Session        | Scientific Session      | Scientific Session        |
| 16:00               |                                | Poster Session            | Poster Session          | Closing Ceremony          |
| 17:00               | Opening Session                |                           |                         |                           |
| 18:00               |                                | Scientific Session        | Scientific Session      |                           |
| 19:00               | Welcome Reception in Hofgarten |                           | Conference Dinner       |                           |
| open end            |                                |                           |                         |                           |

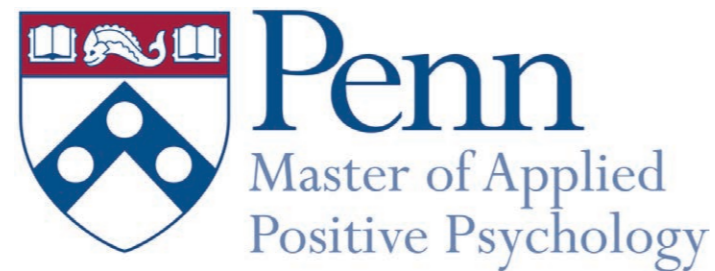
**PRECONFERENCE WORKSHOPS**



| Wednesday, July 10, 2024 - MORNING, 9:00 - 12:00 |      |  |  |
|--|------|--|--|
| WS   | Room | Presenter(s)   | Title  |
| 1  | SR 8 | Sue Roffey   | <b>ASPIRE to wellbeing and learning for all - revisioning education</b>  |
|  |      | Is Education fit for purpose for the 21st Century? Are children intrigued by the world around them and keen to learn more? Are they discovering how to be physically and mentally healthy, gaining the understanding and skills involved in positive relationships and collaboration?  |  |
| 2  | SR 3 | Jef van den Hout   | <b>How to Measure and Foster Team Flow</b>   |
|  |      | Flow is the experience when we're fully immersed in an activity, coupled with a motivated and energetic focus. At the team level, members experience flow together while performing mutually dependent tasks that serve the overarching goals of the team ...  |  |
| 3  | SR 2 | Aaron Jarden, Andrea Downie, Rebecca Jarden  | <b>Building wholebeing: Crafting organisations for greater long-term authentic sustainable change</b>  |
|  |      | In this workshop the presenters take you through a case study of wholebeing in a large organisation, with a view to providing tools, tips, and strategies so you can take a wholebeing approach to your work.  |  |
| 4  | CR 3 | Ryan M. Niemiec  | <b>Mindfulness-Based Strengths Practice (MBSP): New Research, Uplifting Practices</b>  |
|  |      | In this workshop, immerse yourself in the latest findings and optimal practices of Mindfulness-Based Strengths Practice (MBSP). The session offers a variety of learning experiences through lectures, collaborative small group work, and impactful experiential exercises. You will pick up brief practices and numerous insights that can be directly utilized for both personal growth and professional development. |  |
| 5  | SR 1 | Ilona Boniwell   | <b>Playing Positive Psychology: Using Novel Innovative Tools and Facilitation Methodologies to Enhance Your Coaching, Training and Teaching</b>            |
|  |      | Over the past few years, the notion of a "positive intervention" has risen to prominence, as it was discovered that certain intentional actions can be effective in increasing and sustaining happiness and other positive states, as well as in reducing depression and anxiety.  |  |
| 6  | SR 6 | Svala Siguroardottir   | <b>Practical Application of Positive Psychology in Healthcare - Shifting the focus from pathology to salutogenesis with positive psychology approaches</b> |
|  |      | The workshop will introduce the current research and application of positive psychology approach within the healthcare system. Traditionally the healthcare model focuses mostly on the disease-model (pathology focus) and less on the concept of salutogenesis (factors "causing" health and wellbeing).   |  |
| 7  | *    | Holli-Anne Passmore, Raina Chhajer   | <b>Reconnect with nature for psychological well-being: An experiential workshop</b>  |
| <b>*To be held in the Hofgarten</b>              |      | This workshop will introduce participants to the concept of nature connectedness and its impact on psychological well-being. Research indicates that affiliating with the natural world is restorative, not only by reducing stress, but also at boosting well-being.  |  |

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| Wednesday, July 10, 2024 - AFTERNOON, 13:00 - 16:00 |      |  |   |
|---|------|--|---|
| WS  | Room | Presenter(s)   | Title   |
| 8   | CR 3 | Ryan M. Niemiec, Pninit Russo-Netzer, ...  | <b>Engaged Spirituality and Practical Meaning: A Workshop About You and For You</b>                     |
|   |      | ..., Dan Tomasulo, Holli-Anne Passmore, Elke Paul, Maya Rajah, Ozum Demirel<br>This multi-dimensional, experiential workshop will offer you opportunities for inner transformation, deep connections, and new personal understandings and insights.  |   |
| 9   | SR 3 | Miriam Akhtar  | <b>Living Well After Fifty: Positive Ageing</b>   |
|   |      | Ageing has a bad reputation, portrayed in popular culture as being 'downhill all the way. The positive news is that negative age beliefs can be resisted and reversed, leading to positive psychological outcomes. In this workshop we will challenge the fake news about ageing and explore The Ten Steps of Positive Ageing.   |   |
| 10  | SR 6 | Chiara Ruini   | <b>Positive Narrative Interventions for Educational and Clinical Settings</b>                           |
|   |      | Narrative interventions in psychology are defined as processes of investigation about personal thoughts and feelings using the act of writing, with the aim of promoting self-healing and personal growth. The aim of this workshop is to describe and present a set of narrative interventions aimed at promoting psychological well-being, with a specific focus on autobiography and fairy-tales writing.   |   |
| 11  | SR 5 | Philip Streit  | <b>Strong and Positive in Parenting, Education &amp; Leadership</b>                                     |
|   |      | Successful parenting, teaching and leadership requires two things: The competence for loving encounters on the one hand, and, on the other, perseverance. Positive psychology is known for its primary focus on the loving encounter and resonance. The New Authority concept stands for loving perseverance and non-violent resistance. Integrating both concepts appears to be a reasonable approach.  |   |
| 12  | SR 8 | Carmel Cefai   | <b>RESCUR: Surfing the Waves</b>  |
|   |      | RESCUR Surfing The Waves (Revised) is a resilience programme for early years and primary schools developed by six European universities, published in 10 languages and implemented in schools across Europe and other countries. The programme seeks to empower children at risk of early school leaving, absenteeism, disengagement, bullying, social exclusion and marginalisation through a universal intervention implemented within an inclusive context. |   |
| 13  | SR 2 | Tayyab Rashid  | <b>Positive Psychotherapy: Integrating Symptoms &amp; Strengths to Enhance Resilience and Wellbeing</b> |
|   |      | Positive psychotherapy (PPT) is a therapeutic approach broadly based on the principles of positive psychology. This workshop will help you to understand the wholeness of clients—neither they are conglomerates of symptoms nor embodiments of strengths but individuals with symptoms and strengths.   |   |
| 14  | SR 1 | Daniela Blickhan   | <b>Positive Psychology Coaching How to support client's flourishing in a coaching setting</b>           |
|   |      | Why positive psychology for coaching? Participants will be able to integrate concepts of of positive psychology into their practice of coaching. In this workshop, I would like to illustrate the course of an exemplary coaching process which is informed by positive psychology.  |   |



SCIENTIFIC PROGRAM - IN DETAIL

| Wednesday, July 10, 2024 |   |                    |   |                     |   |                  |   |
|--------------------------|---|--------------------|---|---------------------|---|------------------|---|
| Late Afternoon           |   |                    |   |                     |   |                  |   |
|                          | <b>CONGRESS INNSBRUCK</b>   |                    |   |                     |   |                  |   |
| <b>17:00</b>             | <b>OPENING SESSION</b>  |                    |   |                     |   |                  |   |
|                          | <table border="1"> <tr> <td style="text-align: center;"><b>Marta Bassi</b></td> <td>President of the European Network of Positive Psychology<br/>Università degli Studi di Milano,<br/>Dipartimento di Scienze Biomediche e Cliniche<br/>Italy</td> </tr> <tr> <td style="text-align: center;"><b>Stefan Höfer</b></td> <td>Conference Chair, ECPP 2024<br/>Medical University Innsbruck<br/>Department of Psychiatry II<br/>Austria</td> </tr> <tr> <td style="text-align: center;"><b>Elly Mayr</b></td> <td>Welcome address by Vice-mayor<br/>City of Innsbruck, Austria</td> </tr> </table> | <b>Marta Bassi</b> | President of the European Network of Positive Psychology<br>Università degli Studi di Milano,<br>Dipartimento di Scienze Biomediche e Cliniche<br>Italy | <b>Stefan Höfer</b> | Conference Chair, ECPP 2024<br>Medical University Innsbruck<br>Department of Psychiatry II<br>Austria | <b>Elly Mayr</b> | Welcome address by Vice-mayor<br>City of Innsbruck, Austria |
| <b>Marta Bassi</b>       | President of the European Network of Positive Psychology<br>Università degli Studi di Milano,<br>Dipartimento di Scienze Biomediche e Cliniche<br>Italy   |                    |   |                     |   |                  |   |
| <b>Stefan Höfer</b>      | Conference Chair, ECPP 2024<br>Medical University Innsbruck<br>Department of Psychiatry II<br>Austria   |                    |   |                     |   |                  |   |
| <b>Elly Mayr</b>         | Welcome address by Vice-mayor<br>City of Innsbruck, Austria   |                    |   |                     |   |                  |   |
| <b>17:30</b>             | <b>OPENING PANEL</b>  |                    |   |                     |   |                  |   |
|                          | <p>„AI and Positive Psychology: Enhancing Well-being through Technology?“</p> <p>Moderation: Claudia Prettner<br/>Speakers: Huma Shah &amp; Robert McGrath</p>  |                    |   |                     |   |                  |   |
| <b>18:45</b>             | <b>Welcome Reception in "HOFGARTEN"</b>   |                    |   |                     |   |                  |   |

| Thursday, July 11, 2024 |  |   |   | Morning Session from 8:30 until lunch |   |   |  |               |
|-------------------------|--|---|---|---------------------------------------|---|---|--|---------------|
| ROOM                    | AULA / SOWI  | KLS / Theology  | MS / Theology   |                                       | CR 3 / SOWI   | LH 1 / SOWI   | LH 2 / SOWI  | ROOM          |
| 8:30 - 9:30             | <b>A Life Worth Living: Nurturing Well-Being in Cancer Patients through Online Positive Psychology Interventions</b><br>Alena Slezackova | Enhancing classroom dynamics through EPR methodology: a workshop on exploration, practice, and reflection<br><br>Francesco Pisanu, Federica Coletta, Francesco Rubino | Positive and health-oriented (self-) leadership and team work: supporting leaders and their teams on their way to wellbeing, personal growth and flourishing at work<br><br>Mareike König, Melanie Maurer |                                       | Tending to Our Humanity in the Age of AI<br><br>Joni Staaf Sturgill, Brian Stamford   | <b>SYMP-1</b><br>THE QUEST FOR OPTIMAL LEARNING - Visions for future education<br><br>Mette Marie Ledertoug, Nanna Paarup, Charles Martin-Krumm, Shiri Lavy, Sue Roffey | <b>SYMP-2</b><br>New Thinking on Psychological Health: Find Purpose and Meaning in Life<br><br>Andrew Soren  | 8:30          |
|                         |  |   |   |                                       |   |   |  | 8:45          |
|                         | <b>Fourth Wave Positive Psychology: Advancing Wellbeing Science in Times of Global Crisis</b><br>Judith Mangelsdorf                      |   |   |                                       |   |   |  | 9:00          |
|                         |  |   |   |                                       |   |   |  | 9:15          |
| 15 min Break            |  |   |   | 15 min Break                          |   |   |  |               |
| 9:45 - 10:45            | Positive Psychology in Practice: A Decade of Insights for Trainers, Coaches and Facilitators<br><br>Bridget Grenville Cleave             | Leading Wellbeing: Strategies for Success in Educational and Organisational Settings<br><br>Rhiannon McGee, Sharron Russell   | Innovative Developments in Character Strengths<br><br>Ryan Niemiec, Robert McGrath  |                                       | <b>SYMP-4</b><br>Well-being of adolescents and young adults, and positive psychology interventions in an educational context<br><br>Johan Lataster, Sandra Diller | <b>SYMP-5</b><br>Positive Psychology Interventions: Towards Pragmatic, Flexible and Engaging Tools in Educational Contexts<br><br>Ilona Boniwell                        | <b>SYMP-6</b><br>The model of sustainable mental health: the meaning and impact of positive psychology interventions in mental health care<br><br>Ernst Bohlmeijer | 9:45          |
|                         |  |   |   |                                       |   |   |  | 10:00         |
|                         |  |   |   |                                       |   |   |  | 10:15         |
|                         |  |   |   |                                       |   |   |  | 10:30         |
| 15 min Break            |  |   |   | 15 min Break                          |   |   |  |               |
| 11:00 - 12:00           | <b>CONGRESS INNSBRUCK &gt;&gt;</b>   | <i>Keynote Lecture presented by Corey Keyes</i>   |   |                                       | <b>What's Your Why? Positive Psychology is a Means, So What Is Your End?</b>  |   | <b>&lt;&lt; CONGRESS INNSBRUCK</b>   | 11:00 - 12:00 |
| 1h 45 min Lunchbreak    |  |   |   | 1h 45 min Lunchbreak                  |   |   |  |               |

