

2nd Positive Psychology in Practice Conference



Utrecht, Netherlands
24th to the 25th of October 2019

About the conference

Our upcoming conference on „Positive Psychology in Practice“ will focus on cutting-edge science and the practical application of Positive Psychology Interventions in organisations and clinical settings.

Leading experts, who share a passion for Positive Psychology, will provide you with an up-to-date overview of the science of wellbeing and critically examine the emergence and development of this new field. They will explore the keys to a happy and meaningful way of life by addressing gaps, biases and exciting new ways to bring this topic forward.

The goal of this event is to promote a better understanding of what Positive Psychology actually is, the study and science behind it and how we can move beyond the theoretical to incorporate positive psychology into practical and real-life settings.

Learn from leading authorities about evidence-based positive psychology techniques and recommendations that have been shown to increase clients' wellbeing.

FORMAT OF EVENT

During the two days, the event will use a range of formats: speaker keynote presentations, oral poster presentations, poster exhibitions and an interactive lunch. In between, visitors can visit our trading exhibition and get inspired by relevant products and services.

Plenary sessions will be interspersed throughout the day with question and answer sessions and panel discussions. The meeting will provide a valuable opportunity to network, share knowledge and ideas, and consider collaborative projects.

Together we can create positive networking and growth opportunities for everyone involved.

TARGET AUDIENCE:

- ✓ Organisational & Business Leaders
- ✓ HR Staff
- ✓ Healthcare Providers
- ✓ Policy Makers
- ✓ Psychologists
- ✓ Clinicians
- ✓ Clinicians & Wellbeing Practitioners
- ✓ Mental Health Professionals
- ✓ Researchers
- ✓ Researchers and Clinicians interested in post-traumatic growth Researchers
- ✓ Sociologists
- ✓ Economists
- ✓ Educators
- ✓ Social Policy Makers
- ✓ Coaches, Practitioners & Entrepreneurs
- ✓ Organisational & Business Leaders
- ✓ Students
- ✓ Anybody with the desire to live a happier and more full-filled life
- ✓ Universities and school teachers
- ✓ Health Trainers

CHAired BY

Chantal Van Kempen

CEO of Do You Feel Alive Utrecht, Netherlands

SPEAKERS

Patrick van Hees, MSc. A.P.P

Director Happiness Institute Europe. International speaker, writer and consultant on happiness and professional well-being, Amsterdam, Netherlands

Salmaan Sana

Change Catalyst, Consultant, and Programme Designer in Amsterdam, Netherlands

Adina Tarry

AI Strategist & Coach, Business Psychologist, Author, Speaker, Visiting Lecturer

Miriam Akhtar MAPP

Positive psychologist and one of the UK's leading practitioner of positive psychology, Trainer, Coach, Visiting Lecturer, contributor to the World Book of Happiness and the World Book of Hope and Author of 5 books including Positive Psychology for Overcoming Depression and What is Post-Traumatic Growth?

Dr. Vikki Barnes

Clinical Psychologist and National Lead for Positive Psychology People and Service Team Virgin Care Limited

Dafne Cataluña

Founder of the European Institute of Positive Psychology (IEPP)

Lavinia Warnars

Earth Charter Netherlands & iEarth, Sustainability & (International) Development Expert

Dr. Gyöngyi Kállai

Consultant, Coach and Lecturer (ELTE University), Founder-Owner of Trendset Consulting

Fiona English

Positive Psychology Speaker and Coach

Tünde Erdős

MSc. in Executive Coaching, Ashridge Accredited Executive Coach EMCC EIA Senior Practitioner, MCC ICF

Drs. Randall Birnberg

B.A. and M.A. in Psychology, Author: Awful-ly Happy, International Positive Psychology Coach

Lukas Holter

Dipl.(FH) Business and Computer Science, M.Sc. Psychology, Yoga Teacher (RYT 500) Global Talent Development Consultant, ERT Würzburg, Germany

Donna Churchman

Flow Specialist, Coach for Creative Industry Professionals, Flow psychology & science, Leverage flow navigate block London, United Kingdom

Drs Ron de Jong

Senior coach & specialist werkbeleving / job crafting

Hanna Kampman

Lecturer & Co-Module Leader MSc Applied Positive Psychology & Coaching Psychology (MAPP-CP) Post-Traumatic Growth Unit (PTGU), University of East London

Joshua French

Co-Founder and Lead Consultant, Bailey & French. Co-Organiser, Action for Happiness Brighton.

Rachel Smets

Life coach, bestselling author, 2xTedx speaker, online course creator, university teacher, culture trainer, and also a vlogger sharing how to create a freedom lifestyle on YouTube.

