

# WORKSHOP ABSTRACTS

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## WK1 An Introduction in the Principles of the Positive Health Search to Improve Flourishing at the Population Level

**J. Walburg, University of Twente, Enschede, The Netherlands**

Human behaviour is very much motivated by representations of the future, as Martin Seligman states in his work on prospection. This principle does not only work for individuals but also for organisations and communities to flourish. The question is then: how to orient communities at a future they envision with respect to health and flourishing? Weisbord and Janoff developed the method of Future Search that has successfully been applied to deal with complicated issues that have many stakeholders like poverty. At the University of Twente, The Netherlands, we translated this method to direct the attention of stakeholders to flourishing and to motivate them to develop and execute action plans. During the workshop we will discuss the background of the method, and we will in detail discuss the various phases on the base of a protocolled manual:

1. Making a Mind map of trends connected with flourishing in the community
2. Connecting trends with stakeholders like schools, employers, local government etc.
3. Formulating a future for a flourishing community
4. Formulating steps to proceed in the direction of the mission
5. Making an action plan

We will discuss our experiences with the application of the Positive Health Search in Dutch cities.

## WK2 Mindful Engagement: A Practical and Positive Tool for Leadership Development

**S. Ashford, University of Michigan, Ann Arbor, MI, USA**

Leadership development in organizations often seems out of an individual's control. Issues such as who gets recommended for a leadership fast-track or not and who gets sent to an off-site workshop are often made externally and

remove individuals' agency and control in this process. This workshop presents a practical tool that individuals at any level and in any situation can use to enhance their own leadership development by gaining more lessons from experience. Research suggests that 70% of leadership is learned from experience and yet individuals are often not truly 'in' their experiences because they engage them somewhat mindlessly. This workshop presents a set of research based practices that individuals can use to increase their mindfulness about their own development and thus their personal learning from experience. Labeled mindful engagement, this process has been used to help students and professionals learn more from experience by engaging in processes including, establishing a learning mindset, setting development goals, actively experimenting within an experience, seeking feedback, regulating emotions, and engaging in active reflection to distill lessons learned. This workshop will present the mindful engagement framework and involve participants actively in applying the various practices of mindful engagement to their current situations.

## WK3 From Grief to Gratitude: Implementing Positive Psychology's Gratitude Interventions in Recovery from Loss

**K. Gallup, The Gallup Institute for Personal Freedom, LLC, Kennebunk, ME, USA**

Drawing upon twenty years as an educator, professional counselor, and motivational speaker, and utilizing positive psychology as her primary inspiration and approach, facilitator Kingsley Gallup, MA, LPC, NCC, DCC will discuss gratitude as a powerful healing agent in grief recovery. She will examine specific gratitude interventions from the field of positive psychology and their applicability and effectiveness with counseling clientele. Grief is part of the human experience. It's that unwelcome intruder in our human journey. But as Kingsley will discuss, it need not color the whole of our existence. Managed well, clients can move through grief without it becoming a chronic condition. Finding gratitude is a fundamental means of doing so. Perhaps it's gratitude for insight and wisdom, for the chance to learn and grow. Maybe there is a spiritual lesson we have learned. Perhaps we see how grief has made us richer and more complete. Even in the depths of despair,