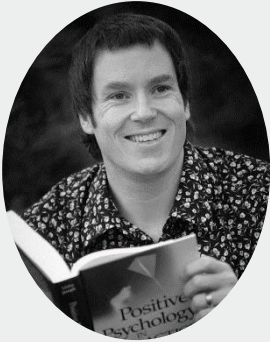


# Dr Aaron Jarden

lecturer, researcher, scientist, influencer, innovator



## PERSONAL DETAILS

Name: Dr Aaron Jarden  
Birthday: 24<sup>th</sup> of October, 1976  
Nationality: New Zealand  
Languages: English




## CONTACT

Mobile: +61 421 561 802  
Home: +61 8 8242 7073  
Email: aaron@aaronjarden.com  
Address: 112/496 Brunswick Street, North Fitzroy, Melbourne, Australia, 3068

## WEBSITE

<http://www.aaronjarden.com>

## LINKS

 [facebook.com/aaronjarden](https://facebook.com/aaronjarden)  
 [twitter.com/aaronjarden](https://twitter.com/aaronjarden)  
 [linkedin.com//in/aaron-jarden-079abb11](https://linkedin.com/in/aaron-jarden-079abb11)

## PROFILE

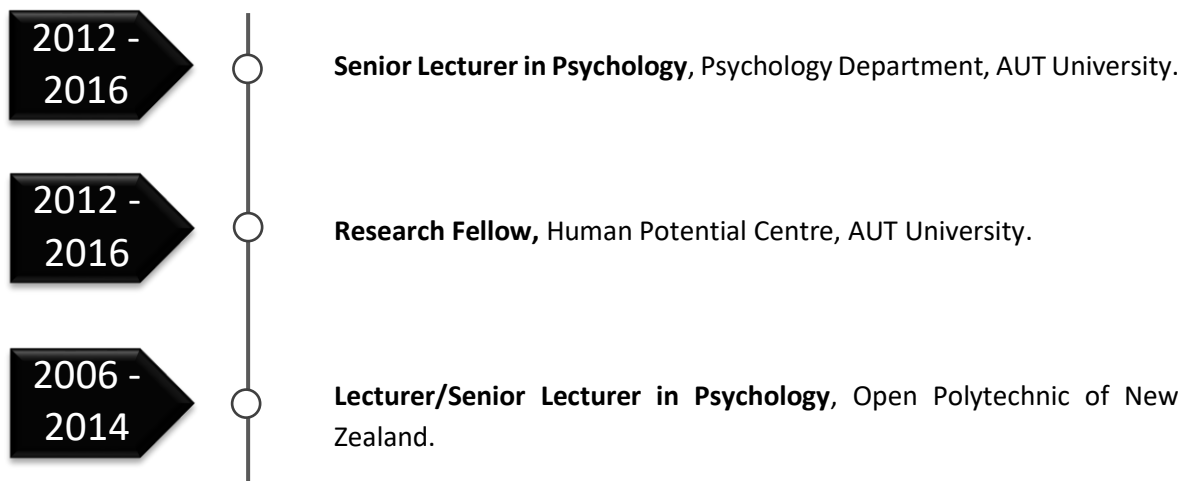
I am currently an Associate Professor at the Centre for Positive Psychology at the Melbourne Graduate School of Education, University of Melbourne, where I coordinate the Masters of Applied Positive Psychology (MAPP) program.

## EDUCATION AND QUALIFICATIONS

- 2011** **Post-Graduate Certificate in Tertiary Teaching**  
Education: University of Otago.
- 2010** **PhD**  
Psychology: University of Canterbury.
- 2003** **Diploma of Computing**  
Computing: Digitrain.
- 2002** **Master of Arts**  
Psychology: Massey University.
- 1999** **Graduate Diploma of Applied Ethics**  
Philosophy: Waikato University.
- 1998** **Bachelor of Social Science**  
Double Major Psychology/Philosophy: Waikato University.

## POSITIONS HELD

- 2018 - Pres** **Associate Professor**, Centre for Positive Psychology, University of Melbourne. Coordinator of the Masters of Applied Positive Psychology (MAPP) program.
- 2017 - 2018** **Head of Research**, Wellbeing and Resilience Centre, South Australian Health and Medical Research Institute. **Senior Research Fellow**, Flinders University.



## TOP CHARACTER STRENGTHS

1: *Social intelligence*: Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.



