POSITIVE PSYCHOLOGY 2024

Past Conference Report

We are delighted to share the success of our previous conferences, highlighting the growth and impact of our community focused on Positive Psychology, Happiness, Mindfulness, and Wellness. Here is a detailed report on our past events

Theme: Fostering resilience and overcoming adversity

https://positivepsychology.annualcongress.com/

Event Overview

The 37th World Summit on Positive Psychology, Happiness, Mindfulness, and Wellness, held on April 29th, 2024, in Americans, Germany, Portugal, Hong Kong, Latvia, Hong Kong, China, brought together experts, researchers, and practitioners from around the globe. The conference served as a dynamic platform for sharing knowledge, exchanging ideas, and fostering collaborations in the field of positive psychology and well-being.

Attendee Demographics



Professionals Represented

Researchers and Academicians
Healthcare Professionals
Mindfulness and Meditation Practitioners
Psychologists and Therapists
Students and Young Scientists
Corporate Wellness Experts

Key Highlights

- Keynote Sessions: Featuring renowned speakers such as Douglas UHLIG, a Touching Infinity memoirs of positive psychology Author , Victoria Feldman is a leading expert in enhancing employee experience and driving organizational transformation. With extensive experience at top tech companies and Fortune 500 corporations, she specializes in performance excellence, diversity and inclusion, and creating inclusive learning environments.
- Workshops and Panel Discussions: Interactive sessions on mindfulness practices, stress reduction techniques, and resilience-building strategies.
- Poster Presentations: Showcasing innovative research and emerging trends in the fields of positive psychology, happiness, mindfulness, and wellness.
- Networking Opportunities: Facilitating connections among professionals and fostering potential collaborations for future research and projects.

Session Summaries



- Positive Psychology in the Workplace: Discussions on the implementation of positive psychology practices in corporate settings to enhance employee well-being and productivity.
- Mindfulness Techniques for Stress Reduction: Exploring various mindfulness methods and their effectiveness in managing stress and promoting mental clarity.
- Happiness and Well-Being Programs: Insights into developing and implementing programs to promote happiness and well-being.

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Poster Presentations: Showcasing innovative research and emerging trends in the fields of positive psychology, happiness, mindfulness, and wellness.
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Participant Feedback

The feedback from our participants was overwhelmingly positive, with many highlighting the high-quality content, expert speakers, and valuable networking opportunities. Attendees appreciated the diverse range of topics covered and the practical insights gained from the sessions.

Testimonials-

Douglas UHLIG, PhD, MBA, CASAC: Psychologist from the USA, and author of **"Touching Infinity: Memoirs of Positive Psychology" -** I enjoyed being part of it although few presentations mentioned Positive Psychology.

Conclusion

The success of our past conferences has set a high benchmark for the upcoming **38th World Summit on Positive Psychology, Happiness, Mindfulness, and Wellness**. We are excited to continue our mission of promoting mental health and well-being through knowledge sharing, collaboration, and innovation.

We look forward to welcoming you to Paris in 2025 for another enriching and inspiring event. Join us to connect with like-minded individuals, learn from experts, and contribute to the growing field of positive psychology, happiness, mindfulness, and wellness. For more information, please visit our website

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