

Wednesday

7:30 AM - 9:00 AM Registration & Coffee/Tea

| 9:00 AM - 12:30 PM | Pre-Conference Workshops | Speaker | Room |
|--------------------|--|-----------------------|------------|
| | Mindfulness-Based Strengths Practice (MBSP) for Practitioners (Part 1 of 2) | Ryan Niemiec | Ballroom A |
| | Create a Healthy Organizational Climate AND Increase Your R.O.E.(Return On Energy) One AMP (Appreciative Micro Practice) at a Time | Maureen McKenna | Studio 10 |
| | How to Identify and Pursue the Most Meaningful Goals with Grit | Caroline Adams Miller | Studio 11 |
| | Positive Education: Thriving students and flourishing schools | Lea Waters | Studio 12 |
| | Applied Positive Psychology for Therapists and Coaches an Integrative Framework | Margarita Tarragona | Studio 13 |

12:30 PM - 1:30 PM Lunch (Room: Sunhill)

| 1:30 PM - 5:00 PM | Pre-Conference Workshops | Speaker | Room |
|-------------------|---|-----------------------|------------|
| | Mindfulness-Based Strengths Practice (MBSP) for Practitioners (Part 2 of 2) | Ryan Niemiec | Ballroom A |
| | Developing Positive Leadership Practices | Kim Cameron | Studio 10 |
| | Vitality: Optimal Health and the PERMA-V Model of Flourishing | Emiliya Zhivotovskaya | Studio 11 |
| | A Mindful Approach for Educator Well-Being | Heidi Bornstein | Studio 12 |
| | Appreciative Inquiry & Acting "As If" – A Somatic Approach to Coaching | Shannon Polly | Studio 13 |

5:00 PM - 7:00 PM Dinner on Own & Networking

7:00 PM - 9:30 PM Welcome Reception with Robert Vallerand and Lea Waters (Room: Grand Ballroom)

Canadian Positive Psychology Association



The CPPA's vision is to have a psychologically healthy Canadian society through the promotion of research and application of positive psychology across Canada.

- **Learn** about the science of well-being
- **Apply** this knowledge to the work you do
- **Improve** your psychological health

BECOME A MEMBER TODAY

Members of the CPPA get:

- Free access to all online webinars
- Discounts to all events, conferences, and workshops
- Free access to our extensive positive psychology resources

Join today!

Join our mailing list to stay up-to-date on all of CPPA's events!

<http://www.cppa.ca/mailling-list>

For more information visit our website

www.cppa.ca

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Thursday

6:45 AM - 7:30 AM Rhythm In Motion Sunrise Dance Class (Room: Upper Garden Foyer)
 8:00 AM - 9:30 AM Opening + Keynote: BARBARA FREDRICKSON - Prioritizing Positivity
 9:30 AM - 9:45 AM Networking Break

| 9:45 AM - 10:45 AM | Concurrent Session 1 | Speaker | Room |
|--------------------|--|--|----------------|
| | Invited Speaker: New Developments on a Theory of Passion | Robert Vallerand | Grand Ballroom |
| | Symposium 1: Balanced Positive Psychology | | Studio 10 |
| | Finding Balance in Positive Psychology | Jamie Gruman Margaret Lumley Gloria Gonzales-Morales | |
| | The Future of Development is Complex | Bruce Oddson | |
| | Optimism: The past, present, and future of a positive trait | Michael A. Busseri | |
| | Symposium 2: Thriving Youth | | Studio 12 |
| | A Positive Psychology Approach to Increasing Self-Compassion in Adolescents | Jennifer Brownstein | |
| | Effectiveness of Five Factor Positive Thinking Skills on Students Life-Satisfaction | Mana Chamzadeh Ghanavati Alireza Memarian | |
| | Youth that thrive: A review of critical factors and effective programs for 12-25 year olds | Benjamin Kutsyuruba John Freeman Jeffrey MacCormack | |
| | Symposium 3: Youth Flourishing with Mental and Physical Illness | | Ballroom A |
| | Hope, Self-Compassion, and the Cultivation of Self-Efficacy During Mental Health Training | Lauren Pudalov | |
| | Positive Psychotherapy for Youth at Clinical High-Risk for Psychosis | Lauren Drvaric | |
| | Quality of life for youth with chronic conditions: A longitudinal study | Janette McDougall | |
| | Workshops | | |
| | Using Feedforward To Change Manager's Daily Interactions With Staff | Kim Rigden Marie-Hélène Budworth | Studio 11 |
| | From Power to Strength: Coaching the Post-heroic Leader | Jeffrey W Hull | Studio 13 |

