

6TH POSITIVE PSYCHOLOGY TOUR WITH MARTIN SELIGMAN



SHAPING THE FUTURE

VIENNA
NOVEMBER 10. - 12. 2023
AUSTRIA CENTER VIENNA

MARTIN **SELIGMAN** JOACHIM **BAUER** KIM **CAMERON** MARKUS
EBNER ANDREA **FUCHS** EVA **JAMBOR** JUDITH **MANGELSDORF**
ALFRED **PRITZ** GABRIELLA **ROSEN** **KELLERMAN** WILLIBALD
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SEILER ALENA **SLEZÁČKOVÁ** PHILIP **STREIT** INGRID **TEUFEL**

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Akademie
Kind Jugend Familie



TOMORROWMIND - SHAPING THE FUTURE

POSITIVE PSYCHOLOGY TOUR 2023 WITH MARTIN SELIGMAN

The Positive Psychology Tour is a series of events organized since 2009 by the Seligman Europe platform and the Academy for Child, Youth and Family on the initiative of Martin Seligman. The goal was and is to bring Positive Psychology to Europe and to make its research results and especially its practical application, accessible to a broad audience.

There are three main things at stake here. First: The glass is half full and not half empty. Second: We discover and live our strengths instead of our weaknesses. Third, we act instead of complaining.

This is probably crucial today, because it is about how we can create a successful tomorrow today in business, education and school, coaching, consulting and therapy. How do we want to live, how do we want to work, how can we use potentials? It's all about the „future spirit.“ This is the focus of the 6th Positive Psychology Tour.

Gabriella Kellerman and Martin Seligman are coming since their new book „Tomorrowmind: Thriving at Work with Resilience, Creativity and Connection – Now and in an Uncertain Future“ was published in May. In their book, they show how we can develop creativity, vision, foresight and adaptability to set positive developments in the world of work and in society in motion.

Alongside Martin Seligman and Gabriella Kellermann, experts such as Kim Cameron, Willi Ruch, Alena Slezáčková, Joachim Bauer, Gunther Schmidt, Gabriele Sauter and Judith Mangelsdorf provide inspiration with their mindsets and their work in the field of Positive Psychology. They discuss fascinating theories and, most importantly, practical suggestions on how we can unleash our strengths, improve our communication, strengthen our resilience, and realize our vision for the future.

The 6th Positive Psychology Tour is a unique opportunity to get acquainted with the latest findings and methods of Positive Psychology and to exchange ideas with like-minded people. The congress is aimed at everyone who is interested in their personal and professional development and wants to actively shape the future.





PROGRAM

Thursday 09.11.2023 09:00-16:00

Workshop special with Kim Cameron

Positively Energizing Leadership: The Practical Tools

Friday 10.11.2023

09:00 - 16:00 Pre-Congress Workshops

Philip Streit Strong & Positive: Shaping the Future

Gabriele Sauberer Positive Communication

Joachim Bauer The Self and its Mind

17:00 **Philip Streit** Opening, Welcome

17:30 **Willibald Ruch** Developing Strengths - Shaping the Future

18:45 **Alfred Pritz** Blessing in Disguise

20:00 **Champagne Reception** – Toast to the „Spirit of the Future“

Samstag 11.11.2023

08:30 **Kim Cameron** The Secret of Positive Energizing

10:00 **Leopold Seiler** Future - A Positive Philosophical Approach

11:00 **Alena Slezáčková** Hope in the Face of Despair: Expectations towards Future Scenarios and the Role of Hope in Posttraumatic Growth

12:15 **Eva Jambor & Ingrid Teufel** Best Practice: PERMA Teach

12:30 Lunch Break

13:30 **Gunther Schmidt** Journey into the Times of Solution

15:15 **Markus Ebner** Leading into the Future with Positive Leadership

16:30 **Joachim Bauer** Loss of Reality - How Digital Products and Virtual Worlds Take Possession of Us

18:30 **Reception and Networking**

Sonntag 12.11.2023

08:30 **Gabriella Rosen Kellerman** Future Proofing the Workplace*

10:00 **Gabriele Sauberer** Words Enabling the Future

11:00 **Judith Mangelsdorf** Looking into the Sun - How Existential Experiences Lead the Way to a Brighter Future

12:15 **Andrea Fuchs** Best Practice: PERMA Lead at Hotel Sans Souci Vienna

12:30 Lunch Break

13:30 **Philip Streit** The Good Future in Therapy and Consulting

15:00 **Martin Seligman** Tomorrowmind: Tools for a Good Future*

17:00 End of Congress

WORKSHOP WITH KIM CAMERON

Kim Cameron will offer a workshop on "*Positive Energizing Leadership - Practical Tools*" on the day before the congress, **Nov. 09th 2023**, from 09:00h to 16:00h.
More information on: www.akjf.at and www.tomorrowmind.at



FRIDAY, 10.11.2023

The **Pre-Congress Workshops** offer you the opportunity to deal intensively with various topics of Positive Psychology and to learn from renowned experts. You can choose from three exciting offerings.