Social Intelligence

2: *Leadership*: Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organising group activities and seeing that they happen.



Leadership

3: *Prudence*: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.



Prudence

4: *Honesty*: Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.



Honesty

5: *Perspective*: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.



Perspective

- Yearly assessments of my VIA character strengths also reveal the strengths of teamwork, judgement, and love of learning to be consistently in and around the top five (3 to 7 range).
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## TEACHING AND RESEARCH AREAS

Across 16 years of research and teaching in academia, specific focus areas include positive psychology, positive education, wellbeing science, happiness studies, wellbeing policy, health psychology, clinical psychology and mental health, organisational psychology, and psychological assessment. My research program continues to investigate and understand, and then change the determinants of human wellbeing on larger scales.

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## PROFESSIONAL DISTINCTIONS, GRANTS AND AWARDS

### Major Positions

- 2011 - present, Founding Editor, *The International Journal of Wellbeing*.
- 2009 - 2017, President of *New Zealand Association of Positive Psychology*.

### Minor Positions

- Chair of Ethical Guidelines for Positive Psychology Practitioners - working group.
- Education Division *International Positive Psychology Association* - committee member.
- 4<sup>th</sup> *Wellbeing and Public Policy Conference* – conference lead.
- Positive Psychology Advisory Panel, Central Queensland University.
- Chair of *Wellbeing in Higher Education Network*.

### Recent Grants

- 2019 - \$50,000, AI, Supporting graduate nurse wellbeing, work wellbeing and mental health.
- 2019 - \$20,000, AI, Play it up - The science of play.
- 2018 - \$25,676, AI, Travel planning: A collaborative approach working with Seniors to maintain wellbeing when ceasing driving.
- 2018 - \$20,000, CI, Investigating the wellbeing of international Chinese students.
- 2018 - \$30,000, CI, Using mobile apps to build community purpose.
- 2017 - \$20,000, CI, Conceptualisation, prevalence, and impact of wellbeing and resilience in medical and paramedic students.
- 2016 - \$6,144, AI, Investigating psychological wellbeing (flourishing) with community-dwelling older adults with multimorbidity - identifying strength-based interventions.
- 2014 - \$29,000 (USD), AI, *International Journal of Wellbeing* grant.
- 2012 - \$1,200,000, AI, The Sovereign New Zealand Wellbeing Index grant.
- 2011 - \$10,000, CI, Wellbeing and academic success.
- 2009 - \$10,000, CI, Values and academic success.

### Recent Awards

- 2018, Associate Research Fellow, South Australian Health and Medical Research Institute (SAHMRI), Wellbeing and Resilience Centre.
- 2017, Honorary Fellow, *Centre for Positive Psychology*, Melbourne University.
- 2016, AUT 'Leading Researcher' status.
- 2015, Fellow of the *New Zealand Association of Positive Psychology*.
- 2015, Outstanding New and Emerging Lecturer, Auckland University of Technology.

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## SUPERVISION EXPERIENCE

### Completed

- PhD - Kristen Hamling, *Auckland University of Technology* - Emergency Wellbeing: The impact of wellbeing in the emergency services (1st supervisor, now mentor).
- PhD - Sarah Van Rooyen, *Auckland University of Technology* - Mental toughness in lay populations (1st supervisor).
- Doctorate - Johanne Egan, *Auckland University of Technology* - Accentuating the positive: Moving towards a culture that fosters thriving and excellence in the Emergency Department (2nd supervisor, now mentor).
- PhD - Lucy Hone, *Auckland University of Technology* - Positive mental health in New Zealand (2nd supervisor).
- PhD - Dr Jule Kunkel, *Auckland University of Technology* - Using social marketing to promote a positive and healthy lifestyle to New Zealand youth (3rd supervisor/mentor).
- Masters - Amanda Reid, *Auckland University of Technology* - Wellbeing in New Zealand: A reliability and validity study of the Sovereign Wellbeing Index (2nd supervisor). First class hons.
- Masters - Jonathan Ward, *Auckland University of Technology* - Does children's exposure to green space increase physical activity and improve cognition, well-being, and ability to appraise risk? (2nd supervisor). First class hons.
- Masters - Logan Longbourne, *Auckland University of Technology* - Happiness apps: Reinforcing happiness-promoting behaviour through software (2nd supervisor).
- Masters - Taylor Burns, *Auckland University of Technology* - Positive psychology and rehabilitation (1st supervisor, then mentor).
- Masters - Laura-Jane Booker, *Auckland University of Technology* - The Sovereign New Zealand Wellbeing Index: A reliability and validity study (1st supervisor, then mentor).
- Masters - Adrian McPherson, *Auckland University of Technology* - Exploring the relationships among physical activity, diet, cognition and behaviour in children (adviser).