Legend:

|                 |                 |          |           |                   |
|-----------------|-----------------|----------|-----------|-------------------|
| Keynote lecture | Invited speaker | Workshop | Symposium | Oral presentation |
|-----------------|-----------------|----------|-----------|-------------------|

| Thursday, July 11, 2024 |   |   |   | Morning Session from 8:30 until lunch |  |  |  |               |
|-------------------------|---|---|---|---------------------------------------|--|--|--|---------------|
| ROOM                    | LH 3 / SOWI   | SR 1 / SOWI   | SR 2 / SOWI   | SR 3 / SOWI                           | SR 6 / SOWI  | SR 8 / SOWI  | ROOM   |               |
| 8:30 - 9:30             | <b>SYMP-3</b><br>Embedding Positive Psychology science: The potential role of organisational operating rhythms<br><br>Suzy Green, Sean O'Connor                     | <b>Interventions that Increase Optimism Lessen Depression</b><br>Nicola Schutte, John Malouff   | <b>Investigation of character strengths of Italian children in early childhood period: A psychometric network approach</b><br>Kayina Abudurexiti, Beatrice Rossi, Clarissa Ciardo, Massimo Stella, Laura Franchin |                                       | <b>Emotional Intelligence: The holy grail for leadership? A review and research agenda</b><br>Katharina Gerhardt, Marianne Van Woerkom, Robin Bauwens  | <b>Co-creating whole school wellbeing: A mixed-methods case study into the use of Appreciative Inquiry in a UK Primary School</b><br>Frederika Roberts   | <b>A cross-sectional profile of classical musicians' mental health and illness</b><br>Sara Ascenso   | 8:30          |
|                         |   | <b>Positive health outcomes in studies of mindfulness-based interventions among people with cancer: A systematic review and meta-analysis</b><br>Nasim Badaghi, Cecilie Buskbjerg, Linda Kwakkenbos, Sabien Bosman, Robert Zachariae, Anne Speckens | <b>On the interplay between different parenting styles, children's character strengths, and children's life satisfaction</b><br>Marco Weber   |                                       | <b>Leader's virtues and ethical leadership style - joined effect on follower's engagement</b><br>Przemyslaw Zbierowski, Milena Gojny-Zbierowska  | <b>Supporting Teachers' Mental Health through Schoolwide Positive Psychology Practices Targeting PERMA-H</b><br>Shannon M. Suldo, Kai Z. Shum, Nathaniel Von Der Embse   | <b>How do we intervene in young people's mental health?: Lessons from 7 years of intervention delivery</b><br>Ian A. Platt, Jerome Carson, Kevin D.Hochard, Michelle Tytherleigh, Chathurika Kannangara, Claudine McFaul, Catherine North, Sonia Ebenezer-Bamigbayan | 8:45          |
|                         |   | <b>Positive Psychology Interventions to Promote Resilience and Well-being Among Educators: A Scoping Review</b><br>Luke Tomlin, Timothy Budden, Aaron Simpson, Travis Kingdon, Ivan Jetic, James Dimmock, Cameron Norsworthy, Ben Jackson           | <b>Validation of the German Values in Action Inventory (VIA Youth-96) in Children and Adolescents</b><br>Silvia Exenberger, Christina Taerner, Alexandra Huber, Kathrin Sevecke, Stefan Höfer                     |                                       | <b>Do daily leader and colleague behaviours matter for work effort? The role of daily basic psychological need satisfaction and frustration</b><br>Lynelle Coxen, Leoni Van Der Vaart, Anja Van Den Broeck, Sebastiaan Rothmann, Bert Schreurs | <b>The How-to Parenting Program: A randomized controlled trial evaluating its impact on need-supportive parenting behaviors</b><br>Genevieve A. Mageau, Mireille Joussemet, Jean-Michel Robichaud, Marie-Pier Larose   | <b>Towards a Positive Psychiatry: The PHOENIX Group - A Short Group Psychotherapy for Improving Mental Health and Resilience After Inpatient Treatment</b><br>Bob Vogel, Henrik Walter   | 9:00          |
|                         |   | <b>Factors influencing the effectiveness of Positive Psychology Interventions: A systematic Review</b><br>Jolanta Burke, Nikki Rickard, Andrea Giraldez-Hayes   | <b>Understanding meaning in children and youth: mapping the course towards developing a Youth Meaningfulness Index</b><br>Rebecca John, Claudia Maria Picasso, Kristoffer Geer                                    |                                       |  | <b>The Role of the Family in Parental Well-Being and Depression During the COVID-19 Pandemic</b><br>Carolyn A. Albright, Gregory M. Fosco  | <b>Well-Being and Resilience</b><br>Kübra Yilmaztürk Yildirim  | 9:15          |
| <b>15 min Break</b>     |   |   |   | <b>15 min Break</b>                   |  |  |  |               |
| 9:45 - 10:45            | <b>SYMP-7</b><br>Healing the Healers: Fostering Well-being and Resilience through Positive Psychology Interventions in the Healthcare Workplace<br><br>Mary Collins | <b>Nature, culture and sustainable living: Frameworks for creative wellbeing</b><br>Helga S. Løvoll   | <b>Nature-Based Interventions: A Review of Reviews</b><br>Branislav Kaleta, Stephen Campbell, Jolanta Burke   |                                       | <b>Empowering educators: unraveling the impact of transformational leadership, professional development, and learning program management on teacher job satisfaction</b><br>Greta Mazzetti, Consuelo Mameli, Dina Guglielmi, Giulia Paganin    | <b>Who Needs a Strengths-Based Leader to Fit their Job?</b><br>Marianne Van Woerkom, Robin Bauwens   | <b>Personal growth in micro niches - the role of positive place experiences</b><br>Tamás Martos, Viola Sallay  | 9:45          |
|                         |   | <b>Flow in Nature? Exploring environments for optimal experiences</b><br>Amy Isham  | <b>Effectiveness of Nature-based Positive Psychology Interventions on well-being: A Systematic Review and meta-analysis</b><br>Xingjian Ruan, Jannis Kraiss, Kim Tonis, Thomas Van Rompay, Ernst Bohlmeijer       |                                       | <b>Parents Supporting Young Children's Need for Self-Determination: Positive Child Mental Health Correlates and Outcomes</b><br>Mireille Joussemet, Jessica Corbeil, Genevieve Mageau  | <b>Creative Arts and Human Flourishing (Thematic Analysis of Leaders Participating in a 21 -Day Creative Arts Intervention)</b><br>Patricia Friberg, Andrea Giraldez-Hayes   | <b>What makes a meaningful day? An experience sampling study on the daily pursuit of meaningfulness through employee-employer exchange relations</b><br>Elaf Basri, Susan Murphy, Yumeng Yue   | 10:00         |
|                         |   | <b>How Does Local Nature Promote Subjective Wellbeing? The roles of Physical Activity and Place-belongingness as Mediators</b><br>Raul Grau-Ruiz  | <b>Perceived social support is associated with lesser psychological distress in LGBTQ+ Lithuanians</b><br>Rasa Katinaite, Kristina Zardeckaite-Matulaitiene   |                                       | <b>It's you - it's me - it's us School development and attitude with applied Positive Psychology at the professional school in Feldkirch/ Austria</b><br>Barbara Bergmeister, Ulla Riedmann, Bertram Strolz                                    | <b>Can Goal-Setting and Self-Reflection About One's Work-Nonwork Boundaries Improve Boundary Fit and Subjective Well-Being? A Randomized Controlled Trial</b><br>Nicolas Müller, Larissa Haerdter, Margaretha Scholz, Julia Steinke, Verena C. Haun, Regina Kempen | <b>Novelty, Positive Emotion, and Social Connection in Shared Experiences</b><br>Brian Hill, Peter Ward, Ondrej Mitas, Moji Shahvali   | 10:15         |
|                         |   | <b>The nature and importance of balance and harmony in life: New global insights from the Gallup World Poll</b><br>Tim Lomas, Alden Lai, Pablo Diego-Rosell, Telli Davoodi, Noah Padgett, James Pawelski, Tyler J. Vanderweele                      |   |                                       | <b>Positive interdependence and empowerment in an inclusive education context with the promotion of strengths-based tools</b><br>Nicolas Bressoud, Andrea C. Samson, Philippe Gay, Catherine Audrin, Elena Lucciarini, Rebecca Shankland       | <b>Practical Application of the "Me, We, Us" Model to Drive Employee engagement and Leadership Development</b><br>Manjit Kaur  | <b>Meaningful tourism experiences and emotions: The role of emotional intensity on the attribution of meaning</b><br>Ester Câmara, Margarida Pocinho, Saúl Neves Jesus, Dora Agapito   | 10:30         |
| <b>15 min Break</b>     |   |   |   | <b>15 min Break</b>                   |  |  |  |               |
| 11:00 - 12:00           | <b>CONGRESS INNSBRUCK &gt;&gt;</b>  | <i>Keynote Lecture presented by Corey Keyes</i>   |   |                                       | <b>What's Your Why? Positive Psychology is a Means, So What Is Your End?</b>   |  | <b>&lt;&lt; CONGRESS INNSBRUCK</b>   | 11:00 - 12:00 |
|                         | <b>1h 45 min Lunchbreak</b>   |   |   |                                       | <b>1h 45 min Lunchbreak</b>  |  |  |               |

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| <b>SYMP</b> | <b>THE QUEST FOR OPTIMAL LEARNING - Visions for future education</b> |  |
| <b>1</b>    | <b>Mette Marie Ledertoug &amp; Nanna Paarup</b>                      |  |
|             | <b>A</b>   | <b>THE QUEST FOR OPTIMAL LEARNING - Visions for future education</b><br>Ledertoug Mette Marie, Paarup Nanna, Knoop Hans Henrik |

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| <b>SYMP</b> | <b>New Thinking on Psychological Health: Find Purpose and Meaning in Life</b> |  |
| <b>2</b>    | <b>Andrew Soren</b>   |  |
|             | <b>A</b>  | <b>Building Bridges, Forging New Frontiers: Meaning-Making in Action</b><br>Russo-Netzer Pninit  |
|             | <b>B</b>  | <b>Improving Purpose in Life in Students and Youth</b><br>Ruini Chiara, Vescovelli Francesca, Li Pira Giorgio  |
|             | <b>C</b>  | <b>Meanings That Harm Mental Health: Preadolescent Coping Schemas That Prove Dysfunctional in Adult Relationships</b><br>Baumeister F. Roy, André Nathalie |
|             | <b>D</b>  | <b>The Beyond-Human Natural World: Providing Meaning and Making Meaning</b><br>Passmore Holli-Anne   |