In "**Strong & Positive: Shaping the Future**" **Philip Streit** uses a practical furiouso to reveal how you can combine the basics of Positive Psychology and New Authority into a unique practical package to successfully master everyday life and challenges in education, school, and the workplace.

Gabriele Sauberer shows you how you can use Positive Psychology to improve your communication to make it more constructive. In her workshop "**Positive Communication**" you will also learn how to use positive words in a targeted way to reinforce your messages and create positive emotions.

Joachim Bauer lets you dive into the reality-shaping power of our thoughts in his workshop, "**The Self and its Mind**". Recent technological (digital) and philosophical (transhumanist) trends favor or pursue a dissolution of reality and seek its replacement by virtuality and simulation. This dangerous trend involves the risk of a „digital mysticism,“ a regression behind the enlightenment, and a dissolution of the self.

The pre-congress workshops are an ideal preparation for the subsequent congress **„Tomorrowmind - Shaping the Future“**.

17:00 h Congress Opening by **Philip Streit**

17:30 h **Willibald Ruch** "**Developing Strengths – Shaping the Future**"

He brings the latest research results on the assignment of character strengths to virtues. In addition, he describes in a practical way the most up-to-date methods of how we can recognize and enhance our individual character strengths to increase our well-being and performance

18:45 h **Alfred Pritz** "**Blessing in Disguise**"

Specially in difficult situations and crises we learn and grow. Be curious to find out how this works.

After the presentations, all participants are invited to a **champagne reception** to toast „Tomorrowmind“ together. This is the first good opportunity to network with the speakers and other participants.

SATURDAY, 11.11.2023

08:30 h **Kim Cameron** „*The Secret of Positive Energizing*“

Kim Cameron gives an exciting insight into how you can develop positive dynamics in companies and other contexts and thus be able to flourish.

10:00 h **Leopold Seiler** „*Future - A Positive Philosophical Approach*“

He reminds us that time has a non-linear basis and explains how philosophy and psychology work together to develop a positive vision of the future.

11:00 h **Alena Slezáčková** „*Hope in the Face of Despair: Expectations towards Future Scenarios and the Role of Hope in Posttraumatic Growth*“

She shows how we can maintain and develop hope in times of crisis and uncertainty and point out the crucial role of hope in posttraumatic growth.

12:15 h **Eva Jambor** und **Ingrid Teufel** *Best-Practice-Beispiel PERMA Teach*

Jambor and Teufel present a project which is carried out at the pedagogical college in lower Austria and is a teacher training program based on the PERMA model of Positive Psychology.

12:30 h **Lunch Break**

for refreshments and networking. Of course, there will also be small breaks between the presentations.

13:30 h **Gunther Schmidt** „*A Journey into Times of Solution*“

The founder of systemic hypnotherapy reveals how to go back to the futures and ahead to useful pasts for an optimal elective present.

15:15 h **Markus Ebner** „*Leading into the future with Positive Leadership*“

He reveals how leadership succeeds - with empirical results on the effectiveness of the PERMA Lead Model he developed and practical examples.

16:30 h **Joachim Bauer** „*Loss of Reality - How Digital Products and Virtual Worlds Take Possession of Us*“

Digital products exert a pull and favor an escape from reality into virtual worlds. Drawing on his new book „Reality Loss,“ Joachim Bauer will reflect on the importance of analog interpersonal encounters for the development of our children, for the mental health of adults, and for humanity within our society.

There will be a reception and the opportunity to network **in the evening**. This is the second good opportunity to exchange ideas and use the unique opportunity to have a chat with the speakers and other participants.

SUNDAY, 12.11.2023

09:00 h **Gabriella Rosen Kellerman** *"Future Proofing the Workplace"*

She will show how we can prepare ourselves and our organizations for the challenges and opportunities of digital transformation. To this end, she will use the PRISMA model to present the 5 most important psychological forces for satisfaction and well-being in the workplace, both at management level and for employees.