### In Process

- PhD - Wendy Reynolds, *Auckland University of Technology* - Yoga as a self-management tool for health and wellbeing: A study of the flow-on effect of yoga to health, psychological wellbeing and health behaviours/lifestyle (1st supervisor, now mentor).
- PhD - Gazal Kaur, *Auckland University of Technology* - Positive mental health of adolescents: Facilitators and inhibitors (1st supervisor, now mentor).
- PhD - Matthew Iasiello, *Flinders University* - The complete state model of mental health (2nd supervisor).
- PhD - David Meziniec, *University of South Australia* - Positive education in schools on scale and over time: What makes it stick? (3rd supervisor).
- PhD - Minhajul Islam Ukil, *Adelaide University* - Fear of failure: Entrepreneurial intentions formation and resilience: A conceptual framework (2nd supervisor).

- PhD - Jonathan Bartholomaeus, *Adelaide University* - Disentangling the constructs of meaning, purpose and values (2nd supervisor).

The above four students in process from *Auckland University of Technology* are all nearing completion in the next few months. In addition to post-graduate supervision, I have examined five PhDs, seven masters, and four dissertations.

## MEDIA

I have featured in various national and international media, including for example: Psychology Today, The Huffington Post, Live Happy, Mindfood, Radio New Zealand, Radio Live, TV3, TV1, Prime TV, the New Zealand Herald, Stuff, North & South, The Advertiser, and The Dominion Post.

## PEER REVIEWED PUBLICATIONS

(limited to last ten years; further publications listed at [aaronjarden.com](http://aaronjarden.com))

### Journal Articles

Raymond, I., Iasiello, M., Kelly, D., & **Jarden, A.**, & (2019). Program logic modelling and complex positive psychology intervention design and implementation: The Resilient Futures' case example. *International Journal of Applied Positive Psychology*, 1-25, DOI: 10.1007/s41042-019-00014-7

Bartholomaeus, J. D., Van Agteren, J. E. M., Iasiello, M. P., **Jarden, A.**, & Kelly, D. (2019). Positive ageing: The impact of a community wellbeing program for older adults. **Clinical Gerontologist**, 1-10. <https://doi.org/10.1080/07317115.2018.1561582>

Iasiello, M., Raymond, I., **Jarden, A.**, & Kelly D. (2018). Resilient Futures: An individual and system-level approach to improve the wellbeing and resilience of disadvantaged young Australians. *Translational Issues in Psychological Science*, 4(3), 228-244. <http://dx.doi.org/10.1037/tps0000169>

Jarden, R., Schofield, G., **Jarden, A.**, Mackay, L., Hamling, K., Reddy, P., & Duncan, S. (2018). Working women's wellbeing: The prevalence and enablers of flourishing at work. *New Zealand Journal of Psychology*, accepted, pending minor revisions.

Iasiello, M., Bartholomaeus, J., Jarden, A. & Van Agteren, J. (2018). Maximising the opportunity for healthy ageing: Online mental health measurement and targeted interventions. *Telehealth for our Ageing Society*, DOI: 10.3233/978-1-61499-845-7-111

Chopik, W. J., Newton, N. J., Ryan, L. H., Kashdan, T. B., **Jarden, A.** (2017). Gratitude across the life span: Age differences and links to subjective well-being. *Journal of Positive Psychology*, 1-11. DOI: 10.1080/17439760.2017.1414296

