



**POSITIVE  
PSYCHOLOGIE**

● Resonanz ● Stärken ● Sinn ● Erfolg

**Akademie**  
Kind Jugend Familie



## 5<sup>th</sup> Positive Psychology Tour

21. 06. - 04.07. 2019

Adler · Ahrens · Bauer · Baumeister · Biswas-Diener · Brohm-Badry · Cameron · Cole  
Ebner · Ebner · Flowers · Fritz-Schubert · Goehler · Heinzlmaier · Horx · Janssen  
Kaltenbrunner · Laireiter · Lehofer · Lichtinger · Popp · Rashid · Ruch · Schmidt · Schröder  
Seligman · Slezácková · Streit · Strolz · Varga von Kibéd · Wiesner-Kulovits · Wohlkönig · Wolficz

Graz

Hamburg

Götzis/Bregenz

### Positive Psychology and the Future of Society

Since 2009 the Positive Psychology Tour with Martin Seligman is organized by Seligman Europe and the Academy for Child, Youth and Family. So far, the tour took place in Vienna, Berlin, Zurich, Prague and Wrocław. By now Positive Psychology is a highly important part in education, coaching, therapy, health, economy and so on. More and more people believe in the power of Positivity and the use of strengths for a successful process of development and change. How relevant is Positive Psychology nowadays in our society? That's exactly what the 5th Positive Psychology Tour will be about.

First of all the tour will come back to where it all started: It'll take place in Graz from the 21<sup>st</sup> to the 23<sup>rd</sup> of June, 2019. The focus there will be the contribution of Positive Psychology concerning counselling, therapy and coaching.

One week later, from 29<sup>th</sup> to 30<sup>th</sup> of June, the big congress "Human Progress" will take place in Hamburg, where the socio-political relevance of Positive Psychology will be discussed.

The relevance of Positive Education and the connection to Positive Leadership and Positive Management will be the focus from 01<sup>st</sup> to 04<sup>th</sup> of July in Bregenz.

Martin Seligman can be experienced at all three locations with new contributions and together with some more of the biggest names in the fields of psychology, therapy, leadership and coaching.

**-50%**  
For Students

## The Future of Therapy, Counselling and Coaching

Positive interventions are effective. There's a lot of scientific proof which is why modern coaching, counselling and therapy concentrates more and more on progression of potential and development, instead of curing problems and symptoms. This is the trend of the future.

How Positive interventions can help in that case, will be analysed in Graz from the 21<sup>st</sup> to the 23<sup>rd</sup> of June in Graz. Someone who knows this is **Robert Biswas-Diener**, the worlds best known Positive Coach. We're looking forward to his workshop on the 21st of June. Also in Graz will be **Tayyab Rashid**, who will introduce his new book "Positive Psychotherapy". **Anton Laireiter** will be talking about the outstanding success of Positive Psychotherapy in Austria.

**Alena Slezakowa**, presumably Europe's most famous expert concerning Posttraumatic Growth, Positivity and Hope, will close the event on Saturday.

On Sunday **Michael Lehofer** will talk about Love: If and how it can be used in a therapeutic context.

**Gunther Schmidt**, developer of the Hypnosystemic Therapy will then ask the crucial question: Is it possible to combine Positive Psychology and Hypnosystemics?

In the afternoon **Philip Streit** will discuss his approach of Prospective Psychotherapy, a therapy that works with the future.

**Martin Seligman** will conclude the Graz tour stop with "The Hope Circuit". This will be much more than a talk about his autobiography. You can look forward to the newest information about Positive and Prospective Psychotherapy.

## Programm

### Precongress

Steiermarkhof, Graz

*Freitag / 21. 06. 2019*

09:00 Robert Biswas-Diener

-17:00 Workshop  
Positive Coaching Tools

### Congress

Steiermarkhof, Graz

*Saturday / 22. 06. 2019*

08:00 Check-in

08:30 Opening by Alfred Pritz  
Direcotor of Sigmund Freud  
University Vienna

09:00 Robert Biswas Diener  
Hybrid, Positive Coaching

10:30 Break

11:00 Tayyab Rashid  
Positive Psychotherapy

12:30 Lunch Break

14:00 Anton Laireiter  
Positive Psychotherapy  
in Austria

15:30 Break

16:00 Alena Slezakowa  
Posttraumatic Growth

17:00 Ende of the first day

*Sunday / 23. 06. 2019*

08:30 Check-in

09:00 Michael Lehofer  
Is there a Therapy of Love?

