



BUCKINGHAMSHIRE
NEW UNIVERSITY
EST. 1891

10th MAPPiversary Special Celebratory Applied Positive Psychology Symposium & Festival



The Centre for
Positive Psychology

Sat. 16th – Sun 17th July 2022, Buckinghamshire New University, Aylesbury Campus

DRAFT PROGRAMME

SATURDAY 16th July 2022 (9.30am-6.15pm)

(Please note that all session timings include a 5 min transition time to move between rooms,
and that room allocations are subject to change)

9.00 - 9.30 (30 mins)

Arrival/Reception (Atrium Hall – Ground Floor) – Sign in and tea/coffee

9:30 – 9:45 (10 mins)

JOINT WELCOME ADDRESS (MAPP Team and sponsor PP Net/Guild) – Room: A2 18/19 (2nd floor)

9:45 – 10.20 (30 mins)

OPENING KEYNOTE: Yannick Jacob (School of Positive Transformation) –
Towards a Unified Theory of Positive Psychology Coaching? Lessons Learned About Integration

PARALLEL SESSIONS

Strand A (Room A1.07/08 – 1st floor)

Strand B (Room A2 18/19 – 2nd floor)

Chair: Dr Matthew Smith

Chair: Dr Ceri Sims

10.20 – 10.40 (15 mins)

Talk 1a: Ruth Cooper-Dickson & Hanna Kampman (UEL) - Exploring the experiences of coaches working on the edge: Trauma, Post-Traumatic Growth, and Coaching.

Talk 1b: Ruth Howard (BNUa) - Disseminating Positive Psychology Research and Practice: Storytelling to Promote Understanding of Neurodiversity and Inclusion.

10.40 – 11.00 (15 mins)

Talk 2a: Kimberley Wakefield (BNUa) - From Ashes to Beauty: An Autoethnographic Account of Post-Traumatic Growth & its Impact in a Post-Pandemic World

Talk 2b: Lee Silver (BNUa) - A Framework of PPIs to Aid Enhancing the Potential of Adults with Dyslexia to Thrive

11.00 – 11.20 (15 mins)	Talk 3a: Sarah Monk (BNU) – The Long-Term Effects of Mindful Self-Compassion Training: A Qualitative Study	Talk 3b: Mary Mosoeunyane (BNUa) - Critical Race Theory: Tool for Race-Dialogue in Changing the Landscape of 3rd Wave PP
11.20 – 11.40 (20 mins)	BREAK - POSTERS / STALLS / INSTALLATIONS (Atrium Hall – Ground Floor)	
11.40 – 12.00 (15 mins)	Talk 4a: Derek Tate (BNUa) - Mindful Ascending for Flowing Descending: Can Teaching Alpine Ski Instructors Mindfulness Strategies Foster More Flow Experiences on the Slopes?	Talk 4b: Sue Roberts Taylor (BNUa) – Visibly Flourishing: The Role of Positive Psychology in the Wellbeing of People with a Visible Difference of Appearance
12.00 – 12.45 (40 mins)	WORKSHOP 1a: Anna Hatchard & Jane Dennis (BNUa) – Laughter Yoga & Inclusion (Room A1.19)	WORKSHOP 1b: Sumaera Hasan (BNU) - Playing with Strengths Using the Lego Serious Play Methodology (Room A2.17)
12.45 – 1.45 (1 hour)	LUNCH - POSTERS / STALLS / INSTALLATIONS (Atrium Hall – Ground Floor)	
1.45 – 1.05 (15 mins)	Talk 5a: Nikki Ayles (BNUa) - Nature Nurture: Sensory Engagement as a Pathway to Nature Connectedness and Ultimate Wellbeing	Talk 5b: Dan Collinson (BNU) – Does Strengths-Based Leadership Stimulate Employee Intrinsic Motivation?
1.05 – 2.25 (15 mins)	Film: Heather Grant (BNU) - Wild Garlic Hunting and Other Ways to Savour Nature	Talk 6b: Ceri Sims (BNU MAPP Co-Course Leader) – Pupil Leadership Identity in a Secondary School