Odile Carru

PCC- Professional, Certified Executive Coach, MBA- International Economics

Nathalie Marcinkowski

Psychologist, author, trainer for authentic happiness and conscious lifestyle. Founder of happyroots.

Valery Patonich

Director of Rehabilitation Center and the main psychotherapist Revocanda Plus

Justin Miles

Professional adventurer, explorer, educator and speaker

2nd Positive Psychology

Thursday 24th October AM

07:30 - 09:00	Registration and Coffee
09:00 - 09:10	Breathing & Meditation Exercise Psychologist, Chartered Scientist
09:10 - 09:30	Welcome and Opening of the Conference Chantal Van Kempen, CEO of Do You Feel Alive Utrecht, Netherlands
09:50 - 10:10	The Secret of the Cambridge Happiness Profiler (CHAP) Patrick van Hees, Author of Wise Therapy (Continuum, 2001) Achieve your Potential with Positive Director Happiness Institute Europe. International speaker, writer and consultant on happiness and professional well-being, Amsterdam, Netherlands
10:10 - 10:30	Compassion for care Salmaan Sana, Change Catalyst, Consultant, and Programme Designer in Amsterdam, Netherlands
10:30 - 11:00	Morning Coffee Break, Networking and visit of the exhibition
11:00 - 11:45	Grounding a hopeful and resourceful Self, fit for a digital world Adina Tarry, AI Strategist & Coach, Business Psychologist, Author, Speaker, Visiting Lecturer
11:45 - 12:00	Balanced Strengths Questionnaire (FORTE): Psychometric properties Dafne Cataluña, Founder of the European Institute of Positive Psychology (IEPP)
12:00 - 12:30	The Ego to Eco Shift - A Positive Perspective Lavinia Warnars, Earth Charter Netherlands & iEarth, Sustainability & (International) Development Expert
12:30 - 13:30	Lunch Break, Networking and visit of the exhibition

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Thursday 24th October PM

13:30 - 14:15	Positive Psychology at the workplace Embedding Positive Psychology into the organisation Dr. Vikki Barnes, Clinical Psychologist, Mental Health and Wellbeing Consultant, Specialist in Positive Psychology and Happiness Previously worked in operational and strategic roles with Virgin Care, Virgin Limited Edition and the NHS
14:15 - 14:30	"Fit to Flow": A toolkit for practitioners to identify Flow-conducive personality-, and organizational factors to create Flow-rich workplaces Dr. Gyöngyi Kállai, Consultant, Coach and Lecturer (ELTE University), Founder-Owner of Trendset Consulting
14:30 - 14:45	What does Spirituality mean to you? Understanding Spirituality in the context of your client's life Fiona English, Positive Psychology Speaker and Coach
14:45 - 15:00	What does Spirituality mean to you? Understanding Spirituality in the context of your client's life Fiona English, Positive Psychology Speaker and Coach
15:00 - 15:30	Afternoon Coffee Break, Networking and visit of the exhibition
15:30 - 16:30	Happiness is a Choice ...Yours Drs. Randall Birnberg, B.A. and M.A. in Psychology, Author: Awful-ly Happy, International Positive Psychology Coach
16:30 - 17:00	Yoga and Psychology Lukas Holter, Dipl.(FH) Business and Computer Science, M.Sc. Psychology, Yoga Teacher (RYT 500) Global Talent Development Consultant, ERT Würzburg, Germany
17:00 - 17:30	Panel Discussion and Closing Remarks

2nd Positive Psychology

Friday 25th October AM

08.00 - 09:00	Registration and Coffee
09:00 - 09:10	Welcome and Opening of the Conference Chantal Van Kempen, CEO of Do You Feel Alive Utrecht, Netherlands
09:10 - 09:40	Flow State Donna Churchman, Flow Specialist, Coach for Creative Industry Professionals, Flow psychology & science, Leverage flow navigate block London, United Kingdom
09:40 - 10:10	Job Crafting Drs Ron de Jong, Senior coach & specialist werkbeleving / job crafting
10:10 - 10:40	Morning Coffee Break, Networking and visit of the exhibition
10:40 - 11:10	What is Positive Psychology Coaching? Miriam Akhtar MAPP, Positive psychologist and one of the UK's leading practitioner of positive psychology, Trainer
11:10 - 11:40	Find a sport and carry on - What can we learn from Paralympians? Hanna Kampman, Lecturer & Co-Module Leader MSc Applied Positive Psychology & Coaching Psychology (MAPP-CP)
11:40 - 12:10	Applying PERMA to Evolve Workplace Wellbeing Culture Joshua French, Co-Founder and Lead Consultant, Bailey & French. Co-Organiser, Action for Happiness Brighton.
12:10 - 13:10	Lunch Break, Networking and visit of the exhibition