10:45 AM - 11:00 AM Networking Break

| 11:00 AM - 12:00 PM | Concurrent Session 2 | Speaker | Room |
|---------------------|---|---|----------------|
| | Invited Speaker: When Happiness has a Bad Day | Louis Alloro | Grand Ballroom |
| | Symposium 4: Who is Flourishing? | | Studio 10 |
| | Happiness is a point of view: a cross-linguistic study of happiness | Susan Xu | |
| | How many Canadian Young Adults are Flourishing and Languishing? | Tayyab Rashid Laura Boyko Ron Chu Aryel Lutchmie-Maharaj | |
| | Measuring Positive Mental Health – Positive Mental Health Surveillance Indicator Framework | Caryn Pearson | |
| | Symposium 5: Positive Mental Health Among Youth with Mental Illness: Understanding to Intervention | | Ballroom A |
| | Positive Mental Health Among Youth with Mental Illness: Understanding to Intervention | Margaret N. Lumley Brae Anne McArthur Hayley Bowers | |
| | Workshops | | |
| | Self-Efficacy: The key to high performance in organizations | Louisa Jewell | Studio 11 |
| | Mindful Educators – Resilient Students: An Experiential Approach | Heidi Bornstein Stephen Chadwick | Studio 12 |
| | The How, What, and Why of Happiness at Work | Danielle Forth | Studio 13 |

12:00 PM - 1:15 PM Lunch: Tom Rath's Fully Charged Movie Screening (Room: Grand Ballroom)

1:15 PM - 2:15 PM

| Concurrent Session 3 | Speaker | Room |
|---|--|----------------|
| Invited Speaker: Building A Positive Ensemble: Ritual and Play | Shannon Polly Jan Stanley | Grand Ballroom |
| Symposium 6: Exploring Meaning and Passion | | Studio 10 |
| Obsessive passions may reflect executive control problems | Jonathan Bridekirk | |
| Eudaimonia and Hedonia's Relation with Physiological Responses and Facial Expressions | Keith Pearce | |
| Exploring Everyday Notions of Meaning in life and Purpose in Life | Renée Taylor | |
| Symposium 7: Positive Education: Strategies for Educators | | Studio 12 |
| Character Strengths in English Class | Beverly Jones Redekop | |
| Developing meaning of work to future teachers : A solution to help them cultivate well-being in the profession | Nancy Goyette | |
| Students' school attachment and feelings of relatedness to teachers predict how they enjoy and value school learning activities | Frederic Guay Caroline Senecal | |
| Symposium 8: Considering Forgiveness | | Ballroom B |
| Considering Forgiveness within Relationship Dyads | Patrick L. Hill | |
| Workshops | | |
| Co-Creating a Life-Affirming Vocabulary – the Example of speakGreen | Claudia Gross | Studio 11 |
| When There's An Image - There's a Way | Lydia Ievleva | Studio 13 |
| Shake Your Body: Exhilarating Movement For Positive Health Across Lifespan | Lisa Honig Buksbaum Elaine O' Brien | |

2:15 PM - 3:15 PM

Networking Break: Poster Session (Room: Studio 4, 5, 6)

3:15 PM - 4:15 PM

| Concurrent Session 4 | Speaker | Room |
|--|--|----------------|
| Invited Speaker: Lightning Rod! A leader's guide to being a positive conduit for group energy | Maureen McKenna Tim Fleming | Grand Ballroom |
| Symposium 9: Positive Psychology Strategies: Practices of the Future | | Ballroom B |
| Technology and the Gamification of Mental Processes to Support Happiness | Aida Memisevic | |
| Mind Armour: Mental Wellness Education & Training for Occupational Stress & Trauma | Sajel Bellon | |
| The Future Workplace is Here | Vera Asanin | |
| Symposium 10: Happiness Around the World | | Studio 12 |
| Happiness around the world: A comparative analysis | Rebecca Pschibul | |
| Insights from a New Systematic Review on Elevating Experiences | Keith Pearce | |
| Worldviews that Relate to the Pursuit of Eudaimonia and Hedonia | Arthur Braaten | |
| Symposium 11: Transforming Setbacks into Growth | | Ballroom A |
| PTSD as A Driver of Reduced Hope Mediated by Anxiety | Ricky T. Munoz Robert Bartholomew Chan Hellman | |
| Enjoyment and anxiety in second language communication | Peter MacIntyre Esther Abel Jean-Marc Dewaele | |
| Art-making and resilience in war-affected youth | Lara Kalaf | |
| Workshops | | |
| Teaching Toward a Transformation That Lasts | Maria Sirois | Studio 10 |
| Beyond Happiness to Greatness: A Workshop Application to Achieve a Higher Goal | Scott Anthony Asalone | Studio 11 |
| Mindfulness Approaches for Enhancing Coaching Presence | Marla Warner | Studio 13 |

