**WELL-BEING UNIVERSITY CONFERENCE PARTICIPANTS**

**Helena Águeda Marujo**

Helena Maruji has a PhD in Psychology (Psychotherapy and Educational Counseling) from Lisbon University. She is currently an Assistant Professor at Instituto Superior de Ciências Sociais e Politicas (School of Social and Political Sciences), University of Lisbon, where she coordinates the Master Program in Human Resources Management and is the Executive Coordinator of the Executive Master in Applied Positive Psychology. She also co-coordinates the Platform for Public Happiness and developed the Lisbon University project “Contributions to Public Happiness”.

Her research topics of the last decade include mainly positive psychology, namely happiness (Felicitas Publica), optimism, well-being, sense of humor, hope, post-traumatic growth, flow, positive psychotherapy, character strengths and virtues and, more recently, human resources management and positive nations and communities (co-developing the concepts of “positive community psychology”). She has been also investing in organizational and human resources behavior and appreciative leadership, and worked with corporations such as Suzuki, Auto-Europa, Bayer, Roche, Merck-Sharp-&-Dohme, Sanoffi-Aventis, Mackenzie, Portugal Telecom, Nestlé, Repsol, Montepio, Caixa Geral de Depósitos, Grupo Caixa Seguros, Horton International, Sonae, Bank Of Portugal, and the Portuguese Ministry of Finances.

Helena is a member of the *Board of Directors* of the *International Positive Psychology Association* (IPPA), is President of the Portuguese Association of Positive Psychology (Associação Portuguesa de Estudos e Intervenção em Psicologia Positiva, APPEIP) and founding member of the ONG ANIME-SE (Associação Nacional de Incentivo, Modificação e Estudo da Saúde Emocional/National Association for the Promotion, Transformation and Study of Emotional Health). She co-edited a book on Positive Nations and Communities (Springer, 2013). For three years she hosted a weekly piece on Well-being and Positive News in the national television.

**Luis Miguel Neto**

**Luís Miguel Neto** is an Assistant Professor at Instituto Superior de Ciências Sociais e Politicas (School of Social and Political Sciences), University of Lisbon. He was a professor at Psychology School, Lisbon University for 29 years (1982 – 2011). He received his EdD in Family Therapy from the University of Massachusetts, USA (1995) and he got a post-graduate degree on Systemic Family Therapy from Sevilla University in Spain (1996).

At Lisbon University he was responsible for ten years for the Family and Individual Outpatient Clinic that served the community on a free-of-charge basis and was also a training center in Solutions-Oriented Brief Psychotherapy. He has collaborated with a number of other Universities in Portugal and abroad. He was a researcher from the Centre of Estudos de Língua Tradicional/Center for the Studies of Traditional Language from Faculdade de Ciências Sociais e Humanas da Universidade Nova de Lisboa/New University of Lisbon, and currently he is a full member of the Center for Administration and Public Policy (CAPP), a Lisbon University Research Center,

He has published in scientific journals, nationally and internationally, and co-authored 5 books on psychology for the general public. He has a frequent presence in the Portuguese media, in particular related with Systemic Family Therapy.

He is a co-founder, vice-president and member of the Scientific Committee of the Portuguese Association on Positive Psychology/Associação Portuguesa de Estudos e Intervenções em Psicologia Positiva (APPEIP) and a member of the Board of Directors of the International Positive Psychology Association (IPPA). He co-edited a book on Positive Nations and Communities (Springer, 2013). He has also been working with corporations implementing training and intervention programs on positive psychology. He is also the Scientific Coordinator of the Executive Master on Applied Positive Psychology, the first and only in Portugal, that will open its 4th Cohort in 2015. He launched the project Contributions for Public Happiness, at Lisbon University, and also the Platform for Public Happiness, dedicated to research and optimize collective forms of happiness and Relational Goods..

**Peter Stilwell**

PETER STILWELL, b. 1946, ordained priest for the Roman Catholic Archdiocese (Patriarchate) of Lisbon in 1973. From 1976 onwards, worked in universities in Portugal as lecturer but also as chaplain for University Pastoral on a national level (which was how I first met Helena Marujo and Luís Miguel Neto). Doctorate in Theology at the Gregorian University, Rome, in 1993. Dean of the Faculty of Theology, at the Catholic University of Portugal, from 2002-20011. Took part in the pilot scheme of the Holy See's accrediting body for higher education (AVEPRO), and was member of two of its first assessment teams. Rector (= Vice Chancellor) of the University of Saint Joseph, Macao, from April 2012.