- Jarden, A.** (2017). An Interview with Victor J. Strecher. *International Journal of Wellbeing*, 7(2), 78-81.
- Iasiello, M., Bartholomaeus, J., **Jarden, A.**, & Kelly, G. (2017). Measuring PERMA+ in South Australia, the State of Wellbeing: A comparison with national and international norms. *Journal of Positive Psychology & Wellbeing*, 1(2), 53-72.
- Thin, N., Tarragona, M., Wong, P., Jarden, R., Bartholomaeus, J., & **Jarden, A.** (2017). Book review for International Journal of Wellbeing. Estes, Richard J., and M. Joseph Sirgy [eds] (2017) The Pursuit of Human Well-Being: The Untold Global History. Dordrecht: Springer. *International Journal of Wellbeing*, 7(1), 84-92. doi:10.5502/ijw.v7i1.636
- Disabato, D. J., Kashdan, T. B., Short, J. L., & **Jarden, A.** (2017). What predicts positive life events that influence the course of depression? A longitudinal examination of gratitude and meaning in life. *Cognitive Therapy and Research*, 41, 444–458. DOI: 10.1007/s10608-016-9785-x
- Sorensen, S., **Jarden, A.**, & Schofield, G. (2016). Lay perceptions of mental toughness: Understanding conceptual similarities and differences between lay and sporting contexts. *International Journal of Wellbeing*, 6(3), 71-95. DOI: 10.5502/ijw.v6i3.3
- Sorensen, S., Schofield, G., & **Jarden, A.** (2016). A systems-approach model of mental toughness: Understanding inputs, processes and outputs. *Psychology*, 7, 1402-1423.
- Ward, J., Duncan, S., **Jarden, A.**, & Stewart, T. (2016). The impact of children's exposure to greenspace on physical activity, cognitive development, emotional wellbeing, and ability to appraise risk. *Health & Place*, 40, 44-50.
- Hamling, K., **Jarden, A.**, & Schofield, G. (2016). Recipes for occupational wellbeing: An investigation of the associations with wellbeing in New Zealand workers. *New Zealand Journal of Human Resource Management*, 12(2), 151-173.
- Joshanloo, M., & **Jarden, A.** (2016). Individualism as the moderator of the relationship between hedonism and happiness: A study in 19 nations. *Personality and Individual Differences*, 94, 149-152.
- Hone, L., Schofield, G., & **Jarden, A.** (2016). Conceptualizations of wellbeing: Insights from a prototype analysis on New Zealand workers. *New Zealand Journal of Human Resource Management*, 12(2), 97-118.
- Disabato, D. J., Goodman, F. R., Kashdan, T. B., Short, J. L., & **Jarden, A.** (2016). Different Types of Well-Being? A Cross-Cultural Examination of Hedonic and Eudaimonic Well-Being. *Psychological Assessment*, 28(5), 471-482. doi: 10.1037/pas0000209
- Hone, L., **Jarden, A.**, & Schofield, G. (2015). An evaluation of positive psychology intervention effectiveness trials using the re-aim framework: A practice-friendly review. *Journal of Positive Psychology*, 10(4), 303-322.

- Sheldon, K. M., Jose, P. E., Kashdan, T. B., & **Jarden, A.** (2015). Personality strengths, effective goal-striving, and enhanced well-being: Comparing 12 candidate keystone constructs. *Personality and Social Psychology Bulletin*, 41(4), 575-585. DOI: 10.1177/0146167215573211
- Hone, L., **Jarden, A.**, Schofield, G. M., & Duncan, S. (2015). Flourishing in New Zealand workers: Associations with lifestyle behaviours, physical health, psychosocial, and work-related indicators. *Journal of Occupational and Environmental Medicine*, 57(9), 973-983.
- Avsec, A., Kavčič, T., & **Jarden, A.** (2015). Synergistic paths to happiness: Findings from seven countries. *Journal of Happiness Studies*, 17(4), 1389-4978.
- Hone, L., **Jarden, A.**, Schofield, G. M., & Duncan, S. (2014). Measuring flourishing: The impact of operational definitions on the prevalence of high levels of wellbeing. *International Journal of Wellbeing*, 4(1), 62-90. DOI:10.5502/ijw.v4i1.1
- Weijers, D., & **Jarden, A.** (2013). The science of happiness for policymakers: An overview. *Journal of Social Research & Policy*, 4(2), 21-40.
- Hone, L., **Jarden, A.**, & Schofield, G. (2013). Psychometric properties of the Flourishing Scale. *Social Indicators Research*, 114(2), 1-15.
- Jarden, A.**, MacKay, L., White, K., Schofield, G., Duncan, S., Williden, M., Hone, L., & McPhee, J. (2013). The Sovereign New Zealand Wellbeing Index. *Psychology Aotearoa*, 5(1), 22-27.
- Jarden, A.** (2011). An interview with Barbara Fredrickson. *International Journal of Wellbeing*, 1(3), 333-335. DOI: 10.5502/ijw.v1i3.4
- Weijers, D., **Jarden, A.**, & Powdthavee, N. (2011). Promoting research on wellbeing. *International Journal of Wellbeing*, 1(1), 1-3. DOI:10.5502/ijw.v1i1.1
- Jarden, A.** (2011). An interview with Daniel Kahneman. *International Journal of Wellbeing*, 1(1), 186-188. DOI:10.5502/ijw.v1i1.9
- Tuton, D., & **Jarden, A.** (2011). The psychology of happiness. *The Philosophers Magazine*, 52, 53-58.
- Jarden, A.** (2010). Flourish and thrive: An overview and update on positive psychology in New Zealand and internationally. *Psychology Aotearoa*, 4, 17-23.
- Jarden, A.** (2009). Post-traumatic growth: An introduction and review. *New Zealand Clinical Psychologist*, Autumn, 15-18.
- Books and Book Chapters
- Slade, M., Oades, L., & **Jarden, A.** (Eds.), (2017). *Wellbeing, recovery and mental health*. Cambridge: Cambridge University Press.
- Slade, M., Oades, L., & **Jarden, A.** (2017). Why wellbeing and recovery? In Slade, Oades, & Jarden (Eds.), *Wellbeing, recovery and mental health*, pp. 1-6. Cambridge: Cambridge University Press.