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Friday 25th October PM

13:10 - 13:40	How to take the ‘shock’ out of Culture Shock. 3 easy steps to use globally Rachel Smets, Life coach, bestselling author, 2xTedx speaker, online course creator, university teacher, culture trainer, and also a vlogger sharing how to create a freedom lifestyle on YouTube
13:40 - 14:10	DoertoLeader, a way to increase the well-being of managers in the workplace Odile Carru, PCC- Professional, Certified Executive Coach, MBA- International Economics
14:10 - 14:40	What does Spirituality mean to you? Understanding Spirituality in the context of your client’s life Nathalie Marcinkowski, Psychologist, author, trainer for authentic happiness and conscious lifestyle. Founder of happyroots
14:40 - 15:10	Afternoon Coffee Break, Networking and visit of the exhibition
15:10 - 15:45	SMARTER-life-GROWTH approaches Dr. Patrick Gwyer, Associate Fellow of the British Psychological Society, Chartered Psychologist, Clinical Psychologist, Chartered Scientist Eastleigh, UK
15:30 - 16:30	Fissiotherapy - an innovation among eating disorders treatment Valery Patonich, Director of Rehabilitation Center and the main psychotherapist Revocanda Plus
16:30 - 17:00	Resilience - The Explorers Mindset Justin Miles, Professional adventurer, explorer, educator and speaker
16:30 - 17:00	Panel Discussion and Closing Remarks

TOPICS TO BE DISCUSSED:

- 😊 Positive Psychology at the workplace - Embedding Positive Psychology into the organisation
- 😊 The Secret of the Cambridge Happiness Profiler (CHAP)
- 😊 Resilience in the community, a study into exploring what matters
- 😊 Compassion for Care
- 😊 Experience Design
- 😊 What does Spirituality mean to you? Understanding Spirituality in the context of your client's life
- 😊 Happiness is a Choice ...Yours!
- 😊 Yoga and Psychology
- 😊 Flow State
- 😊 Job Crafting
- 😊 Healthier leading: Exploring the role of leadership development and organizational design
- 😊 Positive Psychology Coaching - Putting Positive Psychology Science into Evidence-Based Coaching Practice
- 😊 HR, Leadership and Change Management
- 😊 SMARTER-life-GROWTH approaches
- 😊 Resilience - The Explorers Mindset
- 😊 Fissiotherapy" - an innovation among eating disorders treatment
- 😊 The Ego to Eco Shift – A Positive Perspective
- 😊 What our happiness really needs (will save the earth)
- 😊 How to take the "shock" out of Culture Shock. 3 easy steps to use globally
- 😊 PERMA model of wellbeing

Venue:

**Boothstraat Zaalverhuur7, Boothstraat 7,
3512 BT Utrecht
Tel: +31 (0) 30 7516113**

Hidden behind a nondescript facade in the Boothstraat is a beautiful 19th century church. This monumental building has the characteristics of a clandestine church. Zaalverhuur7 has teamed up to make better use of the few square feet left in Utrecht. They have a warm, friendly and homey appearance. In addition, they donate 10% of their profits to an orphanage in Haiti and others in need.

PARKING

Please note: Zaalverhuur 7 has 2 locations in the centre of Utrecht. Our meeting is located at the Boothstraat.

Around the Boothstraat there are several parking options:

The cheapest way to park your car is at car park de Grifthoek (750 meters walking distance). You can buy an exit ticket at our location (€13)

Some 700 meters away, there is a car park called de Kruisstraat (€3,50/ hour)

Right next to the Boothstraat, on Janskerkhof, there are a limited amount of parking spaces (€4,71/ hour)

ON FOOT FROM CAR PARK DE KRUISSTRAAT- 8 MINS WALKING DISTANCE

1. Exit the car park and take a left on the Wittevrouwensingel;
2. Take a right and keep on going for 350 meters with the water on your right;
3. Take a right to the Wittevrouwenbrug;
4. Stay on the Wittevrouwenstraat, which turns into the Voorstraat;
5. Keep on walking straight ahead for about 200 metres, past the traffic lights;
6. On your left you will see Taco Mundo, enter the first street on your left;
7. You're now on the Boothstraat, Zaalverhuur7 is on your left in the middle of the street;
8. Have a great day 😊