10:00 h **Gabriele Sauberer** *"Words Enabling the Future"*

How can we use Positive Psychology to improve our communication to make it constructive. She reveals the secret of positive words and how they can create positive emotions and relationship.

11:00 h **Judith Mangelsdorf** *"Looking into the Sun - How Existential Experiences Lead the Way to a Brighter Future"*

There is magic in every beginning, but there is also great potential in every turning point in life. This lecture focuses on how to create a better future out of existential experiences

12:15 h **Andrea Fuchs** *Best-Practice PERMA-Lead at Hotel Sans Souci Vienna*

Learn from the positive effects of the program on the working atmosphere, customer satisfaction and the economic success of the hotel.

12:30 h **Lunch Break**

13:30 h **Philip Streit** *"The Good Future in Therapy and Consulting"*

On the basis of many case examples, he presents a positive-system-therapeutic model of therapy and counseling, which instead of problem analysis puts positive experience in the foreground and strives for flourishing and well-being.

15:00 h **Martin Seligman** *"Tomorrowmind: Tools for a Good Future"*

Look forward to Martin Seligman's masterful way of showing you the way to „Tomorrowmind“ using the best of Positive Psychology, Prospective Psychology and Agency. A once-in-a-lifetime opportunity.



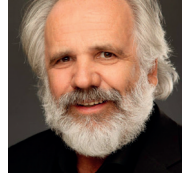
Martin Seligman is the founder of Positive Psychology and a professor at the University of Pennsylvania. His research has unique practical value and is applied far beyond the boundaries of academia. He is also world-renowned for the Theory of Learned Helplessness, Prospective Psychology, and his research on Agency.

SPEAKERS



Kim Cameron is a world-renowned organizational psychologist who revolutionized the perspective on leadership styles with his approach of Positive Leadership. Currently, his focus is on positively energizing leadership

Philip Streit is a psychologist and psychotherapist, CEO of the Institute and Academy for Child, Youth and Family in Graz, coordinator of Seligman Europe, president of APPA and member of the Council of Advisors of IPPA



Gabriella Rosen Kellerman is a renowned psychiatrist and author. She is the co-founder and CEO of Better - Up, a coaching and personal development platform

Markus Ebner holds a doctorate in business and organizational psychology and teaches at the Universities of Vienna and Klagenfurt. He has developed the PERMA Lead Model



Alena Slezáčková is a professor of psychology at Masaryk University in Brno. She is the leading researcher on Posttraumatic Growth in Europe

Judith Mangelsdorf is Germany's first full professor of Positive Psychology at DHGS. She is director of the German Society for Positive Psychology and co-founder of the umbrella organization for Positive Psychology



Joachim Bauer is a physician, neuroscientist, professor emeritus at the University of Freiburg, expert in neuroimmunology and psychotherapist. His books, among others „The Cooperative Gene“ are bestsellers

Willibald Ruch is professor emeritus of personality psychology at the University of Zurich. Along with Christopher Peterson, he is the world's leading expert in character strengths research



Alfred Pritz is a psychologist, psychoanalyst. He is the founder of the Sigmund Freud Private University and holder of the Golden Decoration of Honor for Services to the Republic of Austria

Leopold Seiler is managing partner of SAM - Seiler Asset Management and founder of the platform Microfinance.at. He is also known as a philosophical practitioner



Gunther Schmidt is the founder of Systemic Hypnotherapy, director of the Milton Erikson Institute Heidelberg, member of the board of Metaforum and a true great in coaching and therapy

Andrea Fuchs is a successful hotel manager and leader. She is the director of Hotel Sans Souci in Vienna, which is known for its quality and positive leadership style



Gabriele Sauberer is the director of the Institute for Language and Communication in Vienna. She is the founder of the Positive Psychology Platform YIPPIE and a board member of EUPPA

Eva Jambor and **Ingrid Teufel** are educators and trainers for Positive Education. They train educators according to the PERMA Teach model





PRICES

Congress

3-Day-Pass (Congress Only) € 300,-

Pre-Kongress Workshops

Joachim Bauer € 160,-

Gabriele Sauberer € 120,-

Philip Streit € 120,-

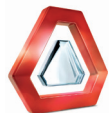
Combined ticket when booking congress and workshop(s) -10%

Workshop with Kim Cameron

09.11.2023

Positively Energizing Leadership € 180,-

VENUE



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Bruno-Kreisky-Platz 1, 1220 Vienna

Registration and further information

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