

IPPE 2015 Conference: *Converting Science into Practice*

Presenter Information



Professor Barbara L Fredrickson (BA, PhD) has been advancing the science of positive emotions for 25 years. She is currently Kenan Distinguished Professor of Psychology at the University of North Carolina at Chapel Hill, where she directs the PEP Lab (www.PositiveEmotions.org). She received her BA in psychology from Carleton College in Northfield, Minnesota and her PhD in psychology from Stanford University, with a minor in organisational behaviour. She is a leading scholar studying positive emotions and human well-being, and her research on positive emotions and lifestyle change is funded by the US National Institutes of Health (NCI, NCCAM, NIMH, NINR). Professor Fredrickson has published more than 100 peer-reviewed articles and book chapters, and her general audience books — *Positivity* (2009, Crown, www.PositivityRatio.com) and, more recently *Love 2.0* (2013, Penguin, www.PositivityResonance.com) — have been translated into more than a dozen languages. Her scholarly contributions have been recognised with numerous honours, including the inaugural Templeton Prize in Positive Psychology from the American Psychological Association, the Career Trajectory Award from the Society of Experimental Social Psychology, and the inaugural Christopher Peterson Gold Medal from the International Positive Psychology Association. Her work has influenced scholars and practitioners worldwide, within education, business, healthcare, the military, and beyond. She is President-elect of the International Positive Psychology Association and is regularly invited to give keynotes nationally and internationally.



Professor Joseph Ciarrochi (PhD), at the Institute for Positive Psychology and Education, Australian Catholic University, has published over 100 scientific journal articles and many books. These include the best-selling *Get Out of Your Mind and Into Your Life Teens*, and the widely acclaimed *Mindfulness, Acceptance, and Positive Psychology: the Seven Foundations of Well-Being*. His newly released book — *Weight Escape* — applies Acceptance and Commitment Therapy to promoting positive health behaviour and weight loss. He has been honoured with over two million dollars in research funding. His work has been discussed on television and radio, and in magazines and newspaper articles.



Professor Felicia A Huppert (BA Hons, MA, PhD, FBPsS) is internationally renowned for her work on the science of well-being and the promotion of human flourishing. Her research examines the causes and consequences of well-being across the life course, using data from large population samples, longitudinal cohorts, and intervention programs such as the Mindfulness in Schools Project. Felicia spends part of the year in the UK, where she is Director of the Well-Being Institute at the University of Cambridge, and Emeritus Professor of Psychology. She advises the UK Government and international bodies on the measurement of well-being, and on policies to enhance well-being. Her book publications include the seminal book *The Science of Well-Being*; a four-volume set, *Major Works in Happiness and Well-Being*; and a new volume, *Interventions and Policies to Enhance Well-Being*.



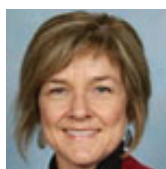
Dr Baljinder K Sahdra (BA, MARTSPHil, GradDipCogSci, PhD) is a research lecturer in the Mindfulness, Compassion, and Action stream of IPPE. She is a world expert in the scientific investigation of clinging (attachment) and letting go of (non-attachment) positive and negative experiences that interfere with value-guided actions. She also conducts research on short-term and long-term effects of intensive meditation training and has published research using both lab-based methods and surveys on the general population. She has won several prestigious awards and garnered over two million dollars in research funding. Dr Sahdra is interested in applying the insights from mindfulness research to inform modern interventions for improving the human condition.



Dr Christian van Nieuwerburgh (BA, MA, PhD) is a leading academic and practitioner in the field of coaching and applied positive psychology in education. He is a well-respected international consultant, keynote speaker, and workshop facilitator. Christian is the Programme Leader for the MSc in Coaching Psychology at the University of East London and the Managing Director of Growth Coaching (UK). He has published a number of books, book chapters, and journal articles in the field of coaching, most notably *Coaching in Education: Getting Better Results for Students, Educators and Parents* (2012), and *An Introduction to Coaching Skills: A Practical Guide* (2014).



Dr Suzy Green (DPSyc [Clin]) is a clinical and coaching psychologist (MAPS) and the founder of The Positivity Institute, an organisation dedicated to the research and application of Positive Psychology for life, school, and work. Suzy 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 was the recipient of an International Positive Psychology Fellowship Award and has published in the *Journal of Positive Psychology*. 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 also currently holds Honorary Academic positions at Sydney Business School, University of Wollongong, Melbourne Graduate School of Education, University of Melbourne, the Institute for Positive Psychology and Education at the Australian Catholic University, and the Black Dog Institute. Suzy is also an Affiliate of the Institute for Well-Being, Cambridge University and a Board Member of the Reach Foundation. Suzy has a strong media profile, appearing regularly on television, radio and in print, including her role as 'Stress-less Expert' for *Australian Women's Health Magazine*.



Miriam Berlage (BA, Dip Ed, GradCert RE, MEd) is Deputy Principal of Loreto Kirribilli, a role which enables her to express and develop her passion for both learning and well-being. She has worked in Catholic education for almost 30 years, with leadership roles in several schools spanning pastoral, curriculum, and administrative domains. Together with the pastoral team at Loreto Kirribilli, Miriam has been responsible for leading the introduction of positive education from K-12.



Romalina Rocca (BEd [Tas], GradCert RE, MEd) is the Director of Student Well-being at Loreto Kirribilli. In this role, she works closely with the Year Coordinators and School Counsellors to ensure that the students' academic and well-being outcomes are being met. Romalina oversees the design and implementation of the Years 7-12 Pastoral Program. Romalina's belief that quality relationships are fundamental to effective learning shapes her views about good pastoral care. She works closely with the Deputy Principal in implementing and embedding positive education in the Loreto Pastoral Program.



Michelle McQuaid is a best-selling author, workplace well-being teacher, and playful change activator. With more than a decade of senior leadership experience in large organisations around the world, she is passionate about translating the most up-to-date research from positive psychology and neuroscience into practical strategies for health, happiness, and business success. An honorary fellow at Melbourne University's Graduate School of Education, she blogs for *Psychology Today*, *Huffington Post*, and *Live Happy*, and her work has been featured in *Forbes*, *Harvard Business Review*, *The Wall Street Journal*, *Boss Magazine*, *The Age*, and more. She holds a Masters in Applied Positive Psychology from the University of Pennsylvania and is currently completing her PhD in Appreciative Inquiry under the supervision of David Cooperrider. Michelle lives to help people discover their strengths, move beyond their fears, and finally discover what it truly takes to flourish with confidence.