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| <b>SYMP</b> | <b>Embedding Positive Psychology science: The potential role of organisational operating rhythms</b> |   |
| <b>3</b>    | <b>Suzy Green</b>  |   |
|             | <b>A</b>   | <b>Embedding Positive Psychology science: An Introduction to Operating Rhythms as a Potential Mechanism for Embedment of Holistic Organisational Performance, including Leading for Wellbeing</b><br>Mulcahy Luke |
|             | <b>B</b>   | <b>Embedding Positive Psychology science: The Significance of a Systemic Lens in Embedding Holistic Organisational Performance and Well-being, Through Operating Rhythms</b><br>O'Connor Sean                     |
|             | <b>C</b>   | <b>Embedding Positive Psychology science: Unveiling the 'You,' 'Me,' and 'Us' of Successful Operating Rhythms Implementation</b><br>Green Suzy  |
|             | <b>D</b>   | <b>Positive Psychology Science: Current challenges &amp; opportunities</b><br>Green Suzy  |

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| <b>SYMP</b> | <b>Well-being of adolescents and young adults, and positive psychology interventions in an educational context</b> |  |
| <b>4</b>    | <b>Johan Lataster, Sandra Diller</b>   |  |
|             | <b>A</b>   | <b>Believing in an enticing world: A positive psychological intervention to increase character strengths and well-being among adolescents</b><br>Hämpke Janna, Diller Sandra, Kerry Nicholas, Clifton W. Jeremy, Frey Dieter                                 |
|             | <b>B</b>   | <b>Conceptualization and quantification of students' mental well-being states: A systematic review</b><br>Bosma Janne, Jabeen Fakhra, Van Rooij Caroline, Jacobs Nele, Lataster Johan, De Groot Renate   |
|             | <b>C</b>   | <b>Effects of a mindfulness-based strengths intervention on adolescent mental health are mediated by changes in negative emotions</b><br>Kennes Anne, Lataster Johan, Janssens Mayke, Simons Marianne, Reijnders Jennifer, Jacobs Nele, Peeters Sanne        |
|             | <b>D</b>   | <b>Fostering students' well-being, increasing their self-management competencies, and promoting their study activity: A program to support students through mentoring, coaching and training</b><br>Mühlberger Christina, Moser Anna, Zerle Georg, Jonas Eva |

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| <b>SYMP</b> | <b>Positive Psychology Interventions: Towards Pragmatic, Flexible and Engaging Tools in Educational Contexts</b> |   |
| <b>5</b>    | <b>Ilona Boniwell</b>  |   |
|             | <b>A</b>   | <b>A Systematic Review of Meta-Analytic, Stand-alone, and short or Shortenable Positive Psychology Interventions: building the Toolbox Approach for Education</b><br>Lucciarini Elena               |
|             | <b>B</b>   | <b>An integrative approach to promote students' socio-emotional competencies during physical education sequences.</b><br>Burel Nicolas  |
|             | <b>C</b>   | <b>Developing Wellbeing skills in the classroom: The PEAS project: Positive Education Actions in Schools</b><br>Benini Sara, Marcionetti Jenny, Lucciarini Elena                                    |
|             | <b>D</b>   | <b>Mini Club Med + : a unique initiative by Club Med integrating principles of positive psychology into children's vacation experiences.</b><br>Boniwell Ilona                                      |
|             | <b>E</b>   | <b>Positive Psychology Interventions: Towards Pragmatic, Flexible and Engaging Tools in Educational Contexts</b><br>Lucciarini Elena, Boniwell Ilona, Benini Sara, Marcionetti Jenny, Burel Nicolas |

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| <b>SYMP</b> | <b>The model of sustainable mental health: the meaning and impact of positive psychology interventions in mental health care</b> |  |
| <b>6</b>    | <b>Ernst T. Bohlmeijer</b>   |  |
|             | <b>A</b>   | <b>A Practice-Friendly Version of the Mental Health Continuum - Short Form (MHC-SF-P): Including relational well-being and simplified wording to Improve clinical performance</b><br>Blasco-Belled Ana |
|             | <b>B</b>   | <b>Compassion-based positive psychotherapy for bipolar patients</b><br>Kraiss Jannis   |
|             | <b>C</b>   | <b>Efficacy of a meditation-based intervention focused on resources to increase well-being for adults with type 2 diabetes mellitus: A case-series series study</b><br>Cebolla I Martí Ausiàs          |
|             | <b>D</b>   | <b>Introduction and empirical validation of the model of Sustainable Mental Health.</b><br>Bohlmeijer Ernst, Kloos Noortje, Kraiss Jannis  |

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| <b>SYMP</b> | <b>Healing the Healers: Fostering Well-being and Resilience through Positive Psychology Interventions in the Healthcare Workplace</b> |  |
| <b>7</b>    | <b>Mary Collins</b>   |  |
|             | <b>A</b>  | <b>Flourishing Nurses: Wellbeing &amp; Retention. Exploring careers in Nursing &amp; Midwifery (career motivations/workplace engagement/workplace experiences of (early career) nurses and midwives in the Irish health service).</b><br>Crowley Henry Marian, Burke Jolanta, Collins Mary |
|             | <b>B</b>  | <b>RCSI Coach Connect: A Coach-led Online Positive Health Application Designed to Improve Well-being and Reduce Burnout Among Irish Hospital Workers</b><br>Loughnane Croia, Dunne J. Pádraic, O'Donovan Róisín  |
|             | <b>C</b>  | <b>What is the relationship between positive leadership development and psychological safety? Step, - The impact of team leaders' behaviours on psychological safety in teams.</b><br>Airs Lucy, Burke Jolanta, Van Nieuwerburgh Christian, O'Donovan Róisín                               |

| Thursday, July 11, 2024 |   |   |   | Afternoon Session from 14:00 until evening                        |   |   |   |               |
|-------------------------|---|---|---|---|---|---|---|---------------|
| 14:00 - 15:00           | CONGRESS INNSBRUCK >>   | Keynote Lecture presented by Willibald Ruch   |   | Character Strengths in Zurich: A Retrospective and Future Outlook |   | << CONGRESS INNSBRUCK   | 14:00 - 15:00   |               |
| 15 min Break            |   |   |   | 15 min Break  |   |   |   |               |
| ROOM                    | AULA / SOWI   | KLS / Theology  | MS / Theology   |   | SR VI / Theology  | CR 3 / SOWI   | LH 1 / SOWI   | ROOM          |
| 15:15 - 16:15           | <b>What is bigger and better than wellbeing? Introducing wholebeing...</b><br><br>Aaron Jarden & Andrea Downie  | Teacher wellbeing - when one of the best jobs in the world becomes too tough<br><br>Nanna Paarup, Mette Marie Ledertoug | Exploring and experiencing the Job Canvas - an agile, strengths-based, person-centred alternative to a traditional job description<br><br>Charlotte Axon  |   | The Meaningful Work Paradox: Strategies for Sustainable Wellbeing<br><br>Andrew Soren                         | Neurodiversity-Inclusive Care: Fostering Strengths-Based Change<br><br>Elaine Taylor-Klaus  | <b>SYMP-8</b><br><br>Mindfulness-Based Strengths Practice for Education<br><br>Peter Malinowski   | 15:15         |
|                         | <b>Mattering in co-creating inclusive communities: promoting well-being in kindergartens and communities through place-based and future-forming practices and policies</b><br><br>Dina von Heimburg |   |   |   |   |   |   |               |
|                         |   |   |   |   |   |   |   | 15:45         |
|                         |   |   |   |   |   |   |   | 16:00         |
| 16:15 - 17:30           | <b>Character Strengths - Science, Practice, and Socializing: Take a Break with the VIA Institute on Character</b><br><br>Ryan Niemiec and the VIA Institute on Character                            | Posterpresentations / Coffee break  |   |   | Posterpresentations / Coffee break  |   |   | 16:15 - 17:30 |
| 17:30 - 18:30           | New Frontier: Positive Economic Psychology<br><br>Rona Hart   | Thriving through Menopause<br><br>Ana Scherer, Lara Williams  | Building professional resilience, How positive psychology can contribute to the development and growth of a professionals attitude towards social workers, therapist, and other social professions<br><br>Marlies Jellema |   | Joyful Journeys: Applying Humor in Positive Psychology for Coaching Success<br><br>Bea Bincze, Alexandra Cser | Thrive to Perform & Perform to Thrive: A Leadership Development Programme for Higher Education Students, Nurturing Thriving Individuals who Foster Performance and Positivity in Organisations<br><br>Krumma Jonsdottir | <b>Breathwork Transformation Session</b><br><br><b>90 min - 17:30 - 19:00</b><br><br>Itai Itzvan<br><br><i>Please come to the meeting zone at 17:00</i><br><br><i>or come to the "Sportshall Sieberer Schule"</i> | 17:30         |
|                         |   |   |   |   |   |   |   | 17:45         |
|                         |   |   |   |   |   |   |   |               |
|                         |   |   |   |   |   |   |   | 18:15         |

Legend:

|                 |                 |          |           |                   |
|-----------------|-----------------|----------|-----------|-------------------|
| Keynote lecture | Invited speaker | Workshop | Symposium | Oral presentation |
|-----------------|-----------------|----------|-----------|-------------------|

| Thursday, July 11, 2024 |   |  |  | Afternoon Session from 14:00 until evening |   |  |   |       |               |
|-------------------------|---|--|--|--|---|--|---|-------|---------------|
| 14:00 - 15:00           | CONGRESS INNSBRUCK >>   | Keynote Lecture presented by Willibald Ruch  |  |  | Character Strengths in Zurich: A Retrospective and Future Outlook   | << CONGRESS INNSBRUCK  | 14:00 - 15:00   |       |               |
| 15 min Break            |   |  |  | 15 min Break                               |   |  |   |       |               |
| ROOM                    | LH 2 / SOWI   | LH 3 / SOWI  | SR 1 / SOWI  |  | SR 2 / SOWI   | SR 3 / SOWI  | SR 6 / SOWI   | ROOM  |               |
| 15:15 - 16:15           | <b>SYMP-9</b><br>Finding More Flow, Finding More Wellbeing<br><br>Orin Davis  | <b>SYMP-10</b><br>Embracing Resilience in Adults with Neurodevelopmental Disorders<br><br>Michal Al-Yagon  | The positive psychology of negative affect<br>Karel Botha  |  | Challenges of Implementing Positive Leadership Interventions into Cross-Cultural Teams<br>Mike Hoffmeister, Roger Muller  | Building individual meta-objectives to co-create and execute solutions in a multicultural context<br>Isabel Vallejo Echavarría   | Reducing Photo Investment Through An Online Self-Compassion Intervention: A Controlled Study Among Young Adult Females<br>Anna Flavia Di Natale, Alice Bologni, Gaia Cucci, Daniela Villani         | 15:15 |               |
|                         |   |  | "New Possibilities for Being Human": Heroism and Positive Psychology<br>Michael Condren  |  | Emotional Intelligence: a positive resource for Human Capital Sustainability Leadership in Healthy Organizations<br>Annamaria Di Fabio, Andrea Svicher  | A culturally appropriate strengths based coaching program for Aboriginal and Torres Strait Islander peoples living in social housing.<br>Alison Brown, Sue D'Amico   | Efficacy of the Best Possible Self Intervention in Social Interaction Scenarios: Comparison Between Original and Framed Versions<br>Wenxin Liu, Mei Zhang, Liyang Wu, Jing Wang, Yongquan Huo       | 15:30 |               |
|                         |   |  | Training in Positivity: a Randomized Controlled Trail and Evaluation of a digital Positive Psychology Application on the ability to adapt and mental health in the aftermath of Covid-19 pandemic<br>Ernst Bohlmeijer, Kim Tonis           |  | The Impacts of Self-Development on Leaders' Psychological Well-Being: Quasi-Experimental Longitudinal Evidence in Executive Education<br>Ayse Yemiscigil, Dana Born, Diego Arias, Horace Ling | I am happy as a Muslim: The relationship between religiosity, happiness, and life satisfaction with demographic variables among Muslims from the UK, Egypt, and the Maldives<br>Aishath Shahama, Jerome Carson, Ahmed M. Abdel-Khalek, Aashiya Patel | Exploration of Mental health and flourishing in youth through a new measure of Grit<br>Afifa Anjum, Durrja Alqarni, Mazahir Ali   | 15:45 |               |
|                         |   |  | How do sports people conceptualise mental toughness?<br>Jennifer Dorling   |  | Changes in the well-being and turnover intentions of employees by training the PERMA lead behaviour of their managers<br>Frank Neseemann  | Positive self-perception in social media - a quantitative evaluation of a brief positive-psychological intervention for female users.<br>Fiona Reinartz, Saskia Pilger, Meike Olbrecht   | 16:00   |       |               |
| 16:15 - 17:30           | Posterpresentations / Coffee break  |  |  |  | Posterpresentations / Coffee break  |  |   |       | 16:15 - 17:30 |
| 17:30 - 18:30           | <b>SYMP-11</b><br>Introducing Wellbeing Systems Science (WSS) - Imagining, Building and Contributing to a Globally Inclusive, Ecologically Healthy Future<br><br>Lisa Barker, Antonella Delle Fave, Viivi Pentakainen, Diane Bowles | <b>SYMP-12</b><br>PTG Interventions from Wartime Trauma: Practical Applications Amongst Israelis<br><br>Lisa Honig Buksbaum, Richard Tedeschi, Pninit Russo-Netzer | Character Strength-Based Cognitive-Behavioral Therapy Focusing on Adolescent and Young Adult Cancer Patients with Distress: A Randomized Control Trial of Positive Psychology<br>Yi Zhou, Yating Luo, Ning Qin, Yinglong Duan, Jianfei Xie |  | Do we change when we think we have changed? Personality changes in the context of crucial life events<br>Ekaterina Nazina, Vasily Kostenko  | Flow in Recreational Doubles Pickleball: A Meaningful Source of Enjoyment for Adults over 50<br>Glynis Worthington, Gary Gute, Sue Jackson   | What (Doesn't) Limit Peoples Prosociality in Social Dilemma Situations<br>Patricia Groß, Tao Burga, Erola Pons, Maximilian Maier, Vanessa Cheung, Falk Lieder                                       | 17:30 |               |
|                         |   |  | AI and the Future of Therapy: Enhancing Human Agency and Interpersonal Skills<br>Alexander Piotrowski, Burkhard Pahl   |  | Strengths of Sharing, Strengths of Deception: A Behavioural Examination<br>Pavel Freidlin, Hadassah Littman-Ovadia, Eitan Elaad   | Status of Flourishing among Indian Emerging Adults<br>Amrut Bang, Prathmesh Dhadse, Aditi Pidurkar, Jui Jamsandekar, Gajanan Burde   | Coping with Gender Minority Stress: Influence of Coping, Social Support and Community on Stress in Genderqueer Youth<br>Teresa O'Rourke, Lisa Zach, Katja Haider, Alexandra Koschier, Thomas Probst | 17:45 |               |
|                         |   |  | Journey towards Flourishing: Insights from Teaching Positive Psychology for a Decade<br>Daniela Blickhan   |  |   | Flourishing in old age - opportunities for sustainable age and ageing<br>Christiane Bahr   | Strengthening the future: A resilience intervention for youth<br>Gayathri Janapati, V. Vijayalakshmi  | 18:00 |               |
|                         |   |  |  |  |   | The Whys of Gaming: A Cross-Sectional Study on the Role of Video Game Players' Motivations in Meaningful and Engaging Experiences<br>Chiara Scuto, Stefano Triberti  | Positive classroom climate in action: combining narrative and positive psychology practices with teachers and students<br>Francesco Pisanu, Federica Coletta, Francesco Rubino                      | 18:15 |               |



