**Positive Psychology Summit 2000: Building a Positive Human Future**

October 13 – 15, 2000

The Gallup Organization

Washington, DC

**Purpose and Schedule of Events**

Positive Psychology articulates a vision of a positive human future that is empirically sound, understandable, and attractive. It investigates the actions that lead to well being, to positive individuals, and to flourishing corporations and communities. Positive Psychology documents the kinds of lives that lead to fulfillment, the kinds of families that result in the healthiest children, the work environments that support the greatest productivity and satisfaction, and the policies that result in the strongest civic commitment.

Until recently psychology gave us only scant knowledge of what makes life worth living. Psychology understood quite a bit about how people survive and endure under conditions of adversity. But such an exclusive focus on pathology and victims is of decreasing relevance to a nation at peace, in economic surplus, and in relative social harmony. The new field of Positive Psychology is about how normal people might flourish under benign conditions – the thriving individual and the thriving community. Positive Psychology changes the focus of psychology from preoccupation with repairing the worst things in life to building the best things in life.

The field of Positive Psychology at the subjective level is about positive experience: well being, optimism, hope, happiness, and flow. At the individual level it is about the character strengths – the capacity for love and vocation, courage, interpersonal skill, aesthetic sensibility, perseverance, forgiveness, originality, future-mindedness, and genius. At the group level it is about the civic virtues and the institutions that move individuals toward better citizenship: leadership, responsibility, parenting, altruism, civility, moderation, tolerance, and work ethic.

The theme of the Positive Psychology Summit 2000, sponsored by the Gallup Corporation and held in its new Washington headquarters, is "Building A Positive Human Future." Its focus will be on well being, the character strengths, and the civic virtues at home, in schools, and in the workplace.

**Summit Program Committee**:

Ed Diener, Chair

Martin E. P. Seligman

Don Clifton

Jim Clifton

**Preliminary Schedule of Events**

**Friday, October 13**

6:00 pm – 6:30 pm Welcome and Introduction Don Clifton and Ed Diener

6:30 pm – 7:30 pm Positive Psychology: Martin Seligman

A Movement

7:30 pm – 10:00 pm Cocktail Reception

**Saturday, October 14**

8:00 am – 8:45 am First, Break All The RulesMarcus Buckingham

8:45 am – 9:30 am Human Progress Through Non-Zero

Sum Interactions Robert Wright

9:45 am – 11:15 am **SIMULTANEOUS SYMPOSIA**

**A.** Benefits of Positive Affect at Work Alice Isen

Creating Meaning in Work: Amy Wrzesniewski

Jobs, Careers, Callings

Satisfying Work Barry Staw

**B.** The Struggle to Be Strong: Sybil & Steve Wolin

Resilience as Process

11:30 am – 12:30 pm Evaluating Experience: Daniel Kahneman

Moments and Memories

1:00 pm – 2:00 pm Lunch Session: Bag Lunch

Mastery and Performance Beliefs Carol Dweck

Doing Good for Self and Society: Mark Snyder

The Psychology of Volunteerism

2:15 pm – 3:45 pm **SIMULTANEOUS SYMPOSIA**

**A.** Civic Engagement Kathleen Jamieson

**B.** Learned Optimism in the Workplace Karen Reivich

Andrew Shatte

4:00 pm – 5:00 pm The Blank Slate, The Noble Savage , Steve Pinker

and The Ghost in the Machine

**Sunday, October 15**

8:30 am – 9:15 am The Benefits of Pleasant Emotions and Happiness Ed Diener

9:30 am – 11:00 am **SIMULTANEOUS SYMPOSIA**

**A.** Elevation and the Positive Moral Emotions Jon Haidt

Laughter, Smiling, and the Sublime Dacher Keltner

Emotion Regulation: James Gross

Making the Most of Our Emotions

**B.** Positive Interventions Corey Keyes, Chair

Hope as the Essence of Positive Change C. R. Snyder

Hope Interventions Shane Lopez

The Role of Positive Youth: Jacquelynne Eccles

Development for Successful Transitions to Adulthood

11:15 am – 12:15 pm Discussion on the Future of Positive Psychology Mike Csikszentmihalyi

(Tentative)

12:30 pm – 1:30 pm Lunch Session: Bag Lunch

Pheromones and the Embodiment of Social Support Martha McClintock

1:45 pm – 3:15 pm **SIMULTANEOUS SYMPOSIA**

**A.**  **Positive Processes**

What the Motivated Mind Sees: Sandra Murray:

#### The Nature of Resilient Relationship Beliefs

The Tyranny of Freedom Barry Schwartz

Self-Control: Roy Baumeister

A Key to Success and Well-being

**B.** **Emotion Forecasting and Recall**

Mispredicting Happiness Dan Gilbert

A Cautionary Note: Jonathan Schooler

The Pursuit of Happiness Can Be Self-Defeating

Why Happiness is Like Food Tim Wilson

3:30 pm – 4:30 pm The Importance of Positive Self-Image Claude Steele

And Group Image