10.30 Break

11:00 Gunther Schmidt  
Can Hypnosystemic and  
Positive Psychology Come  
Together?

12:30 Lunch Break

14:00 Philip Streit  
Prospective Psychotherapy

15:00 Break

15:30 Martin Seligman  
The Hope Circuit

17:00 End

# Contributors



**Martin Seligman** teaches at the PENN University in Philadelphia and is the head of the Positive Psychology Centre. Known worldwide for his theory of Learned Helplessness he was able to establish Positive Psychology as a part of scientific psychology. Furthermore, he is a founder of the Prospective Psychology.



**Robert Biswas-Diener** is an expert in Positive Coaching and passes on his knowledge about this topic at the Portland State University. His research explores the connection of income, culture and wellbeing.



**Anton Laireiter** is a professor for psychology at the University of Salzburg and does research on the topics of Clinical, Positive and Gerontological Psychology. His focus currently lies on the evaluation of Positive Psychotherapy.



**Michael Lehofer** is a psychiatrist and psychologist, professor for psychiatry and the medical director of the hospital "Landeskrankenhaus Graz Süd-West".



**Tayyab Rashid** conducts his research at the University of Toronto. He was awarded multiple times for his work in clinical psychology and also teaches at other universities like Princeton, Paris and Melbourne.



**Gunther Schmidt** is an medical doctor and a specialist for Psychosomatic Medicine and psychotherapy in Heidelberg and head of the SysTelios private hospital for psychosomatic health development. He was a student of Milton Erickson.



**Alena Slezácková** is the head of the Academic Centre of Positive Psychology of the Masaryk University in Brno. The focus of her research is Posttraumatic Growth.



**Philip Streit** is the head of the Institute for Children, Youth and Family, member of the IPPA Board of Advisors and the coordinator of Seligman Europe, the Austrian Positive Psychology Association (APPA) and the European Positive Psychology Academy (EUPPA).

# Hamburg

## Human Progress – The Congress

Where will humankind go? How will our societies develop? What role will psychology, in particular Positive Psychology and other sciences play? These are the topics at the Congress in Hamburg and the setting of this Congress will be interdisciplinary.

**Philip Streit** will start with putting forth the assumption that the world is a whole lot better than we tend to believe. **Roy Baumeister**, founder of the Pragmatic Propection, will clarify why it's the responsibility of each human which future he or she builds for him- or herself. **Renée Schröder**, world famous biochemist from Vienna, will be discussing, how feminine human progress is. **Reinhold Popp** picks up the question what the working and educational scene will be like in the future. **Steve Cole**, professor at the Genetics Lab of the University of Los Angeles will show the newest findings concerning how Positivity can influence our genes and our health. In the afternoon **Roland Wolfig** will show for the first time a glimpse of his work: Scrum, Agile Working and Positivity. **Kim Cameron**, leading expert on Positive Leadership, asks the questions: Is a Positive Economy possible? The finale of the first day will be conducted by **Joachim Bauer** and **Matthias Varga von Kibèd**, who will talk together with **Philip Streit** about "What do Humans and Societies need for a Grandchild-Friendly Future?".

The evening will lead into a reception with sparkling wine, finger food and talk to the contributors.

On Sunday morning **Adrienne Goehler** postulates and justifies an unconditional basic income and you'll be surprised who wants this the most. **Matthias Horx**, a well-known European future researcher, tries to answer the question of how humane Artificial Intelligence is. **Gunther Schmidt** will talk about Human Progress from a hypnosystemic point of view. **Stefanie Ahrens** will show her expertise in the field of Positive Partnership and it's necessity. The accomplished youth culture researcher **Bernhard Heinzlmaier** will then asks the question: What future will the youth of tomorrow have and which support do they need?

**Betty Sue Flowers** will be another highlight of this afternoon. She is the grandmaster of the Narrative Approach and has worked with many international politicians. She'll discuss how a positive narrative of a future society might look like.

**Martin Seligman** will then be the highlight of the congress. He is going to discuss that a profound change in our society is bound to happen.