4:15 PM - 4:30 PM

Networking Break

4:30 PM - 6:00 PM

Closing + Keynote: KIM CAMERON - Addressing Criticisms of Positive Psychology & Positive Organizational Scholarship

6:15 PM - 7:15 PM

Annual General Meeting (Room: Ballroom A)

7:30 PM - 9:00 PM

CPPA & Soaring WordsROCK the World! Admission with paid ticket only (Room: Grand Ballroom)

9:00 PM - 11:00 PM

Party On: Cashbar & Dancing

6:45 AM - 7:30 AM Rhythm In Motion Sunrise Dance Class (Room: Upper Garden Foyer)
 8:00 AM - 9:30 AM Opening + Keynote: DAVID COOPERRIDER · The Discovery and Design of Positive Institutions
 9:30 AM - 9:45 AM Networking Break

| 9:45 AM - 10:45 AM | Concurrent Session 5 | Speaker | Room |
|--------------------|---|---|----------------|
| | Invited Speaker: The Backbone of Positive Psychology: Essential Concepts, the Latest Research, and Best Practices with Character Strengths | Ryan Niemiec | Grand Ballroom |
| | Symposium 12: The Impact of Nature and Materialism on Well-being | | Studio 10 |
| | Factors Predicting Connection to Nature | Misha Voloaca | |
| | Materialism lowers well-being: The mediating role of need for autonomy-correlational and experimental evidence | Tania Nagpaul | |
| | Noticing nature: Individual and social benefits of a two-week intervention | Holli-Anne Passmore | |
| | Symposium 13: Positive Education Interventions | | Studio 12 |
| | Implementing Pathways to Flourishing at Ridley College | Nina Lee Webster Liz Clarke | |
| | Student Perceptions of Happiness Intervention Activities | Christine Zupo | |
| | Thriving schools and educators: From functioning to flourishing | Sabre Cherkowski Keith Walker | |
| | Symposium 14 | | Ballroom A |
| | Leverage Adversity and Turn Setbacks into Springboards | Claire Dorotik-Nana | |
| | Resilience and Gratitude through an Event that Changed the World | Ron DiFrancesco | |
| | Understanding the "How" and "Why" of Well-being: Real-World Lessons | Jacqueline Synard Nicola Gazzola | |
| | Symposium 15 (French): Le soutien à l'autogestion : une voie positive vers le rétablissement en santé mentale | | Ballroom B |
| | Le soutien à l'autogestion : une voie positive vers le rétablissement en santé mentale | Simon Coulombe Stephanie Radziszewski Préscilla Labelle | |
| | Workshops | | |
| | Move2Love and Well-Being: Celebrating Kinesthetics, Rhythm, and Flow Together | Elaine O'Brien | Studio 11 |
| | Growing a PP-Based Business: 5i Change Agents Model | Emiliya Zhivotovskaya | Studio 13 |

10:45 AM - 11:00 AM Networking Break

| 11:00 AM - 12:00 PM | Concurrent Session 6 | Speaker | Room |
|---------------------|---|---|----------------|
| | Invited Speaker: Eudaimonia versus hedonia: What's the difference? And is it real? | Veronika Huta | Grand Ballroom |
| | Symposium 16: The Science of Hope | | Studio 10 |
| | Exploring Life Satisfaction as an Antecedent of Hope: Results of a Two Wave Cross Lagged Panel Analysis Using Latent Variables | Ricky T. Munoz Chan Hellman Kathleen Quinton | |
| | A Structural Equation Model of Hope, Life Satisfaction, and Emotional Well-Being as Drivers of Health Related Quality of Life among Homeless Individuals | Ricky T. Munoz Chan Hellman | |
| | Locus of Hope: A Model of External Hope in Parents/Guardians as a Driver of Life Satisfaction via Internal Hope | Ricky T. Munoz Jody Worley Kathleen Quinton | |
| | Symposium 17 | | Studio 12 |
| | Strengths-Based Resilience: Results from Multisite Studies | Tayyab Rashid Afroze Anjum Ruth Loudon Samantha King | |
| | Symposium 18 (French): | | Ballroom B |
| | La passion de l'enseignement : une dimension du bien-être (ou du mal-être) à prendre en compte dans l'élaboration de l'identité professionnelle des enseignants novices | Nancy Goyette | |
| | Poésie Slam auprès des jeunes membres de gangs de rue | Céline Guindon | |
| | Workshop | | |
| | A Strengths-Based Leadership Development Approach That's 2 – 3 Times More Effective | Jim Clemmer | Studio 13 |
| | Positive Art Interventions: Creative Tools Promoting Well-Being | Olena Darewych | Ballroom A |
| | What is Success: A Humanistic Perspective for Coaches and Athletes Using Solution Focused Principles | Elaine Cook Gretchen Kerr | Studio 11 |