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| <b>SYMP</b> | <b>Mindfulness-Based Strengths Practice for Education</b> |   |
| <b>8</b>    | <b>Malinowski Peter</b>                                   |   |
|             | <b>A</b>  | <b>MBSP as experiential backbone within a Masters programme: Insights from five years</b><br>Malinowski Peter |
|             | <b>B</b>  | <b>MBSP as large-scale practice at a major university</b><br>Okamoto Masaya                                   |
|             | <b>C</b>  | <b>MBSP as school-based intervention to support the wellbeing of adolescents</b><br>Peeters Sanne             |

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| <b>SYMP</b> | <b>Finding More Flow, Finding More Wellbeing</b> |   |
| <b>9</b>    | <b>Davis Orin</b>                                |   |
|             | <b>A</b>   | <b>Exploring the relationship between flow and creativity in daily life</b><br>Davis Orin   |
|             | <b>B</b>   | <b>Mindfulness on Demand: Unleashing Flow and Elevating Task Performance through a Brief On-the-Spot Intervention</b><br>Weintraub Jared, Cassell David, Dust Scott, Nolan Kevin, Reina Christopher   |
|             | <b>C</b>   | <b>The relationship between mental health and flow experience among persons with Major Depressive Disorder in remission</b><br>Biscaldi Valentina, Pirola Veronica, Cassina Niccolò, Bosi Monica, Colombo Anna, Varinelli Alberto, Viganò Caterina, Delle Fave Antonella, Bassi Marta |
|             |  | <b>Using the Team Flow Quick Scan to Measure Team Flow and its Benefits at the Individual and Collective Levels</b><br>Van Den Hout Jef   |

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| <b>SYMP</b> | <b>Embracing Resilience in Adults with Neurodevelopmental Disorders</b> |  |
| <b>10</b>   | <b>Al-Yagon Michal</b>  |  |
|             | <b>A</b>  | <b>Exploring Young Adults' Pathways to Resilience and Well-Being in Higher Education Students With/Without ADHD</b><br>Al-Yagon Michal, Walter Elina   |
|             | <b>B</b>  | <b>Social-Emotional and Behavioral Skills, Self-Regulated Learning, Academic Satisfaction, and Self-Efficacy: A Comparison Between Israeli, Spanish and Italian Undergraduate Students With and Without ADHD and/or SLD</b><br>Sharabi Adi, Cueli Marisol Fernandez, Rodriguez Celestino, Pellegrino Gerardo, Carretti Barbara |
|             | <b>C</b>  | <b>The Role of Hope in Mitigating ADHD-Related Challenges: Executive Functioning and Emotional Regulation Perspectives</b><br>Margalit Malka   |

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| <b>SYMP</b> | <b>Introducing Wellbeing Systems Science (WSS) - Imagining, Building and Contributing to a Globally Inclusive, Ecologically Healthy Future</b> |  |
| <b>11</b>   | <b>Barker Lisa</b>   |  |
|             | <b>A</b>   | <b>Breaking Down System Boundaries in Wellbeing - moving to a transdisciplinary collaboration to focus on wellbeing for people and planet</b><br>Bowles Diane    |
|             | <b>B</b>   | <b>Cultural worldviews and the science of well-being: A necessary dialogue</b><br>De Fave Antonella  |
|             | <b>C</b>   | <b>Finland - Eudaimonia of the North? Unravelling the Blueprint for a Good Society Through Societal, Cultural, and Psychological Lenses</b><br>Pentikäinen Viivi |
|             | <b>D</b>   | <b>In Right Relationship - Exploring Systems to Co-create Lasting and Sustainable Wellbeing</b><br>Barker Lisa   |

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| <b>SYMP</b> | <b>PTG Interventions from Wartime Trauma: Practical Applications Amongst Israelis</b> |   |
| <b>12</b>   | <b>Honig Buksbaum Lisa</b>  |   |
|             | <b>A</b>  | <b>PTG Interventions from Wartime Trauma: Practical Applications Amongst Israelis</b><br>Honig Buksbaum Lisa, Tedeschi Richard, Russo-Netzer Pninit |

| Friday, July 12, 2024 |  |  |  | Morning Session from 8:30 until lunch |   |   |  |               |       |
|-----------------------|--|--|--|---------------------------------------|---|---|--|---------------|-------|
| ROOM                  | AULA / SOWI  | KLS / Theology   | MS / Theology  |                                       | SR VI / Theology  | LH 1 / SOWI   | LH 2 / SOWI  |               |       |
| 8:30 - 9:30           | <b>Wellbeing Economy - what is our end goal, Money or Happiness?</b><br>Dóra Guðmundsdóttir  | Positive Futures - Hope for a better life<br><br>Andreas Krafft  | Meaning and Purpose in life from a transdisciplinary perspective; A third wave approach to positive psychology coaching<br><br>Omid Alaei  |                                       | Mindful Mentoring to Enhance Healthcare Worker Well-being<br><br>Sanjay Saint   | <b>SYMP-13</b><br>The VIA Institute on Character's Vision and Application of Positive Artificial Intelligence (PAI)<br><br>Jeffrey Levy | <b>SYMP-14</b><br>Taking the Science of Positive Psychology to Scale: Applying PERMA+4<br><br>Bergsveinn Olafsson, Gavriella Rubin, Thomas Trunell | 8:30          |       |
|                       | <b>Positive Health: An intersection where the mind meets the body</b><br><br>Jolanta Burke   |  |  |                                       |   |   |  |               | 8:45  |
|                       |  |  |  |                                       |   |   |  |               | 9:00  |
|                       |  |  |  |                                       |   |   |  |               | 9:15  |
| 15 min Break          |  |  |  | 15 min Break                          |   |   |  |               |       |
| 9:45 - 10:45          | Relationships and Research: How Positive Psychology Can Help us Become Better Together<br><br>Suzie Pileggi Pawelski, James Pawelski | Embracing Existential Wellbeing - An Exploration of Existentialism and Post-Traumatic Growth To Navigate Challenges with Positivity<br><br>Michelle Falzon | Positive psychology in the hospitality industry: improving employee engagement and productivity through interventions that increase happiness on the example of Hotel Sans Souci Wien<br><br>Andrea Fuchs, Claudia Schriever |                                       | Work on character strengths as an orientation aid at the interface between school leavers and career starters - motivating acquisition of meaning and words through a playful approach<br><br>Verena Isik, Myriam Meier | <b>SYMP-16</b><br>Strengths as a pathway to thriving in educational and academic settings: New findings<br><br>Tamar Icekson            | <b>SYMP-17</b><br>Co-design in Positive Health Interventions: experience from practice<br><br>Elaine Byrne   | 9:45          |       |
|                       |  |  |  |                                       |   |   |  |               | 10:00 |
|                       |  |  |  |                                       |   |   |  |               | 10:15 |
|                       |  |  |  |                                       |   |   |  |               | 10:30 |
| 15 min Break          |  |  |  | 15 min Break                          |   |   |  |               |       |
| 11:00 - 12:00         | <b>CONGRESS INNSBRUCK &gt;&gt;</b>   | <b>Keynote Lecture presented by Michael Ungar</b>  |  |                                       | <b>Diagnosing, Nurturing and Maintaining Resilience: Tools for Positive Development in Stressed Environments</b>  |   | <b>&lt;&lt; CONGRESS INNSBRUCK</b>   | 11:00 - 12:00 |       |
| 1h 45 min Lunchbreak  |  |  |  | 1h 45 min Lunchbreak                  |   |   |  |               |       |

Legend:

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|-----------------|-----------------|----------|-----------|-------------------|
| Keynote lecture | Invited speaker | Workshop | Symposium | Oral presentation |
|-----------------|-----------------|----------|-----------|-------------------|

| Friday, July 12, 2024       |   |  |  | Morning Session from 8:30 until lunch   |  |   |               |
|-----------------------------|---|--|--|---|--|---|---------------|
| ROOM                        | LH 3 / SOWI   | Lecture Room I / Theology  | SR 1 / SOWI  | SR 2 / SOWI   | SR 3 / SOWI  | SR 6 / SOWI   | ROOM          |
| 8:30 - 9:30                 | <b>SYMP-15</b><br>Listening to Our Stakeholders: Master of Applied Positive Psychology (MAPP) Programs Around the World<br><br>James Pawelski, Christian Van Nieuwerburgh | <b>Factors associated with happiness and wellbeing in Austrian and German adolescents</b><br>Rachel Dale, Teresa O'Rourke, Katja Haider, Armando Cocca, Christoph Pieh   | <b>Hindering or Helping? User Preferences for Features of Recorded Mindfulness Practice</b><br>Maja Stanko-Kaczmarek   | <b>Exploring the Benefits of Hiring Individuals with Disabilities in the Workplace</b><br>Rosilyn Sanders   | <b>Understanding Sexual Well-Being</b><br>Vera A. Ludwig, Jer D.W. Clifton, Aryeh Lewis, Scott Barry Kaufman, Damien L. Crone, Kirstin Mitchell, Debby Herbenick, Ethan Coston                             | <b>How We View Our Own Aging Matters for Wellbeing. Implications in The Context of Disruptions Associated With The COVID-19 Pandemic</b><br>Elli Kolovos, Tim Windsor | 8:30          |
|                             |   | <b>Can adolescents and adults recognize positive mental health like mental illness? An experimental mixed methods study</b><br>Mariana Maia De Carvalho, Maria Da Luz Vale-Dias, Corey Keyes                               | <b>Potentiating Allied Character Strengths: Gratitude and Compassion</b><br>Liz Gulliford  | <b>"Few things in life are easy and worth doing": how the bi-directional relationships between meaningful work and work-related stress can both help and hinder wellbeing</b><br>Jess Annison | <b>Exploring the Interplay Between Personality Dynamics and Well-Being: A Study of Extraversion and Emotional Valence</b><br>Gaja Zager Kocjan, Gregor Socan, Andreja Avsec                                | <b>Utilizing Different Framework Synergies to Enhance Current Environmental-Wellbeing Approaches</b><br>Tracey Platt, Stephanie Wilkie, Nicola Davinson               | 8:45          |
|                             |   | <b>A diversity of scales to measure subjective well-being: do they measure the same? A study of the subjective well-being and its determinants in Flanders.</b><br>Dries Verlet, Marc Callens                              | <b>The nexus of relational peace: Character strengths and wellbeing in close interpersonal bonds</b><br>Christos Pezirkianidis   | <b>Decent Work and Quality Professional Life of Higher Education Teachers in Portugal: an empirical study</b><br>Tania Ferraro, Patrícia A. Pacheco   | <b>Quantitative evaluation of a positive psychological intervention to promote well-being in best agers</b><br>Vanessa Striefler, Saskia Pilger, Thomas Olbrecht   | <b>From Gratitude to Sustainability: Unpacking Product Value for Conscious Consumption</b><br>Marlene Jäger, Afrem Shemunkasho, Sofia Kousi                           | 9:00          |
|                             |   | <b>Caring for the Future: Advancing Adolescent Mental Health in Afrika through Innovation and Youth Engagement</b><br>Tara Carney  | <b>COVID-19 Long-term Impact: Exploring Character Strengths Change in Different Age Groups</b><br>Sahar Amoury Naddaf, Shiri Lavy  | <b>How does social support shape relationship between career calling and wellbeing?</b><br>Ayse Burcin Baskurt, Hanna Kampman   | <b>Wisdom, Eudaimonic well-being and Creative-divergent thinking: interrelated processes and resources for aging well.</b><br>Manuela Zambianchi   | <b>Serious Leisure's contribution to integral human development in nursing home care</b><br>Maria Alexandra D'Araújo, Maria V. Nunes                                  | 9:15          |
| <b>15 min Break</b>         |   |  |  | <b>15 min Break</b>   |  |   |               |
| 9:45 - 10:45                | <b>SYMP-18</b><br>Professionalising Positive Psychology: Background, progress, and future possibilities<br><br>Rona Hart  | <b>Can Flourishing protect against Occupational Depression? A Comparison between General and Special Education Teachers</b><br>Giacomo Angelini, Caterina Fiorilli   | <b>A Meaningful Synergy: The Integration of Character Strengths and the Three Types of Meaning in Life</b><br>Pninit Russo-Netzer, Ricardo Tarrasch, Ryan M. Niemiec       | <b>Does Fun at Work Enhance Meaningful Work? A Three-Wave Study towards Innovative Work Behaviours</b><br>Jarrod Haar, Azka Ghafoor, David Brougham   | <b>Well-being through self-fulfilment? Self-actualization, growth and well-being in the general population</b><br>Nele Jacobs, Katleen Verdoodt, Marianne Simons, Jennifer Reijnders, Simone Verhagen      |   | 9:45          |
|                             |   | <b>How to cultivate the true self to promote the well-being and mental health of adolescents and students in higher education? Results of a scoping review</b><br>Rémi Paré-Beauchemin, Julie Lane, François Lauzier-Jobin | <b>Are Character Strengths WEIRD or not? Exploring the Cultural Relevance of Character Strengths Across Eurasia</b><br>Tahira Mubashar, Marco Weber-Harzer, Claudia Harzer | <b>How Cross-Domain Social Support Leads to Work-Life Balance: A Longitudinal Boundary Theory Perspective</b><br>Justine Blaise Richards, Yannick Provost Savard, Dana Bonnardel              | <b>Courage to be happy: risk-taking as a mediator of the relationship between psychological courage and well-being</b><br>Grzegorz Pajestka, Magdalena Poraj-Weder   |   | 10:00         |
|                             |   | <b>Expanding application of positive education to nonformal education settings through Training nonformal education Teachers</b><br>Niva Dolev   | <b>South African University Students' Experience of a 6-week Character Strengths Program</b><br>Sean Abrahams, Anita L. Campbell   | <b>The Impact of Automated Coaching on Daily Experiences at Work</b><br>Scott Dust  | <b>The Effect of Everyday Inner Conflicts on Well-being</b><br>Dina Nir  |   | 10:15         |
|                             |   | <b>Seasons of Life in Action: The Development of the Tree of Life Metaphor within a Faith-Based Paradigm for Exploring Meaningful Harmony and Balance</b><br>Sumaera Hasan   | <b>Friendships of Mutual Accountability: The foundational role of relationships in character development within higher education</b><br>Rebecca Park, Susan Fesperman      | <b>Antecedents and outcomes of work-related flow: A meta-analysis</b><br>Wei Liu, Hairong Lu, Peikai Li, Dimitri Van Der Linden, Arnold B. Bakker   | <b>Understanding Resilience in Turbulent Times: A Three-Year Study of Sense of Coherence, Well-being, and Anxiety in the Czech Republic</b><br>Martin Mácel, Kristýna Četkovská, Martin Tuší, Ivana Šipová |   | 10:30         |
| <b>15 min Break</b>         |   |  |  | <b>15 min Break</b>   |  |   |               |
| 11:00 - 12:00               | <b>CONGRESS INNSBRUCK &gt;&gt;</b>  | <i>Keynote Lecture presented by Michael Ungar</i>  |  | <b>Diagnosing, Nurturing and Maintaining Resilience: Tools for Positive Development in Stressed Environments</b>  |  | <b>&lt;&lt; CONGRESS INNSBRUCK</b>  | 11:00 - 12:00 |
| <b>1h 45 min Lunchbreak</b> |   |  |  | <b>1h 45 min Lunchbreak</b>   |  |   |               |

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| <b>SYMP</b> | The VIA Institute on Character's Vision and Application of Positive Artificial Intelligence (PAI) |  |
| <b>13</b>   | Levy Jeffrey  |  |
|             | A   | The VIA Institute on Character's Vision and Application of Positive Artificial Intelligence (PAI)<br>Levy Jeffrey, Brahedni Rakan, Niemiec Ryan, McGrath Robert, Rashid Tayyab, Jernigan Carter, Vyas Mahimna, Pearce Ruth |

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| <b>SYMP</b> | Taking the Science of Positive Psychology to Scale: Applying PERMA+4 |   |
| <b>14</b>   | Donaldson I. Stewart   |   |
|             | A  | Demystifying Artificial Intelligence in the Landscape of Coaching and Well-being: Design, Potential and Pitfalls<br>Martin Danny, Gonzalez-Bonorino Augusto |
|             | B  | Realizing a Bold Vision for Applying the Science of PERMA+4 Across Domains and Cultures<br>Donaldson I.. Stewart  |
|             | C  | Using Artificial Intelligence and the PERMA+4 Framework to Enhance Well-Being and Positive Functioning Across the Globe<br>Olafsson Bergsveinn              |

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| <b>SYMP</b> | Listening to Our Stakeholders: Master of Applied Positive Psychology (MAPP) Programs Around the World |  |
| <b>15</b>   | Pawelski James, Van Nieuwerburgh Christian  |  |

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| <b>SYMP</b> | Strengths as a pathway to thriving in educational and academic settings: New findings |  |
| <b>16</b>   | Icekson Tamar   |  |
|             | A   | Teaching Who You Are: Linking Teachers' and Students' Social-Emotional Skills<br>Lavy Shiri, Orr Savion  |
|             | B   | The cost of being over-optimistic: Exploring the moderating role conscientiousness in the relationship between self-evaluation biases and actual performance in a sample of freshman students<br>Icekson Tamar, Slobodin Ortal |
|             | C   | The Effects of a Happiness Strengths Intervention on Career Decision-Making Self-Efficacy among Job Starters<br>Atanasova Nadica, Van Woerkom Marianne   |

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| <b>SYMP</b> | Co-design in Positive Health Interventions: experience from practice |   |
| <b>17</b>   | Byrne Elaine   |   |
|             | A  | Co-design of a Comprehensive Online Health Education Program for Enhancing Perinatal Well-being in Ireland: Bridging Gaps in Knowledge, Support, and Empowerment during the Perinatal Period<br>O' Donovan Róisín |
|             | B  | Social Impact: The opportunity for co-designed advanced digital interventions for vulnerable populations<br>Laiti Justin, Donnelly Jennifer   |

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| <b>SYMP</b> | Professionalising Positive Psychology: Background, progress, and future possibilities |  |
| <b>18</b>   | Hart Rona   |  |
|             | A   | Developing the IPPA Accreditation Scheme for Positive Psychology Education Providers: Lessons from benchmarking successful accreditation models<br>Boniwell Ilona, Langley Sue |
|             | B   | Professionalising Positive Psychology: Background and progress<br>Donaldson Scott  |
|             | C   | Professionalising positive psychology: Survey results on the means to professionalise the field<br>Hart Rona   |

| Friday, July 12, 2024 |  |   |  | Afternoon Session from 14:00 until evening |  |  |   |               |
|-----------------------|--|---|--|--|--|--|---|---------------|
| 14:00 - 15:00         | CONGRESS INNSBRUCK >>  | Keynote Lecture presented by Suzy Green   |  |  | Positive Psychology Coaching: Creating Sustainable Wellbeing for You, Me & Us  | << CONGRESS INNSBRUCK  | 14:00 - 15:00   |               |
| 15 min Break          |  |   |  | 15 min Break                               |  |  |   |               |
| ROOM                  | AULA / SOWI  | KLS / Theology  | MS / Theology  |  | SR VI / Theology   | CR 3 / SOWI  | SR 8 / SOWI   | ROOM          |
| 15:15 - 16:15         | It's you, it's me, it's us - how Positive Leadership can help us shape an even greater world<br>Cornelia Lucey | Empowering Student and Educator Comprehensive Well-being through the Student Alliance for Flourishing Partnership<br>Kristine E. Larson | From Me to We: what does this mean for Society and Social Justice?<br>Sue Roffey, David Roffey                   |  | A Comprehensive Organizational Development Model to Activate Character Strengths and Grow Engagement, Relationships and Performance in the Workplace<br>Jillian Copley | A strengths based model to navigate a journey towards peace and happiness<br>Vijay Kumar                             | How to Promote Students' Subjective Well-Being: The Well-Being Promotion Program, A Multitarget School-Based Positive Psychology Intervention<br>Shannon Suldo, Sarah Fefer, Kai Zhang Shum | 15:15         |
|                       | Prosocial Commitment, Flow, and the limits of Attention<br>Jeanne Nakamura                                     |   |  |  |  |  |   | 15:30         |
|                       |  |   |  |  |  |  |   | 15:45         |
|                       |  |   |  |  |  |  |   | 16:00         |
| 16:15 - 17:30         | Posterpresentations / Coffee break   |   |  |  | Posterpresentations / Coffee break   |  |   | 16:15 - 17:30 |
| 17:30 - 18:30         | The Neuroscience of Wellbeing: understanding your brain to live a happier life<br>Sue Langley                  | The Anatomy of Resilience<br>Christian Taftenberg Jensen  | Experience mapping: discovering the power of places in the promotion of well-being<br>Viola Sallay, Tamás Martos |  | Embodied Positive Psychology<br>Alla Klymenko  | Enhancing Team Dynamics and Performance Through VIA Strengths Teaming Approach<br>Karen Whelan-Berry, Paul Papierski | An Experiential Workshop: Coaching Outdoors and in Nature<br>Ceri Sims, Nikki Ayles   | 17:30         |
|                       |  |   |  |  |  |  |   | 17:45         |
|                       |  |   |  |  |  |  |   | 18:00         |
|                       |  |   |  |  |  |  |   | 18:15         |
| 18:35                 | Conference Dinner  |   |  |  | Conference Dinner  |  |   | 18:35         |