## Programm

### Congress

*Katholische Akademie, Hamburg*

#### Saturday / 29. 06. 2019

- 08:00 Check-in and admission
- 08:30 Opening
- 09:00 **Philip Streit**  
Why Humanity is Better than We Think.
- 09:45 **Roy Baumeister**  
How Humans can build their Future  
(A Theory of Pragmatic Propection).
- 10:30 Break
- 10:45 **Renée Schröder**  
How Feminine is Progress?
- 11:30 **Reinhold Popp**  
Brave New Working World. What Comes,  
What Leaves and What Will Stay?
- 13:00 Lunch Break
- 14:00 **Steve Cole**  
Genetic Research, Positivity and the  
Future of Human Health.
- 14:45 **Roland Wolfig**  
Agile Positive Working.
- 15:30 Break
- 16:00 **Kim Cameron**  
Is a Positive Economy Possible?
- 17:00 Break
- 18:00 **Joachim Bauer & Matthias Varga von Kibèd**  
im Gespräch mit **Philip Streit**  
"What do Humans and Societies Need for a  
Grandchild-Friendly Future?".
- 20:00 Reception with Sparkling Wine and Canapés

#### Sunday / 30. 06. 2019

- 09:00 **Adrienne Goehler**  
Why We Need a Basic Income.
- 09:45 **Matthias Horx**  
How Humane is Artificial Intelligence.
- 10:30 Break
- 10:45 **Gunther Schmidt**  
Human Progress: Thoughts from a  
Hypnosystemic Point of View.
- 11:45 **Stefanie Ahrens**  
Positive Partnerships are our future.
- 12:30 Lunch Break
- 14:00 **Bernhard Heinzlmaier**  
What Does the Future hold for The Youth?
- 15:00 **Betty Sue Flowers**  
What is the Narrative of a Positive  
Future Society?
- 16:00 Break
- 16:15 **Martin Seligman**  
The Tiger Comes.
- 17:30 End of congress



**Martin Seligman** teaches at the PENN University in Philadelphia and is the head of the Positive Psychology Centre. Known worldwide for his theory of Learned Helplessness he was able to establish Positive Psychology as a part of scientific psychology. Furthermore, he is a founder of the Prospective Psychology.



**Bernhard Heinzlmaier** has been working in the field of youth research for over two decades, he is a founder of the Institute of Youth Research and since 2003 he has been its honorary president. He is the leader of the market research company factory in Hamburg.



**Stefanie Ahrens** is a trainer for Positive Psychology and NLP. She is known for the concept of Positive Partnership, with which she focuses on positive personal relationships.



**Matthias Horx** is Germany's best known future researcher. Furthermore, he is a publicist and a consultant. His focus is the future working environment and a change of values in capitalism.



**Joachim Bauer** is a physician, molecular and neuro biologist with additional education as an internist, psychiatrist and psycho-somatic physician. He is a professor at the universities of Heidelberg and Berlin and currently lives in Berlin.



**Reinhold Popp** is a future researcher and head of the Institute for Future Research in Human Sciences at the Sigmund Freud private University in Vienna. He is also a co-founder and co-publisher of the magazine European Journal of Future Research.



**Roy Baumeister** is professor for social psychology at the University of Queensland. His fields of activity ranges from self-consciousness over sexuality to free will. He has been awarded as one of the most cited professors worldwide.



**Gunther Schmidt** is an economist and a specialist for psychosomatic medicine and psychotherapy in Heidelberg and head of the SysTelios Private Hospital for Psychosomatic Health Development. He was a student of Milton Erickson.



**Kim Cameron** is the founder of the concept of "Positive Leadership" and "Positive Organizational Scholarship". He researches the consequences of reductions in staff, efficiency and the quality of companies cultures.



**Renée Schröder** is professor for biochemistry. She's highly engaged in the promotion of women in science and has been awarded the UNESCO Special Honor Award For Woman in Science.



**Steve Cole** is professor for medicine, psychiatry and bio behavioural science at the UC Los Angeles School of Medicine. In his research he examines and maps how the social surrounding influences our genetic expression.



**Philip Streit** is the head of the Institute for Children, Youth and Family, member of the IPPA Board of Directors and the coordinator of Seligman Europe, the Austrian Positive Psychology Association and the European Positive Psychology Academy.



**Betty Sue Flowers** is the former head of the "Lyndon Baines Johnson Library and Museum". She's best known for co-authoring the book "Presence: Human purpose and the field of future".