**Enrique Tames.**

Enrique is a philosopher with a master’s degree in education and a PhD in innovation.  From 2005 to 2013 he was the Dean of the School of Humanities and Social Sciences at Tec de Monterrey, and from 2013 to 2015 was Vice Rector for the central and southern zone at University Tecmilenio. Today he is the director of the Institute of Happiness and Wellbeing at Tecmilenio.  During his career he has researched and published widely in a variety of areas.  In addition to researching Latin American values, he has spent a great deal of his career developing our understanding of the impact of aesthetics, contemporary art, technology, and education on society. His most recent topic of interest is understanding wellbeing and happiness, from a philosophical approach, in todays world.

He has been a visiting researcher at the Getty Institute (2001 and 2002) , the University of Loyola in Chicago (2009), as well as a visiting professor at the University of North Carolina at Chapel Hill (2010), and at Yale (2013).  In 2013 he developed and taught a MOOC course for Coursera in Latin American Cultural Values to more than 40,000 students world wide. Enrique is a certified Coach (Newfield Consulting), and an alumni at Singularity University.

**Irma Eloff**

Irma Eloff is the dean of the Faculty of Education at the University of Pretoria. She is the seventh dean and the first woman to hold this position. She is the founder of the African Deans of Education Forum.

Irma is an NRF-rated researcher, a registered psychologist and she has received several awards for her research in Education and Educational Psychology. In July 2014 she won the international Prize for Excellence in HIV Research Related to Children from the International AIDS Society (IAS) and the Coalition for Children Affected by AIDS. It was awarded in Melbourne. Irma is an alumnus of the Universities of Pretoria, Stellenbosch and Northwest in South Africa.

In 2012 she was chosen amongst the top three Most Influential Women in Business and Government in South Africa in the Education category. A former head of department for Educational Psychology and School Chair for Educational Studies, she has also been a visiting professor in the Psychology department at Yale University. She has presented lectures across the globe on themes of positive psychology, HIV, resilience and vulnerable children.

She is currently the Chair of the Education Commission and deputy-chairperson of the Council of 'Die Suid-Afrikaanse Akademie vir Wetenskap en Kuns'. She is an ASSAf member and she was the first Education academic to win the Exceptional Young Researcher Award of the University of Pretoria. She is a past President of the Education Association of South Africa.

Irma has published more than 70 academic articles and book chapters and 50+ master’s and doctoral students in Education and Educational Psychology have completed their studies under her supervision. She has co-authored the book, Life Skills & Assets and she is co-editor of the book Keys to Educational Psychology.
During her term as dean, Education at the University of Pretoria achieved a ranking in the top 150 of the world on the World QS World university rankings.

**Roma Simulioniene**

Roma Simulioniene is an associate professor and chair of Psychology Department at Klaipeda University (Lithuania). She graduated from Vilnius University, and earned her PhD from the Joint Doctoral Program at Vytautas Magnus University and Klaipeda University (Lithuania). Her research interests include adaptive functioning, emotional and behavioral problems of adults, psychological issues of online communication, and cyberbullying. Simulioniene has been the coordinator of a few national and European research projects. Currently she is involved in the project on adult dyslexia.

**Nance Lucas**

Nance Lucas is Executive Director of the Center for the Advancement of Well-Being, Associate Professor of the School of Integrative Studies, and former Associate Dean of the School of Integrative Studies (formerly New Century College) at George Mason University. Her teaching and scholarship interests focus on positive psychology and leadership, well-being, and ethics. She is co-author of Exploring Leadership: For College Students Who Want To Make A Difference (1st, 2nd, and 3rd editions), a best-selling book of Jossey-Bass Publishers, and contributing author of Leadership Reconsidered and The Social Change Model of Leadership Development. Nance was a co-editor of the Journal of Leadership and Organizational Studies for special issues and former member of the Journal's Editorial Board.

At Mason, she is the co-founder of the Mason Institute for Leadership Excellence, the Leadership Legacy Program, and MasonLeads while also serving as the senior leadership scholar of the Leadership Legacy Program. She leads Mason's well-being university initiative in collaboration with colleagues across the institution. Dr. Lucas is an affiliate faculty member with The Gallup Organization and the Higher Education Program at George Mason University. Prior to her appointment at Mason, Nance had previous appointments at the University of Maryland and Ohio University. Nance served as the creator and convener of the 1997 Global Leadership Week Program (a world-wide leadership program initiative spanning five continents), co-founder of the National Leadership Symposium, co-founder of the National Clearinghouse for Leadership Programs, and a past chair of the National InterAssociation Leadership Project. She served on the W. K. Kellogg Foundation Leadership Studies Project Ethics Focus Group, W. K. Kellogg Foundation College Age Youth Leadership Program Review Team and the Kellogg Forum on Higher Education National Dialogue Series Planning Team.