- Hamling, K., & **Jarden, A.** (2017). Wellbeing and recovery in the emergency services: How do we care for those who care for us? In M. Slade, L. Oades, & A. Jarden (Eds.), *Wellbeing, recovery and mental health*, pp. 157-168. Cambridge: Cambridge University Press.
- Slade, M, Oades, L., & **Jarden, A.** (2017). Why wellbeing and recovery? In M. Slade, L. Oades, & A. Jarden (Eds.), *Wellbeing, recovery and mental health*, pp. 1-6. Cambridge: Cambridge University Press.
- Weijers, D., & **Jarden, A.** (2017). Wellbeing policy: An overview. In M. Slade, L. Oades, & A. Jarden (Eds.), *Wellbeing, recovery and mental health*, pp. 35-45. Cambridge: Cambridge University Press.
- Jarden, R., **Jarden, A.**, & Oades, L. (2017). Wellbeing policy in Australia and New Zealand. In M. Slade, L. Oades, & A. Jarden (Eds.), *Wellbeing, recovery and mental health*, pp. 207-214. Cambridge: Cambridge University Press.
- Slade, M., Oades, L., **Jarden, A.** (2017). Wellbeing and recovery: A possible future. In M. Slade, L. Oades, & A. Jarden (Eds.), *Wellbeing, recovery and mental health*, pp. 324-332. Cambridge: Cambridge University Press.
- Weijers, D., & **Jarden, A.** (2016). The science of happiness as an instrument in the public policy design: An overview. In D. Gómez- Alvarez, & V. Ortega (Eds.), *Policies and subjective wellbeing: Happiness in the public agenda*, (pp. 149-175.). Banco de Desarrollo de America Latina and Ariel.
- Jarden, A.**, & Jarden, R. (2016). Positive psychological assessment for the workplace. In L Oades et al. (Eds.), *The Wiley-Blackwell handbook of positive psychology at work*, pp. 415-437. Published online: 19 Nov 2016: DOI: 10.1002/9781118977620.ch22
- Weijers, D., & **Jarden, A.** (2016). The International Journal of Wellbeing: An open access success story. In *Open: The Philosophy and Practices that are Revolutionizing Education and Science*, 181-194. London: Ubiquity Press Ltd.
- Jarden, A.**, & Jarden, R. (2015). Applied positive psychology in higher education (Chapter 5). In Marcus Henning, Chris Krägeloh, & Glenis Wong-Toi (eds.), *Student motivation and quality of life in higher education*, 37-44. London: Routledge.
- In addition, I have four articles currently submitted to peer reviewed journals or under review.