| Friday, July 12, 2024 |  |   |   | Afternoon Session from 14:00 until evening |   |   |   |               |               |
|-----------------------|--|---|---|--|---|---|---|---------------|---------------|
| 14:00 - 15:00         | CONGRESS INNSBRUCK >>  |   | Keynote Lecture presented by Suzy Green   |  | Positive Psychology Coaching: Creating Sustainable Wellbeing for You, Me & Us   |   | << CONGRESS INNSBRUCK   | 14:00 - 15:00 |               |
| 15 min Break          |  |   |   | 15 min Break                               |   |   |   |               |               |
| ROOM                  | LH 1 / SOWI  | LH 2 / SOWI   | LH 3 / SOWI   |  | Lecture Room I / Theology   | SR 3 / SOWI   | SR 6 / SOWI   | ROOM          |               |
| 15:15 - 16:15         | <b>SYMP-19</b><br>Non-Academic Education in Positive Psychology in the German-speaking Areas of Germany, Austria and Switzerland<br><br>Daniela Blickhan | <b>SYMP-20</b><br>Zurich Center for Positive Psychology: Leveraging Character Strengths in Today's Transforming Workplaces<br><br>Alexander Stahlmann | <b>SYMP-21</b><br>Physical activity, the alpine environment and psychosomatic medicine<br><br>Barbara Sperner-Unterweger, Katharina Hufner                                |  | <b>Practical Wisdom and the VIA-IS - A preliminary study on the situational use of character strengths in the teaching profession</b><br>Benjamin Berend  | <b>Work on Wellbeing - the importance of WoW!</b><br>Sue Langley  | <b>The Philosophy of Happiness: A Tension Resolved</b><br>Christian Piller  | 15:15         |               |
|                       |  |   |   |  | <b>Character strengths profiles of Taiwanese medical students and their correlations with life satisfaction</b><br>Wen-Hsu Lin, Chi Chiao, Ming-Chang Tsai, Yi-Fang Chung, Chin-Chun Yi                                   | <b>A latent profile analysis in Italian workers: Key ingredients for Healthy organizations</b><br>Andrea Svicher, Annamaria Di Fabio  | <b>To Change or Not to Change? - Status Quo Bias and Happiness</b><br>Guy Barokas, Hila Hindy Ling, Arie Sherman, Tal Shavit  | 15:30         |               |
|                       |  |   |   |  | <b>A Qualitative Examination of Character Strengths and Virtues in Intergroup Reconciliation</b><br>Roger Bretherton  | <b>A cross cultural and interdisciplinary approach to define a workplace wellbeing framework: a case study from United Arab Emirates</b><br>Radhika Punshi, Gauri Gupta, Tayyab Rashid, Gregory Dean              | <b>The Why, What &amp; How of Teaching Happiness</b><br>Thomas Mündle   | 15:45         |               |
|                       |  |   |   |  | <b>Character Strengths of Employees with Protector Roles: Understanding their Role for Persuasion Skills, Workplace Well-being, Job Performance, and Career Success</b><br>Claudia Harzer, Tahira Mubashar, Scott Mitchel | <b>PERMA-Lead: A Behavioral Leadership Approach to Positive Leadership</b><br>Markus Ebner  |   | 16:00         |               |
| 16:15 - 17:30         | Posterpresentations / Coffee break   |   |   |  | Posterpresentations / Coffee break  |   |   |               | 16:15 - 17:30 |
| 17:30 - 18:30         | <b>SYMP-22</b><br>Listening to our Stakeholders: Credentialing Project by IPPA Task Force<br><br>Ilona Boniwell  | <b>SYMP-23</b><br>Implementing innovative positive interventions with the use of Virtual Reality and other digital technologies<br><br>Chiara Ruini   | <b>SYMP-24</b><br>Re-writing health and illness narratives in the context of positive health sciences including positive psychology interventions<br><br>Padraic J. Dunne |  | <b>SYMP-25</b><br>Special Session - Journal of Happiness Studies: Meet the Editors!<br><br>Antonella Della Fave, Esther Otten   | <b>Aftermath of the COVID-19 Pandemic: Resilience and Mental Health of Emerging Adults University Students</b><br>Sophie Leontopoulou   | <b>Linking Teachers' Well-Being with Students' Well-Being: A Multi-Level Study Conducted During COVID-19</b><br>Shiri Lavy, Eman Naama  | 17:30         |               |
|                       |  |   |   |  |   | <b>The Role of Spiritual Intelligence and Self-Compassion as Predictors of Perceived Stress and Psychological Resilience among University Students in India during COVID-19</b><br>Shubhangi Jagdev, Richa Khanna | <b>Direct and Mediated Impacts of Parental Democratic Communication on Adolescent Well-being: Insights from the 2020 Chinese Family Panel Studies</b><br>Simin Liu, Lanxin Su, Sydney X. Hu | 17:45         |               |
|                       |  |   |   |  |   | <b>MIND FULL OR MINDFUL? SAM - A health promotion program for students</b><br>Brigitte Jenull, Anna Piskernik, Janik Wiedenhöfer, Linda Maurer  | <b>Associations Between Parental and Child Well-Being Indicators: Preliminary Results from a Three-Wave Longitudinal Survey</b><br>Maja Tadic Vujcic, Andreja Brajša Žganec, Marija Džida   | 18:00         |               |
|                       |  |   |   |  |   | <b>Teaching happiness to students - implementation and evaluation of a program aiming at promoting well-being in elementary schools</b><br>Tobias Rahm  | <b>Main characteristic and measures of Group Flow in Collaborative Learning: a systematic Prisma review</b><br>Faustine Wawak, Laurent Sparrow, Jean Heutte                                 | 18:15         |               |
| 18:35                 | Conference Dinner  |   |   |  | Conference Dinner   |   |   |               | 18:35         |

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| <b>SYMP</b> | Non-Academic Education in Positive Psychology in the German-speaking Areas of Germany, Austria and Switzerland |   |
| <b>19</b>   | Daniela Blickhan   |   |
|             | A  | Germany: Judith Mangelsdorf, Daniela Blickhan       |
|             | B  | Austria: Philip Streit, Bertram Strolz              |
|             | C  | Switzerland: Andreas Krafft, Fiorina Giuliani       |
|             | D  | Areas of application: Markus Ebner, Sonja Käferböck |

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| <b>SYMP</b> | Zurich Center for Positive Psychology: Leveraging Character Strengths in Today's Transforming Workplaces |   |
| <b>20</b>   | Stahlmann Alexander  |   |
|             | A  | Our Challenge: Bridging the Gap between Research and Practice<br>Ruch Willibald     |
|             | B  | Our Experience: Transforming a Bank into Their Best Possible Self<br>Schmid Flurin  |
|             | C  | Our Solution: The Workforce Character Strengths Test<br>Stahlmann Alexander         |
|             | D  | Our Vision: Revolutionizing Workplaces through Character Strengths<br>Bossow P. Eva |

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| <b>SYMP</b> | Physical activity, the alpine environment and psychosomatic medicine |  |
| <b>21</b>   | Sperner-Unterweger Barbara, Hufner Katharina                         |  |
|             | A  | Monitoring of mental health in athletes using the Synergetic Navigation System (SNS)<br>Schorb Alexander   |
|             | B  | Positive affective valence predicts physical activity in climbing interventions in patients with severe anxiety or posttraumatic stress disorder<br>Bichler Carina |
|             | C  | Posttraumatic growth following accidents in mountain sports<br>Hufner Katharina  |

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| <b>SYMP</b> | Listening to our Stakeholders: Credentialing Project by IPPA Task Force |  |
| <b>22</b>   | Boniwell Ilona, Rashid Tayyab   |  |

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| <b>SYMP</b> | Implementing innovative positive interventions with the use of Virtual Reality and other digital technologies |  |
| <b>23</b>   | Ruini Chiara  |  |
|             | A   | Exploring the benefits and acceptance of blended positive psychotherapy as an adjunctive treatment for clients with residual depressive symptoms: a mixed-method study.<br>Vergeer-Hagoort Femke, Kraiss Jannis, Drossaert Stans, Bohlmeijer Ernst |
|             | B   | From selflessness to happiness: a virtual reality experience<br>Cebolla Ausias, Vidal J., Andreu C., Wrzesien M., Colombo D., Banos Rosa   |
|             | C   | Promoting positive mental health in college Students with virtual reality: A Pilot Study<br>Li Pira Giorgio, Vescovelli Francesca, Ruini Chiara  |
|             | D   | 'Being Immersed in Aesthetic Emotions': Exploring Positive Experiences through Immersive vs. Non-Immersive VR in Aesthetic Emotions Elicitation<br>Pizzolante Marta, Sarcinella Eleonora, Bartolotta Sabrina, Gaggioli Andrea, Chirico Alice       |

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| <b>SYMP</b> | Re-writing health and illness narratives in the context of positive health sciences including positive psychology interventions |  |
| <b>24</b>   | Dunne J. Padraic  |  |
|             | A   | Attention-based Training (ABT): pilot positive psychology intervention (PPI) designed to promote thriving among individuals diagnosed with Chronic Spontaneous Urticaria (CSU)<br>Donnelly Jennifer, Ridge Katie, Conlan Niall, Dunne J. Padraic |
|             | B   | Connect5 Athy Case Studies: positive impact of a health coach-led digital application designed to improve the health and wellbeing of citizens with a disease diagnosis<br>Loughnane Croia, O'Donovan Róisín, Dunne J. Padraic                   |
|             | C   | Health and wellbeing needs assessment of comparable Irish and Romanian communities prior to launching a positive health coach-led digital application<br>Cans I. Marina, O'Donovan Roisin, Enache Ingrid, Achitei Angela, Dunne J. Padraic       |

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| <b>SYMP</b> | Special Session - Journal of Happiness Studies: Meet the Editors! |  |
| <b>25</b>   | Delle Fave Antonella  |  |

| ROOM          | AULA / SOWI   | KLS / Theology   | MS / Theology   |              | SR VI / Theology   | CR 3 / SOWI  | Lecture Room I / Theology   | ROOM          |  |
|---------------|---|--|---|--------------|--|--|---|---------------|--|
| 8:30 - 9:30   | <p>Better in Every Domain: The Holistic Life Crafting Model in Action</p> <p>Bryan Dik, Llewellyn van Zyl, Michael Steger, Bradley Wright</p>   | <p>Positive Psychology Coaching: Facilitating clients' journey towards flourishing</p> <p>Daniela Blickhan</p> | <p>The Nonflict Way - Conflict resolution, self coaching, and transformation enhancement using a simple and comprehensive 3 steps process</p> <p>Gilad Kfir</p> |              | <p>Paws for Wellbeing - The benefits of canine-human interaction for our physical and mental health</p> <p>Clive Leach, Roz Rimes</p>  | <p>Building Resilience across ages with the Mindful Self Compassion Program created by Prof. Kristin Neff and Prof. Christopher Germer</p> <p>Monique Borcard-Sacco</p>                    | <p>Resilience and wellbeing for parents</p>                           | 8:30          |  |
|               |   |  |   |              |  |  | <p>Dana Moldoveanu Brandes, Jannie Stricker, Vera Kristensen</p>      | 8:45          |  |
|               |   |  |   |              |  |  |   | 9:00          |  |
|               |   |  |   |              |  |  |   | 9:15          |  |
| 15 min Break  |   |  |   | 15 min Break |  |  |   |               |  |
| 9:45 - 10:45  | <p>Why positive peace matters for the advancement of positive psychology: A pursuit for moral responsibility and activism in dealing with global issues</p> <p>Helena Águeda Marujo</p> | <p>PianoBreak - From Thinking to Intuition</p> <p>Felicitias Goerke</p>  | <p>Seasons of Meaning: Experiential Approaches to Deepening Meaning in Everyday Life</p> <p>Michael Steger, Pninit Russo-Netzer</p>                             |              | <p>Ménage a Trois - Positive Psychology, Psychodrama, Couples Therapy - Strengths-based practices to cultivate hope and positivity in relationships</p> <p>Andrea Szucs, Daniel Tomasulo</p> | <p>Next Level Appreciative Inquiry Practice. Using the Framework for Increasing Wellbeing on the Me, We and Us levels</p> <p>Ase Fagerlund, Gina Masterka, Beth Jenkins, Sue Giagnorio</p> | <p>The 4th wave of Positive Psychology - Planet Earth and Mankind</p> | 9:45          |  |
|               |   |  |   |              |  |  | <p>Cordula Kreidl</p>   | 10:00         |  |
|               | <p>Pathways to Reconciliation: The Role of Apology in Addressing Systemic Racism</p> <p>Maysa Akbar</p>   |  |   |              |  |  |   | 10:15         |  |
|               |   |  |   |              |  |  |   | 10:30         |  |
| 15 min Break  |   |  |   | 15 min Break |  |  |   |               |  |
| 11:00 - 12:00 | CONGRESS INNSBRUCK >>   | Keynote Lecture presented by Andreas Krafft  |   |              |  | Our Hopes, our Fears, our Future - Learnings from 15 years of cross-cultural and transdisciplinary empirical research  | << CONGRESS INNSBRUCK   | 11:00 - 12:00 |  |
|               | 1h 45 min Lunchbreak  |  |   |              | 1h 45 min Lunchbreak   |  |   |               |  |