	Strand A (Room A1.07/08 - 1 st floor)	Strand B (Room A2 18/19 - 2 nd floor)	Strand C (Room: A1.19 – 1 st floor)	Strand D (TBC)
2.25 – 3.15 (45 mins)	WORKSHOP 2a: Romy Brooks & Nicola Morgan (BNUa) - Positive Play Keeps the Doctor at Bay! (Improv Drama) Room A2.17	WORKSHOP 2b: Dan Collinson (BNU) - Strengths-Based Leadership at Work to Increase Motivation	WORKSHOP 1c: Anya Pearce (BNU) - Positively Impacting Ourselves to Positively Impact Others	SIGN UP AT PP IN COACHING STALL FOR Sarah Hunt (BNU) - Free Strengths Profile Feedback (2.25 onwards)
3.15 – 3.35 (20 mins)	BREAK - POSTERS / STALLS / INSTALLATIONS (Atrium Hall – Ground Floor)			
3.35 – 4.25 (45 mins)	WORKSHOP 3a: Siobhan Connolly-Hogan (BNUa) - Befriend Your Inner Critic (Room TBC – office?)	WORKSHOP 3b: Ceri Sims & Nikki Ayles (BNU) – Coaching Outdoors (Please bring suitable footwear/clothing)	(LONG) WORKSHOP 1c (Room 3.35 – 6:05): Kate McAllister (BNU) – Appreciative Inquiry Taster (Room A2.17 – 2nd Floor)	
4.25 – 5.15 (45 mins)	WORKSHOP 4b: Josef Mattes (BNUa) - Harmonious Movement – Less Effort, More Learning (Feldenkrais) (Room A1.19)	WORKSHOP 4b: Graduates of the PP in Coaching Course (BNU) - Appreciative Coaching	↓	
5.15 – 6.05 (45 mins)		WORKSHOP 5b: ‘At My Best’ demonstration		
6:05 – 6:15 (10 mins)	Closings (MAPP Team & sponsor PP Net/Guild) – Room A2.18/19 – 2 nd floor			



SUNDAY 17th July 2022 (9:30am-5pm)

9.00 - 9.30 (30 mins)

Arrival/Reception/Tea & Coffee (Atrium Hall – Ground Floor)

PARALLEL SESSIONS

Strand A (1st floor Room A1.07/08)

Chair: Dr Ceri Sims

Strand B (2nd floor Room A2.18/19)

Chair: Dr Matthew Smith

9.30 – 9.50 (15 mins)

Talk 1a: Corrine Thomas (BNUa) – Exploring the Psychological Resources Business Analysts Develop for Work Role Adaptability and Resilience

Talk 1b: Matthew Rodda (BNUa) – Enabling Wellbeing as a Leadership and Management Capability Within the Royal Air Force

9.50 – 10.10 (15 mins)

Talk 2a: Gilda Scarfe (U Penn) – Building Mental Toughness in Education Through Positive Psychology Interventions

Talk 2b: Urszula Wolski (BNU) – Patient Behaviour and Social Interaction: Positive Technologies – The Digiatics Project

10.10 – 10.30 (15 mins)

Talk 3a: Jane Jennison (ARU) – Positive Psychology Summit: UK

Talk 3b: Margaret Rioga (BNU) – Courage in the Face of Fear: A Reflection on the COVID-19 Pandemic

10.30 – 11.00 (30 mins)

POSTER SESSION (Atrium Hall – Ground Floor)

11.00 - 11.20 (20 mins)

BREAK - POSTERS / STALLS / INSTALLATIONS (Atrium Hall – Ground Floor)