**Matthias Varga von Kibéd** is professor for philosophy, logic and science theory at the University of Munich, focusing, amongst other topics, on the method of Systemic Structure Line-Up, basic questions in psychotherapy and is author of numerous publications concerning systemic work.



**Adrienne Goehler** speaks for an unconditional basic income. She was the head of the Academy of Visual Arts in Hamburg and senator for science, research and culture of the state of Berlin.



**Roland Wolfig** is organizational and process consultant with more than 14 years of experience. His focus is Lean and Agile Innovation in Project Management.

## The Future of Positive Education and Positive Leadership

Two things are getting more and more important for us and the organization of our future. First, which education we're getting and second which processes of leadership and cooperation we will experience in our work-environments. These are the topics that will be discussed at the congress in Bregenz, Austria.

**Kim Cameron** will start. In a pre-congress workshop he will introduce the best tools for creating a positive working atmosphere, effective teamwork, finding meaning in work and positive communication. In a nutshell: tools for extraordinary success.

**Michael Wohlkönig**, Sport Psychologist and Mental Coach, will talk about two important terms for success: Grit and decisiveness. He will also talk about what you can do for having a positive continuative mindset on the way towards success. **Alejandro Adler**, a leading researcher of the Penn- Arts and Science Centre will talk about his trips to Butan, Peru and Mexico and how Positive Education is organised there. **Michaela Brohm-Badry**, professor at the University of Trier, asks the important question: How am I motivated to act positively? Before the lunch break **Ernst Fritz-Schubert**, one of the biggest names in Positive Education, comments on why the goal of wellbeing is so important for companies. In the afternoon the hotelier **Bodo Janssen** will take the stage. He will talk about how it's possible to lead a company in a positive and appreciative way. **Markus Ebner** will show the effect of PERMA-Lead on creativity, burn-out risk, sick leave and much more. And **Kim Cameron** will hold a keynote about networks of positive energy and their importance concerning employee engagement and exceptional success of companies using this network.

On Wednesday the 3rd of July, the day will start off with **Willibald Ruch**, who will present thrilling news from his book about character strengths and virtues. For **Joachim Bauer** relationship is the key for successful learning and teaching. He will proof this with the help of neuro science. **Ulrike Lichtinger** then will report on the model Flourishing SE (Schulentwicklung), which is unique in the Austrian educational system. Furthermore, **Robert Kaltenbrunner** will explain how development in staff satisfaction and employer attractiveness can go hand in hand.

In the Afternoon **Stefanie Stückelschweiger**, **Bertram Strolz** and **Brigitte Wiesner-Kulovits** show how Positive Education is practiced in the Stiftsgymnasium Admont and the Gymnasium Mehrerau. Then **Philip Streit**, author of the book "Leading with New Authority" will balance theories and practical thoughts about New Authority and Positive Psychology in an educational and managerial context. **Martin Seligman** will be the highlight and finale. His topic: Positive Education and Human Development.

## Programm

### Precongress

Bregenz, Collegium Bernardi

Monday / 01. 07. 2019

09:00- Kim Cameron

17:00 Workshop: Positive Leadership  
Tools for Extraordinary Success.

### Congress

Götzis, Kulturbühne Ambach

Tuesday / 02. 07. 2019

08:00 Check-In

08:30 Opening

08:45 Michael Wohlkönig

Mindset and Grit: The Keys to Success.

09:45 Alejandro Adler

Positive Education in Buthan, Peru and Mexico.

10:45 Break

11:00 Michaela Brohm-Badry

Motivation and Positive Psychology.

12:00 Ernst Fritz-Schubert

Business Objective: Wellbeing

13:00 Lunch Break

14:00 Bodo Janssen

Leading with Meaning and Humanity.

15:00 Markus Ebner

Strength Based Leadership.

Break

16:00 Kim Cameron

Relationship Energy- A Key for Engagement and Extraordinary Success.

17:15 End of day 1

Wednesday / 03. 07. 2019

09:00 Willibald Ruch

Current Developments in Character Strengths.

10:00 Joachim Bauer

Teaching and Learning in Resonance.

Break

11:30 Ulrike Lichtinger

School Development with Flourishing.

12:15 Robert Kaltenbrunner

Best-Practice: Positive Leadership as the key to long-term growth and organizational development.