Legend:

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|-----------------|-----------------|----------|-----------|-------------------|
| Keynote lecture | Invited speaker | Workshop | Symposium | Oral presentation |
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| Saturday, July 13, 2024 |   |  |   | Morning Session from 8:30 until lunch |   |   |   |               |  |
|-------------------------|---|--|---|---------------------------------------|---|---|---|---------------|--|
| ROOM                    | LH 1 / SOWI   | LH 2 / SOWI  | LH 3 / SOWI   |                                       | SR 1 / SOWI   | SR 2 / SOWI   | SR 3 / SOWI   | ROOM          |  |
| 8:30 - 9:30             | <b>SYMP-26</b><br>Exploring the Flourishing Impacts of Arts Engagements<br><br>Matthew Pelowski | <b>SYMP-27</b><br>Positive Education Worldwide: Exploring Diverse Cultural Perspectives and Practices<br><br>Maggie Zhao | <b>The Socio-Ecological Factors Associated with Resilience in Refugees: A Systematic Scoping Review</b><br>Tengku Nila Fadhli, Bertjan Doosje, Disa Sauter  |                                       | <b>Hope for the best or prepare for the worst? Calm perseverance, not vigilant monitoring, contributes to adolescent life satisfaction</b><br>Laura A. Weiss, Denise T. De Ridder, Marleen Gillebaart, Jeroen S. Benjamins, Jan Fekke Ybema | <b>Relationships among meaning in life, religiosity and life satisfaction in families of people with disabilities</b><br>Maria Platsidou, Lefkothea Kartasidou, Angeliki Petridou | <b>Using traditional Indigenous stories to enhance psychological and environmental well-being: Lessons from Wayk'áanashpam (Salmon People)</b><br>Michelle Jacob  | 8:30          |  |
|                         |   |  | <b>Evolution of trauma and social sharing of emotions among Ukrainians refugees</b><br>Marie Clergeau, Christophe Leys, Iulia Paskevská   |                                       | <b>The relationship between 5c indicators of positive youth development, self-compassion, and well-being in adolescents</b><br>Hana Gacal, Josipa Mihic, Miranda Novak, Lucija Sutic, Toni Maglica, Darko Rovis, Gabrijela Vrdoljak         | <b>An investigation of the Meaning-Making Model in parents raising a child with a disability</b><br>Anastasia Mavridou, Maria Platsidou, Athena Daniilidou                        | <b>The Ethical Path to Wellbeing</b><br>Tarli Young   | 8:45          |  |
|                         |   |  | <b>Wellbeing and resilience of researchers in Ukraine</b><br>Fleur Riley, Natalya Mosol, Graham Towl, Tammi Walker  |                                       | <b>Examining the heterogeneity of the experience of meaning in life among late adolescents and the role of resilience: A Latent Profile Analysis</b><br>Michela Zambelli, Adriano M. Ellena, Semira Tagliabue, Maura Pozzi, Elena Marta     | <b>The contribution of empathy to mother's disintegrative responses in the context of infant care</b><br>Orit Taubman-Ben-Ari, Hilit Erel-Brodsky                                 | <b>From Commitment to Relationship Flourishing: A Brief Journey through Generativity in Couple Relationships</b><br>Susana Costa Ramalho, Maria Teresa Ribeiro  | 9:00          |  |
|                         |   |  | <b>Understanding the importance of bonding social capital for the well-being of first-generation labour migrants: A cross-sectional study in the Netherlands</b><br>Marianne Simons, Sinan Kurt, Marjolein Stefens, Kai Karos, Annelie Beijer, Johan Lataster |                                       | <b>Building Inner Strength: The Contribution of Self-Compassion to the Resilience of Adolescents from Divorced Families in Makassar</b><br>Umniyah Saleh  | <b>Thriving in the second half of life: Identifying predictors of a fulfilled life</b><br>Doris Baumann   | <b>The Need to Radically Reformulate Our Understanding of What Wellbeing Means as Humans</b><br>Michael F. Steger   | 9:15          |  |
| <b>15 min Break</b>     |   |  |   | <b>15 min Break</b>                   |   |   |   |               |  |
| 9:45 - 10:45            | <b>SYMP-28</b><br>Investigating the Role of Meaning in Arts Experiences<br><br>James Pawelski   | <b>SYMP-29</b><br>Mapping Human Flourishing Across Cultures<br><br>Enrique Tamés   | <b>SYMP-30</b><br>Synergies of Lifestyle Medicine and Positive Psychology for Positive Health<br><br>Liana Lianov, Marta Bassi, Ilona Boniwell, Jolanta Burke, Kathi Norman   |                                       | <b>The Scholarly Terrain of the Study of Love: A Bibliometric Methods Approach</b><br>Saida Heshmati, Jaymes P. Rombaao   | <b>Exploring the Wellbeing of Chinese Older Adults: A Systematic Review</b><br>Yue Pan, Peggy Kern, Aaron Jarden  | <b>How Parents Mediate Cultural Influences on Flow in Schools</b><br>David J. Shernoff, Janine Bempechat, Jin Li  | 9:45          |  |
|                         |   |  |   |                                       | <b>From 'ego' to 'Self': a randomized controlled intervention study on the cultivation of Confucian ideal personality traits (Junzi personality) based on traditional Chinese culture</b><br>Li Shuzhen, Xiaoyuan Wang, Yajie Zhou          | <b>The Good Life Network: A Value-Based Approach to Wellbeing</b><br>Irene Teulings, Jinrui Liu, Ragnhild Bang Nes, Espen Røysamb, Joar Vittersø                                  | <b>Enhancing Well-Being of Urban School Students in India: A Comparative Study of Two Interventions in a Natural Setting</b><br>Nainika Hira, Raina Chhajer   | 10:00         |  |
|                         |   |  |   |                                       | <b>Friendship Quality and Life Satisfaction: A Three-Wave Longitudinal Study</b><br>Diaconu-Gherasim Loredana, Gabriela Nicuta  | <b>Positive Technology: A journey into a Virtual Reality room for Peak Performance and Flourishing</b><br>Catherine MacLaurin   | <b>Perceptions of Acceptability and Utility of Ongoing Coaching to Enhance Implementation of the Well-Being Promotion Program in Schools</b><br>Sarah Fefer, Shannon Suldo, Kai Zhuang Shum, Emily Barry, Sarah Kiefer, Jacqueline Blass, Kristen Mahoney | 10:15         |  |
|                         |   |  |   |                                       | <b>Factors associated with experiencing flow in fulfilling and enjoyable situations in Japanese undergraduates</b><br>Masato Kawabata, Kiyoshi Asakawa  |   | <b>Adapting a School-Based Positive Psychology Intervention Using the Ecological Validity Model for Middle School Students</b><br>Kai Zhuang Shum, Shannon Suldo, Sarah Fefer   | 10:30         |  |
| <b>15 min Break</b>     |   |  |   | <b>15 min Break</b>                   |   |   |   |               |  |
| 11:00 - 12:00           | <b>CONGRESS INNSBRUCK &gt;&gt;</b>  | <i>Keynote Lecture presented by Andreas Krafft</i>   |   |                                       | <b>Our Hopes, our Fears, our Future - Learnings from 15 years of cross-cultural and transdisciplinary empirical research</b>  |   | <b>&lt;&lt; CONGRESS INNSBRUCK</b>  | 11:00 - 12:00 |  |
|                         | <b>1h 45 min Lunchbreak</b>   |  |   |                                       | <b>1h 45 min Lunchbreak</b>   |   |   |               |  |

| SYMP Exploring the Flourishing Impacts of Arts Engagements |   |
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| <b>26</b> Pelowski Matthew                                 |   |
| A  | Examining the Impacts of Art Engagement on Social Justice Attitudes<br>Mahlobo T. Christa   |
| B  | How do we best combat prejudice and discrimination with the arts: Introducing a decolonial, collaborative and transdisciplinary approach to empirical aesthetics<br>Chakraborty Srestha |
| C  | It's you, it's me, it's us...with our cities: the convivial value of Loveability to enrich wellbeing in Europe through creative cultural spaces<br>Rambhoros S. Mizan                   |
| D  | Virtual Art Visits: The Influence of Personality, Art Interest, and Aesthetic Responsiveness on Well-Being<br>Alpys Ainur   |

| SYMP Positive Education Worldwide: Exploring Diverse Cultural Perspectives and Practices |   |
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| <b>27</b> Zhao Maggie  |   |
| A  | East Meets West: A Cross-Cultural Investigation of Student Wellbeing<br>Zhao Maggie   |
| B  | PERMA.teach: A study on the effectiveness of a standardized Positive Education training program in Austria<br>Wammerl Martin, Lichtinger Ulrike   |
| C  | "Teacher First" Capacity Building Programmes: Contextualizing Professional Development and School Implementation of Positive Education in Hong Kong<br>Wong Wing Yee Samantha, Li Man Ho Antony, Leung Chun Yin Charles |

| SYMP Investigating the Role of Meaning in Arts Experiences |  |
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| <b>28</b> Pawelski James                                   |  |
| A  | Finding creativity, (re)defining oneself: Improving Parkinson's disease patients' wellbeing via meaningful, creative arts-based interventions<br>Angermair Paula |
| B  | Finding meaning in our mortality through 'meaningless' encounters with abstract art<br>Makri Christina   |
| C  | Meaning makes the difference: distinguishing art-experiences in the brain<br>Demmer Theresa  |
| D  | Meaning makes the difference: distinguishing art-experiences that make you feel better from those that also make you a better person<br>Miller Stephanie         |

| SYMP Mapping Human Flourishing Across Cultures |   |
|--|---|
| <b>29</b> Tamés Enrique                        |   |
| A  | Challenges and Benefits of Setting up a Human Flourishing Hub in Southeast Asia and the Arab Region<br>Silan Miguel   |
| B  | Emerging insights on the complex web of concepts, disciplines and research landscape on human flourishing in South Asia and Africa<br>Sinha Moitreyee, Tomlinson Mark |
| C  | Human Flourishing in Latin America: the order of factors does alter the outcome.<br>Tames Enrique, Hernández Alberto  |

| SYMP Synergies of Lifestyle Medicine and Positive Psychology for Positive Health |   |
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| <b>30</b> Lianov Liana   |   |
| A  | Advancing Health Care Transformation to Achieve Positive Health<br>Lianov Liana   |
| B  | Advancing Positive Psychology in Healthcare: Time-Efficient Innovative Tools for Meaningful Patient Engagement<br>Boniwell Ilona                      |
| C  | Positive Health Interventions (PHIs): An Emerging Field of Research and Practice for Healthcare<br>Burke Jolanta                                      |
| D  | Positive Medicine: Useful Interventions and Tools<br>Norman Kathi   |
| E  | Spotlight on Flow and Positive Health<br>Bassi Marta  |
| F  | Synergies of Lifestyle Medicine and Positive Psychology for Positive Health<br>Lianov Liana, Norman Kathi, Burke Jolanta, Boniwell Ilona, Bassi Marta |