11.20 – 11.40 (15 mins)	Talk 4a: <i>Josef Mattes</i> (BNUa) - Aspects of Flourishing in Modern Psychology and Ancient Philosophies: Flow, Epoche, Wu-wei and Upekkha.	Talk 4b: <i>Sarah Cramoysan</i> (BNU) - It's Not Just Personal! Are the Psychological Well-being Effects of Gratitude Different if There is No Obvious Benefactor?	
11.40 – 12.00 (15 mins)	Talk 5a: <i>Genevieve Cseh</i> (BNU MAPP Co-Course Leader) – title TBC – Creativity, Flow, Multidimensions of Emotion & PP	Talk 5b: <i>Piers Worth</i> and/or <i>Matthew Smith</i> (BNU) – PP Post-Pandemic	
12.00-12.30 (30 mins)	CLOSING KEYNOTE: <i>Piers Worth</i> (BNU) - Reflections on 10 Years of the MAPP (2 nd Floor Room A2.18/19)		
12.30 – 1.30 (1 hour)	LUNCH – POSTERS / STALLS / INSTALLATIONS (Atrium Hall – Ground Floor)		
	Strand A (1 st floor Room A1.07/08)	Strand B (2 nd floor Room A2.18/19)	Strand C (1 st floor Room: A1.19)
1.30 – 2.20 (45 mins)	WORKSHOP 1a: <i>Sarah Lewis</i> (ARU) - Taking Positive Psychology to the Workplace	WORKSHOP 1b: <i>Omid Alaei</i> (BNUa) – Meaning-Based Coaching	WORKSHOP 1c: <i>Jackie Wade</i> (BNU) - How to Start Your Own Flourishing Business Post-MAPP Journey - The Vital Ingredients
2.20 – 3.10 (45 mins)	WORKSHOP 2a: <i>Philippa Thomas</i> (UEL) - Off the Beaten Track: How the Lived Experience of Long-Term Travellers Can Help Identify Other Under-Developed Areas of PP Enquiry & Reframe Our Lives	WORKSHOP 2b: <i>Romy Brooks</i> (BNUa) - Layers of Meaning Creative Expression Room A2.17	SHORTER WORKSHOP 2c: <i>Emma Kerins</i> (BNU) - How to Create a Wellness Toolkit to Reduce Stress (30 mins to 2.55)
3.10 – 3:30 (15 mins)	Talk 6a: <i>Kim Furnish & Bryony Shaw</i> (BNUa/?) - Applied Positive Psychology - The Gift That Just Keeps Giving	SHORT WORKSHOP 3b: <i>Nicola Morgan</i> (BNUa) – Poetry Therapy Meets PP Room A2.17	SIGN UP AT PP IN COACHING STALL for <i>Sarah Hunt</i> (BNU) - Free Strengths Profile Feedback (2.55 onwards)
3.30 - 3.50 (20 mins)	BREAK - POSTERS / STALLS / INSTALLATIONS (Atrium Hall – Ground Floor)		
3.50 - 4.50 (1 hour)	MAPP BIRTHDAY PARTY! (Room: TBC – Possibly Atrium Hall) - Cake, Alumni Flash ‘Speeches’, Disco, etc (open to suggestions!)?		
4.50 - 5.00 (10 mins)	Closings / Room for Overtime		

OTHER PRESENTATIONS ETC:		
<p>STALLS:</p> <ol style="list-style-type: none"> 1. PP Guild 2. Appreciative Coaching (Ceri & PP Coaching Course) 3. Derek Tate 4. Anya Pearse/Museum of Happiness 5. Sarah Lewis (ARU) – Workplace PP (<i>note: would like to upgrade to more central location</i>) 6. Deckhive? 	<p>POSTERS or DISPLAYS:</p> <ol style="list-style-type: none"> 1. <i>Sumaera Hasan</i> - Analysis and Development of Strengths Constellations Using the LEGO SERIOUS PLAY Method for Application in Personal and Professional Goal Setting. 2. <i>Debbie Perry</i> (BNU) – Visualising Emotional Responses to Music 3. <i>Urszula Wolksi</i> (BNU) - Physical Activity, Happiness and Wellbeing Under Lockdown 4. <i>Shelli Norris</i> - My Mixtape of Music Emotions 5. <i>Piers Worth</i> (BNU) - Tailoring Positive Psychology Interventions to a Recipient’s Age: How Individual Needs Change at Different Times of Adult Life 6. <i>Josephine Allan</i> (UEL) - Resilience Enhancing Character Strengths for a Positive Childbirth 7. <i>Romy Brooks</i> – Rewilding & Tree Sculpture 8. <i>Daisy and other Year 1s</i> (BNU) – 10 Positive Emotions Posters 9. <i>Preeti Sumal</i> (BNU) - A Model for Developing Existential Significance in the Workplace: A Systematic Narrative Review 10. <i>Genevieve Cseh</i> (BNU) – P8ivity (and/or) 11. <i>Genevieve Cseh (and Kristin Thompson?)</i> (BNU) - Wider Implications of Nature-Based Wellbeing Interventions for Humans and Wildlife 12. <i>Rowena Bracken</i> (BNU) – Strength-Based Coaching Designed to Improve Teacher Wellbeing and Reduce Burnout 	<p>FESTIVAL IDEAS...(open to more suggestions!)</p> <ol style="list-style-type: none"> 1. Face Painting (Sunday PM) 2. Pop-Up PP Choir (Alex Steele) 3. Disco! (DJ Sims & The Gang ;-) 4. ‘Light’ PPIs? 5. ‘Creative’ Room? (Room TBC) 6. ‘The Sea’ Nature/Meditation Room - <i>Daisy Forster</i> (BNU) - (Room TBC)