MARTY SELIGMAN

"Learned Authentic Optimism"

"Books Authentic Happiness."

AI and Positive Psychology are Cousins!

We want to see the BEST in ourselves and others.

Default Movement in Our Brain is To See the WORST.

Positive Thinking

Optimism

Strengths

Resilience

Meaning

EDUCATION

Can we teach well being skills to students?

Positive Education

Positive Relationships

Positive NeuroScience

Physiological We want to know more!

Mental Health

Optimism

Does Positive Physical Health produce longer life?

Better Health?

Long Term Goal

2051

51% of the People in the World will be Flourishing!

Move from PESSIMISM to OPTIMISM.

Adversity

Post Traumatic Growth

Individual Change

System Change

We need to understand large organizations, groups.

How do we create the TIPPING POINTS?

Schools

Discipline

Literacy

Appreciative Inquiry and Positive Psychology

the Marriage of

Flourishing