| Saturday, July 13, 2024 |   |   |   | Afternoon Session from 14:00 until evening |  |  |  |               |
|-------------------------|---|---|---|--|--|--|--|---------------|
| 14:00 - 15:00           | CONGRESS INNSBRUCK >>   | Keynote Lecture presented by Antonella Delle Fave |   |  | Invisible people:<br>a missed opportunity for knowledge development  | << CONGRESS INNSBRUCK  | 14:00 - 15:00  |               |
| 15 min Break            |   |   |   | 15 min Break                               |  |  |  |               |
| ROOM                    | AULA / SOWI   | KLS / Theology                                    | MS / Theology   |  | SR VI / Theology   | LH 1 / SOWI  | LH 2 / SOWI  | ROOM          |
| 15:15 - 16:15           | <b>What You Think About, You Bring About: The Powerful Impact of Thoughts and Beliefs on our Lives - a Neuroscientific View</b><br>Michaela Brohm-Badry | Passion in you, in me, in us<br><br>Sok-Ho Trinh  | Psychodrama Demonstration of a Virtual Gratitude Visit & Self-Compassion Technique<br><br>Daniel Tomasulo |  | Increasing resilience and mental wellbeing of refugees and migrants in a cultural sensitive manner<br><br>Tom Hendriks | <b>SYMP-31</b><br>Hope across cultures: Further insights from the International Hope Barometer Program<br><br>Tharina Guse | <b>SYMP-32</b><br>Well-being Unveiled: Examining Key Happiness Factors in the Indian Milieu<br><br>Kamlesh Singh | 15:15         |
|                         | <b>Flow experience in the context of Work 4.0</b><br>Corinna Peifer   |   |   |  |  |  |  |               |
|                         |   |   |   |  |  |  |  | 15:45         |
|                         |   |   |   |  |  |  |  | 16:00         |
| 5 min Break             |   |   |   | 5 min Break                                |  |  |  |               |
| 16:15 - 17:00           | Closing Ceremony, Social Impact Awards, Announcement of ECPP 2026   |   |   |  |  |  |  | 16:15 - 17:00 |
| 17:00                   | End of Meeting  |   |   |  | End of Meeting   |  |  |               |

Legend:

|                 |                 |          |           |                   |
|-----------------|-----------------|----------|-----------|-------------------|
| Keynote lecture | Invited speaker | Workshop | Symposium | Oral presentation |
|-----------------|-----------------|----------|-----------|-------------------|

| Saturday, July 13, 2024 |   |   |  | Afternoon Session from 14:00 until evening                          |                       |               |
|-------------------------|---|---|--|---|-----------------------|---------------|
| 14:00 - 15:00           | CONGRESS INNSBRUCK >>   | Keynote Lecture presented by Antonella Delle Fave   |  | Invisible people:<br>a missed opportunity for knowledge development | << CONGRESS INNSBRUCK | 14:00 - 15:00 |
| 15 min Break            |   |   |  | 15 min Break  |                       |               |
| ROOM                    | SR 1 / SOWI   | SR 2 / SOWI   | SR 3 / SOWI  |   |                       | ROOM          |
| 15:15 - 16:15           | Evidence of Satiation of Subjective Well-being on Income at the Aggregate Level in European Countries<br>Simon Röck, Janette Walde  | What a Meaningful Day! A Network Psychometric Approach to Investigate the Interaction Between Meaning-Making and the Daily Satisfaction of Basic Psychological Needs<br>Michela Zambelli, Semira Tagliabue  | Theory Meets Technology: Empirical Insights from Two Digital-Based Positive Psychology Interventions<br>Marc-Antoine Gradito Dubord, Jacques Forest              |   |                       | 15:15         |
|                         | Is There a Mid-Career Crisis? An Investigation of the Relationship Between Age and Job Satisfaction Across Occupations Based on Four Large UK Datasets<br>Ying Zhou, Min Zou, Mark Williams | The Power of Thank You: Exploring the Effects of Received Gratitude on Employees' Burnout and Basic Psychological Needs through a Multilevel Approach<br>Elena Gabriela Nicuta, Cristian Opariuc-Dan, Loredana R. Diaconu-Gherasim, Ticu Constantin | Is ethical consumption related to Eudaimonic or Hedonic wellbeing? Analysis from a Switzerland-Japan Perspective<br>Makiko Hashinaga, Jörg Rössel, Patrick Shenk |   |                       | 15:30         |
|                         | How to Use Well-Being Dialogue Card<br>Madoka Maeno   |   |  |   |                       | 15:45         |
|                         | Chance and Choice: Determinism and Decision making<br>Sue Langley   |   |  |   |                       | 16:00         |
| 5 min Break             |   |   |  |   |                       |               |
| 16:15 - 17:00           | AULA >>   | Closing Ceremony, Social Impact Awards, Announcement of ECPP 2026   |  |   | << AULA               | 16:15 - 17:00 |
| 17:00                   | End of Meeting  |   |  |   |                       | 17:00         |

Legend:

|                 |                 |          |           |                   |
|-----------------|-----------------|----------|-----------|-------------------|
| Keynote lecture | Invited speaker | Workshop | Symposium | Oral presentation |
|-----------------|-----------------|----------|-----------|-------------------|

| SYMP |  | Hope across cultures: Further insights from the International Hope Barometer Program |
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| 31   |  | Guse Tharina   |
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| B    | The relationship between well-being and dispositional hope in a Portuguese sample of adults: the mediating role of mental health | Marujo Helena, Velez Maria, Laranjeira Carlos, Charepe Zaida, Querido Ana            |
| C    | Values and Worldviews of Hope  | Krafft Andreas   |
| D    | What sustains hope? Sources of hope across the lifespan  | Guse Tharina, Torr Emma  |

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| A    | AI-Driven Mental Health Literacy: An Interventional Study from India                                    | C. K. Jaseel, Singh Kamlesh   |
| B    | Measuring Strategies for Happiness: Development and Validation of the Pursuit of Happiness Scale        | Singh Kamlesh, Saxena Gaurav  |
| C    | Psychometric Properties of Brief Primal Inventory (PI-18) and its association with wellbeing correlates | Bhatnagar Sargam, Singh Kamlesh   |
| D    | Understanding the Conceptualisation of a Good Life in the Indian Context: A Qualitative Enquiry         | Nagpal Naina, Singh Kamlesh   |

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| T-2  | Essential functionings, competencies, and capabilities for academics in the transforming HEI landscape<br>Thapelo Chaacha, Elrie Oosthuysen  |
| T-3  | Forgiveness Journey of People Living with HIV and its Effects on Well-Being and Personal Growth<br>Kasay Elias, Eugene Katchman, Miri Cohen, Dan Turner  |
| T-4  | Testing the reliability and validity of a Primal World Belief scale in English-speaking Adolescents<br>Kelly Costello  |
| T-5  | Investigating the association between daily physical activity and daily happiness: an ecological momentary assessment study of people with and without type 2 diabetes<br>Shauna Leydon, Amy McInerney, Sonya S. Deschenes                             |
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| T-9  | Strong professional groups for digitalization in healthcare<br>Stephanie Krebs, Martina Hasseler   |
| T-10   | Bounce Back: The mediating role of resilience in the relationship between emotion awareness and mental health of students in Hong Kong<br>Chun Yin Leung, Wing Yee Wong, Man Ho Li   |
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| T-33   | Mindfulness, Hope, and Grit: A Cross Comparative Study on College Undergraduate Achievement<br>Sage Rose   |
| T-34   | Art-of-living as a concept that integrates different ways to well-being. It leads to effective interventions increasing well-being: An overview of a broad research program<br>Bernhard Schmitz  |
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| T-39  | Examining the Moderating Role of Awe in Environmental Responsibility Beliefs, Engagement, and Climate Change Anxiety<br>Angelina Sung, Nyima Tenzin, Trudy Tompkins, Hannah Curcio, Bailey Underill, Michael Steger  |
| T-40  | Identifying pathways where pro-environmental behavior affects residents' subjective well-being through nature connectedness and place attachment by exploratory factor analysis: empirical study in two Japanese cities<br>Toshiyuki Yasui, Takahiko Sueyoshi, Takashi Isozaki, Makiko Takao |

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| T-48   | Promotion of well-being in work and interpersonal relationships: A scoping review of goals and meaning interventions<br>Christelle Liversage, Marie P. Wissing, Lusilda Schutte                                  |
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| T-50   | Exploring friendship quality and the practice of savoring in relation to the wellbeing of Greek adults<br>Christos Pezirkianidis, Kalliope Kounenou, Eirini Karakasidou  |
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| T-53 | The Mediating Role of Self-efficacy in Romantic Relationship in the Relationship Between Self-compassion and Romantic Relationship Satisfaction<br>Perim Uyar, Funda Barutcu Yildirim                       |
| T-54 | A study of Multilevel correlations between Emotional Gratitude and Emotional Indebtedness Among Japanese University Students.<br>Yuka Yoshino   |
| T-55 | Relations between mindfulness and romantic relationship satisfaction in young adulthood: does gender matter?<br>Agne Marcinkeviciute, Kristina Zardeckaite-Matulaitiene                                     |

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| <b>T-71</b>                           | The Evaluation of the Bounce Back Positive Psychology Intervention for Parents<br>Sonia Ebenezer-Bamigbayan, Ian A. Platt, Jerome Carson, Claudine McFaul, Michelle Tytherleigh  |
| <b>T-72</b>                           | Mechanisms of Change in a Training Program for promoting Resilience, Wellbeing, and Affect in a Sample of Psychologists Working with people with Multiple Sclerosis<br>Ambra Mara Giovannetti, Michele Messmer Uccelli, Alessandra Solari, Kenneth I. Pakenham   |
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| <b>T-74</b>                           | Character Strength Recognition Training: Increasing Judges' Raw Accuracy and Signature Strength Recognition<br>Fiorina Giuliani  |
| <b>T-75</b>                           | Positive emotions in video game streaming beginners<br>Lukasz Kaczmarek, Patrycja Chwilkowska, Michal Kosakowski, Maja Wankowicz, Szymon Jesko-Bialek, Paulina Olejnik-Gawronska, Przemyslaw Guzik   |
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| <b>T-77</b>                           | Hope and self-compassion mediate the relationship between mental health literacy and mental health<br>Mariana Maia De Carvalho, Maria Da Luz Vale-Dias, Sérgio Carvalho  |
| <b>T-78</b>                           | Developing Resilience in High Pressure Work Environments - The example of early career accountants<br>Julia Milner, Kathryn Von Treuer   |
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| <b>T-90</b>                                       | How a Wise Belonging Intervention Impacts First Generation Students Differently<br>Alten Du Plessis   |
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| <b>T-93</b>                                       | Evaluation of a group-based resilience program for primary students with special education needs (SEN) in Hong Kong<br>Gary Yu Hin Lam, Neo Ngan  |
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| <b>T-112</b>                                   | Mental health differences between foreign students practicing and non-practicing mindfulness<br>Loreta Gustainiene, Erika Gibé, Tadas Vadvilavicius, Gabija Jarasiunaitė-Fedosejeva   |
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| <b>T-125</b>                  | Flourishing in teamwork: How special education student teachers identify the indicators of flourishing in their teamwork<br>Alenka Polak  |
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| <b>T-130</b>                  | Thriving together: Leadership group coaching for collective wellbeing in healthcare<br>Stephanie McCarthy   |
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| <b>T-133</b>                              | The Impact of a Gratitude Journal Intervention on International Baccalaureate Diploma Program Students' Stress and Life Satisfaction<br>Jeffrey Antico, Kristine Larson, Rachel Durham  |
| <b>T-134</b>                              | A complexity approach to a purposeful values education<br>Ulisses Araujo, Valeria Arantes   |
| <b>T-135</b>                              | Student reflection via portfolio work to support and grow a resilient and meaningful attitude for a professional self<br>Yvette Völschow, Stefanie Brunner  |
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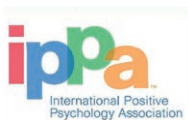
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