She received a Ph.D. in higher education with a concentration in leadership studies and ethics at the University of Maryland, College Park. Her Master's degree in college student personnel and Bachelor's degree in industrial and organizational psychology are from the Pennsylvania State University.

**Todd Kashdan**

Todd B. Kashdan is Professor of Psychology and Senior Scientist at the Center for the Advancement of Well-Being at George Mason University, and Professor at the Institute for Positive Psychology and Education, Australian Catholic University. He is a world recognized authority on the science of well-being, strengths, relationships, stress, and anxiety. His honors include distinguished faculty member of the year and early career awards from the American Psychological Association, Association for Behavioral and Cognitive Therapies, and International Society for Quality of Life Studies. He has published over 150 scholarly articles and authored*Curious? Discover the Missing Ingredient to a Fulfilling Life* (William Morrow), *Designing Positive Psychology* (Oxford University Press), and *Mindfulness, Acceptance, and Positive Psychology* (New Harbinger), and his new book, *The Upside of Your Dark Side: Why being your whole self - not just your “good” self - drives success and fulfillment* (Penguin). His research has been featured in several media outlets, including the New York Times and The Washington Post. He's a twin and has twin 7-year old daughters, with plans to rapidly populate the world with great conversationalists.

**James Maddux**

James Maddux is University Professor Emeritus and former director of the clinical psychology doctoral program. Dr. Maddux earned his PhD in clinical psychology, with a minor in social psychology, from the University of Alabama. His major scholarly interest is the interface of social, clinical, and health psychology, which is concerned with the ways that theory and research from social psychology can be used to understand psychological adjustment, psychological disorders, and health-related behavior. Most of his research has been concerned with the role of agency beliefs, also known as self-efficacy beliefs, in psychological adjustment and health-related behavior. He is also interested in the development of clinical psychology training and research in Eastern European universities where he travels to give talks and organize workshops.

Dr. Maddux is a Fellow of the American Psychological Association in the Divisions of General, Clinical, and Health Psychology, a Fellow of the Association for Psychological Science, and a member of the Examination Committee of the Association of State and Provincial Psychology Boards. He has published over 100 journal articles and book chapters and is the co-editor (with Barbara Winstead) of Psychopathology:  Foundations for a Contemporary Understanding  (going into its 4th edition) and (with June Tangney) Social Psychological Foundations of Clinical Psychology.

**Fallon Goodman**

Fallon Goodman is a fourth year doctoral student in the Clinical Psychology Department at George Mason University. She received her Bachelors of Science in Psychology and Family Science from the University of Maryland, where she graduated with Summa Cum Laude honors. She is working on several projects that are integral to Mason becoming a model Well-Being University, including co-chairing a working group on resilience and coordinating with Gallup Organization to implement well-being measurement activities. Fallon has taught university level classes in research methodology, psychological disorders, and scientific foundations of well-being. Fallon’s scholarly interests are in well-being measurement and intervention, emotion regulation, intimate relationships, and social anxiety. Within these areas, she is passionate about doing work that can be easily translated and used to improve people’s everyday lives.

**Pam Patterson**

Pam Patterson is Associate Vice President of University Life at George Mason University and has 25+ years of combined experience in leadership and university administration.  She is also a Senior Coaching Fellow at the Center for the Advancement of Well-Being where she co-directs the Advanced Coaching Program in Leadership and Well-Being.  Dr. Patterson is a graduate of Georgetown University’s Leadership Coaching Program.  She is an executive leadership coach certified through the International Coaching Federation with the credential of Professional Certified Coach (PCC). Her professional interests are in the science and application of individual and organizational well-being, leadership, and coaching.  Dr. Patterson received her Strengths Specialist Certification through The Gallup Organization and is also licensed and certified by the Institute of HeartMath as a Resilience Advantage Trainer. At George Mason, she was a member of a team that created and implemented a leader development curriculum for executive education and a separate program for faculty and staff. She is a co-founder and co-chair of MasonLeads, the Leadership Legacy Program, and serves as co-director of Mason's Strengths Academy.  She received her undergraduate and graduate degrees from Eastern Illinois University and earned her doctorate in higher education from George Mason University.