12:00 PM - 1:15 PM Lunch

12:30 PM - 1:10 PM Lunch Events: Laughter Yoga (Room: Upper Garden Foyer)
 Strength Clusters™ Visual Models and Tools (Room: Idea Loft)

1:15 PM - 2:15 PM

| Concurrent Session 7 | Speaker | Room |
|---|---|----------------|
| Invited Speaker: Flourishing Life Stories: Positive Psychology and Narrative Practices | Margarita Tarragona | Grand Ballroom |
| Symposium 19: Insights from Positive Education | | Studio 10 |
| Outdoor Education and Strengths-Based Learning – A Perfect Match | Jalynn Bosley Samantha Dear | |
| Where Do I Begin? Starting a middle school guidance program from scratch | Jen Vincent | |
| Opening up the Door to Positive Writing | Kathryn Britton | |
| Symposium 20: Positive Psychology at Work | | Studio 11 |
| A Grateful Workplace: The Benefits of Practicing Gratitude at Work | Vanessa M. Buote | |
| An Ecological Perspective on the Lifecycle of Trust in Leadership | Benjamin Kutsyuruba Keith D. Walker | |
| Beyond the SMILE: Improving customer experience through increasing employee engagement. | Mandy Dorans | |
| Symposium 21: Positive Body Image | | Ballroom A |
| Body confidence: Girls want support, guys want to show off | Kimberley L. Gammage Larkin Lamarche | |
| Differences between Iranian adolescent girls with high and low level of Subjective Well-Being | Naghmeh Taghva | |
| Positive emotions facilitated by body appreciation at any body size | Lindsay Cline Kimberley L. Gammage | |
| Symposium 22 (French): Interventions novatrices en psychologie positive | | Ballroom B |
| L'intégration de la psychologie positive dans le domaine agricole | Nathalie Tanguay | |
| Comment enseigner et promouvoir la psychologie positive de 'deuxième vague' ? Pistes émergeant d'un atelier de promotion du bien-être offert à Montréal | Martin Benny | |
| Le projet Korsas: vivre le stress autrement. | Simon Grégoire | |
| Workshops | | |
| Narrative career management framework for coaching and education increases Psychological Capital | Mark Franklin | Studio 12 |
| Bringing Strengths to Life in Organisations | Sue Langley | Studio 13 |

2:15 PM - 3:15 PM

Networking Break: Poster Session (Room: Studio 4, 5, 6)

3:15 PM - 4:15 PM

| Concurrent Session 8 | Speaker | Room |
|--|---|----------------|
| Invited Speaker: Coaching A to Z: Extraordinary Use of Ordinary Words | Haesun Moon | Grand Ballroom |
| Symposium 23: Second Wave Positive Psychology | | Studio 10 |
| How to teach and promote 'Second Wave Positive Psychology' principles? Insights from a well-being promotion workshop in Montreal | Simon Coulombe Martin Benny Jean-François Villeneuve | |
| Development of Positive Psychology: Contributions from Traditional Psychological Disciplines | Weiting Ng | |
| The criticality of matched-expectancy and motivation placebo conditions in positive psychology interventions. | Ekaterina Pogrebtsova Callie Hill Gloria González-Morales | |
| Symposium 24: Thriving with Illness | | Ballroom A |
| The Effectiveness of Emotional Self-Regulation in patients with migraine | Alireza Memarian | |
| A Positive Approach to Autism | June B. Pimm | |
| Thriving in the Face of Adversity: Mothers with Multiple Sclerosis | Ruth S. Farber Peggy Kern | |
| Workshops & Discussion Forums | | |
| Application of Positive Organizational Development in a University Setting: Understanding the long term impact of Asset-Based Approaches to Building Leadership Capacity | Julie Stockton Maura Da Cruz | Studio 11 |
| Re-constructing Childhood Trauma and the Role of Story Shifters in Generating Alternative Narratives | Barbara Ward | Studio 12 |
| La pleine conscience : avec ou sans méditation ? | Sylvie Boucher | Ballroom B |
| Exploring Best Practices with Character Strengths | Ryan Niemiec with Lea Waters, Veronika Huta, Shannon Polly and more | Studio 13 |

4:15 PM - 4:30 PM

Networking Break

4:30 PM - 6:00 PM

Closing + Keynote: CAROLINE MILLER - Authentic Grit: Your Secret to Happiness and Success

6:00 PM - 7:00 PM

Reception: Cash Bar

7:30 PM - 11:30 PM

CPPA Shuttles to Fireworks over the Falls (optional)