13:00 Lunch Break

14:00 Stefanie Stückelschweiger/Bertram

Strolz/Brigitte Wiesner-Kulovits  
Positive Education at Example Schools in Vorarlberg and Admont.

15:00 Philip Streit

New Authority and Positivity in Education, Guidance and Leadership.

Break

16:00 Martin Seligman

Positive Education and Human Development.

16:15

17:15 End of congress

Thursday / 04. 07. 2019

Students Meeting



# Contributors



**Martin Seligman** teaches at the PENN University in Philadelphia and is the head of the Positive Psychology Centre. Known worldwide for his theory of Learned Helplessness he was able to establish Positive Psychology as a part of scientific psychology. Furthermore, he is a founder of the Prospective Psychology.



**Alejandro Adler** is a professor at Columbia University and focuses on well-being, skills and public policy. He further contributes to the United Nations and is a close confidant of Martin Seligman.



**Joachim Bauer** is a physician, molecular and neuro biologist with a schooling as internist, psychiatrist and psycho-somatic physician. He's the author of many publications and is a guest professor at the International University Berlin.



**Michaela Brohm-Badry** is professor at the University Trier and engages in motivational research and the connection of it to Positive Psychology.



**Kim Cameron** is the founder of the concept of "Positive Leadership" and "Positive Organizational Scholarship". He researches the consequences of reductions in staff, efficiency and the quality culture of companies.



**Markus Ebner** teaches and researches at the University Vienna. He has got years of experience as a leader and coach in the field of leadership, communication psychology and team development.



**Ernst Fritz-Schubert** is the founder of the Fritz-Schubert-Institute of Personality-development. He developed the school subject "Luck" which is thought at many schools in Germany.



**Bodo Janssen** is an entrepreneur and inventor of the Upstalsboom Way. He owns a hotel chain in which he was able to increase employee satisfaction with the help of Positive Psychology by 80%.



**Robert Kaltenbrunner** is the executive director of Hiking Days and works with leaders, teams and organisations with a special focus on hypnosystemic coaching and non-violent resistance.



**Ulrike Lichtinger** is a professor for school development and head of the Institute for School Development, further- and continuing education at the Educational Academy in Vorarlberg. Her focus is on positive school development with "Flourishing SE".



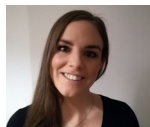
**Willibald Ruch** is a professor for personality psychology at the University of Zurich. He is a founder and a management board member of the International Positive Psychology Association.



**Philip Streit** is the head of the Institute for Children, Youth and Family, member of the IPPA Board of Directors and the coordinator of Seligman Europe, the Austrian Positive Psychology Association and the European Positive Psychology Academy.



**Bertram Strolz** is a psychotherapist and social pedagogist in Vorarlberg. As a companion of families, children and teenagers, but also in his work as a school and organizational developer and inclusive Gestalttherapist he is a strong advocate for the Positive Psychology. He is a founder of the Academy for Positive Psychology in Vorarlberg.



**Stefanie Ebner** teaches French and Chemistry at the Stiftsgymnasium Admont. She has been one of the driving forces of the intervention research project at the school.



**Brigitte Wiesner-Kulovits** studied economy and economical psychology, she is a organizational developer and a co-founder of the Strength Institute in Graz and the Academy of Positive Psychology in Vorarlberg.



**Michael Wohlkönig** is clinical-, sports- and health psychologist in Graz. He works with the principles of Positive Psychology. His goal is to find strengths and potential, to support in crucial parts of peoples lives and to inspire to find passions rather than trying to better weaknesses.

**-50%**  
For Students

## Informationen

### Tickets and Pricing:

#### Single Tickets Congress

Graz, Hamburg, or Götzis/Bregenz

€ 390,-

#### Single Tickets Precongress

Graz or Götzis/Bregenz

€ 250,-

#### Double Package:

2 of 3 Locations

€ 720,-

#### Triple Package:

3 of 3 Locations

€ 950,-

### Registration

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### Further Information

[www.akjf.at](http://www.akjf.at)

[www.seligmaneurope.com](http://www.seligmaneurope.com)

[www.euppa.at](http://www.euppa.at)

### Target Audience

Coaches, Trainers, Psychologists, Psychotherapists, Physicians, Life- and Social Consultants, Leaders Educators, Teachers and everyone who's interested.

Can be credited as a profession specific training.

Organized by:



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