**Graciela Tonon**

Doctorate in Political Science (USAL), Argentina. Post-doctoral studies - CIMESS (University of Florence), Italy. Masters in Political Science (IDAES-UNSAM). Bachelors in Social Services. Director of UNI-COM (University-Community Relations) at the School of Social Sciences at the National University of Lomas de Zamora. She is a full-time professor at graduate and undergraduate levels, and a research professor in the School of Social Sciences at the National University of Lomas de Zamora, and at the School of Social Sciences at the University of Palermo. She is professor at the National University of La Matanza, Information Officer in Human Development and Capability Association. Vice-president of external affairs at International Society for Quality of Life Studies. Director and reviewer of research papers and doctoral theses at various universities in several countries throughout Latin America. CONEAU (National Commission for University Evaluation and Accreditation) peer reviewer for the Ministry of Education, Argentina. She has written books, book chapters, and scientific articles in Spanish and English on areas of interest, including: quality of life, research methodology, youth, and social work.

**Aaron Jarden:**

Since beginning tertiary study in 1995, I have amassed a Bachelors of Social Sciences with a double major in Psychology and Philosophy, a Bachelors of Social Sciences with honours in philosophy, and Graduate Diploma of Applied Ethics - all from the University of Waikato (1995-1999). I then completed a Bachelor of Arts with honours in psychology and Masters of Arts in psychology from Massey University (2001-2002). In 2003 I completed a Diploma in Computing, before moving to the University of Canterbury where I studied a Diploma in Clinical Psychology (I managed 2 years and 8 months through this 3 year program) and completed my PhD in psychology in December 2010. Most recently I've completed a Post-Graduate Certificate in Tertiary Teaching through the University of Otago in 2011.  Current research and projects include: [The International Wellbeing Study](http://www.wellbeingstudy.com/), [The Tuesday Program](http://www.thetuesdayprogram.com/) (and in Spanish: [El Programa de los Martes](http://www.elprogramadelosmartes.org/)),[The International Journal of Wellbeing](http://www.internationaljournalofwellbeing.org/index.php/ijow)[The New Zealand Association of Positive Psychology](http://www.positivepsychology.org.nz/)[The Sovereign Wellbeing Index](http://www.mywellbeing.co.nz/mw/) ([video](http://www.aaronjarden.com/uploads/3/8/0/4/3804146/wellbeingindex_wip2.mp4))[Wizards of Wellbeing](http://www.aaronjarden.com/uploads/3/8/0/4/3804146/wow_logo_2.jpg) (Workplace Wellbeing Resources)[Camp Wellbeing](http://www.campwellbeing.com/)[Assessing Wellbeing in Education: School wellbeing assessments](https://www.aweschools.com/)[Work on Wellbeing: Wellbeing assessments](https://www.workonwellbeing.com/index.php)3rd Wellbeing and Public Policy conference 2016; Developing [four graduate papers in positive psychology at AUT](http://www.aaronjarden.com/uploads/3/8/0/4/3804146/positive_psychology_brochure_2016.pdf) for 2016[Bussiness Wellbeing Retreats](http://www.aut.ac.nz/study-at-aut/study-areas/business/for-business/executive-education-and-short-courses/our-programmes/wellbeing-retreat); Book: The recipe for human potential; [Heart of Wellbeing](http://www.heartofwellbeing.org/): Digital wellbeing tools and courses; Book: The year of living maximally.

**Márta Csabai**

Head of the Personality, Clinical, and Health Psychology Department at the University of Szeged, Hungary. Marta has played an active role in the development of professional and training programs in health psychology in Hungary. She is founder and director of the Applied Health Psychology Postgraduate Programme at the University of Szeged. She has authored and edited 16 books, and has also taken part in the preparation of teaching softwares, and scientific documentary. Her textbook, Health, Illnes and Care was published in English and in Persian as well, and used in medical education in several countries. She received scholarships in the United Kingdom, Italy, and in Australia. She founded and takes active role in the Foundation for Women in Healthcare in Hungary. Her research areas are: the psychological aspects and care of physical illnesses, well-being of health professionals, and conflict management in different healthcare contexts.

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**Alice Trindade**

Alice Donat Trindade is Associate Professor with ISCSP, ULisboa (University of Lisbon), where she has held the position of Vice-dean since 2012 and been a member of one of its Research Centres – CAPP, Centre for Public Policy and Administration. She has published in the areas of American Studies, Literary Journalism and on the teaching of languages for specific purposes. She is a founding member of the International Association for Literary Journalism Studies (IALJS), and was president of this Association, 2010- 2012. Her current research interests, as well as publication areas, focus on the study of the diachronic development of a Portuguese speaking community of literary journalists throughout the world, as well as the cultural role of the Portuguese language in the Community of Portuguese-speaking Countries (CPLP).