## Reports

- Mackay, L. M., Prendergast, K., **Jarden, A.**, & Schofield, G. M. (2015). *Executive Report - Sovereign Wellbeing Index: New Zealand's first measure of wellbeing*. Auckland, Auckland University of Technology. <http://www.mywellbeing.co.nz/mw/reports.html>
- Mackay, L. M., Prendergast, K., **Jarden, A.**, & Schofield, G. M. (2015). *Wellbeing of New Zealanders in later life. Mini-Report 1 from the 2014 Sovereign New Zealand Wellbeing Index*. Auckland University of Technology: Human Potential Centre. <http://www.mywellbeing.co.nz/mw/reports.html>



Mackay, L. M., Prendergast, K., **Jarden, A.**, & Schofield, G. M. (2015). *Wealth and wellbeing in New Zealand. Mini-Report 2 from the 2014 Sovereign New Zealand Wellbeing Index*. Auckland University of Technology: Human Potential Centre. <http://www.mywellbeing.co.nz/mw/reports.html>

Mackay, L. M., Prendergast, K., **Jarden, A.**, & Schofield, G. M. (2015). *Exercise and wellbeing in New Zealand. Mini-Report 3 from the 2014 Sovereign New Zealand Wellbeing Index*. Auckland University of Technology: Human Potential Centre. <http://www.mywellbeing.co.nz/mw/reports.html>

Human Potential Centre. (2013). *Sovereign Wellbeing Index: New Zealand's first measure of wellbeing*. Auckland, Auckland University of Technology.

Ross, C., Bathurst, J., & **Jarden, A.** (2012). *Wellbeing and academic success*. Retrieved from <http://akoaootea.ac.nz/ako-hub/ako-aotea-central-hub/resources/pages/finding-out-if-increasing-student-wellbeing-leads-greater-academic-success>

Blogs, Reviews, Poster Presentations

Poster: **Jarden, A.** (2017). *South Australia - The state of wellbeing: A population approach to wellbeing, a prototype for the world*. Montreal, July.

Blog: **Jarden, A.** (2016). Introducing workplace wellbeing to organizations: The "Me, We, Us" model. *Positive Work and Organizations: Research and Practice*, 1, 1-2.

Blog: **Jarden, A.** (2014). *Why instructors should actively foster student wellbeing*. Available at: <http://nobaproject.com/blog/2014-08-29-why-instructors-should-actively-foster-student-well-being>

Poster: Hacin, K., Matkovic, A., Avsec, A., **Jarden, A.** (2014). *Cross-cultural validation of the Ways of Savouring Scale*, Amsterdam, July.

Poster: Slezackova, A., Dvorakova, S., Potgieter, P., Singh, K., Choubisa, R., **Jarden, A.**, & Howard, F. (2014). *Subjective well-being and social capital: Their link and comparison between Czech, Indian, South African and New Zealand university students*. Amsterdam, July.

Review: Weijers, D., **Jarden, A.**, Angner, E., Burns, G., Chadwick, E., Jose, P., Joshanloo, M., Tarronga, M., & Thin, N. (2013). Review of The Oxford handbook of happiness. *International Journal of Wellbeing*, 3(2), 213-228 DOI:10.5502/ijw.v3.i2.8

Poster: **Jarden, A.** (2013). *The Sovereign New Zealand Wellbeing Index*. Los Angeles, June.

Poster: Bruna, M. O., Hernández, V. C., & **Jarden, A.** (2012). El Programa de los Martes: Un programa de intervención on-line gratuito para incrementar el bienestar (The Tuesday Program: A free intervention program to increase wellbeing). Poster presented at the *First National Congress of Positive Psychology*, El Escorial, Madrid, 15-17 March.

Poster: **Jarden, A.** (2011). *The value in values: Relationships between personal values, and depressed mood and subjective wellbeing*, Auckland, September.

Review: **Jarden, A.** (2011). *Making Australia happy*. New Zealand Mental Health Foundation.

Review: **Jarden, A.** (2010). *Gratitude: How to appreciate life's gifts*. Positive Psychology News Daily.

Poster: **Jarden, A.** (2009). *Can personal values, hope or grit predict academic success?* Philadelphia, USA.

- In addition to poster presentations, I have given over 100 conference presentations and public talks, as outlined at [aaronjarden.com](http://aaronjarden.com)

Non-peer reviewed books

**Jarden, A.**, Slemp, G., Chia, A., Lahti, E., & Hwang, E. (2016). *Positive psychologists on positive psychology* (3rd Vol.). ISBN: 978-0-473-35094-9

**Jarden, A.**, Mercedes Ovejero Bruna, M., Lahti, E., & Zhao, Y. (2013). *Positive psychologists on positive psychology* (2nd Vol.). ISBN: 978-0-473-26660-8

Bowker, N., & **Jarden, A.** (2013). *APA referencing and citing in a nutshell* (2nd ed.). Available from <http://www.aaronjarden.com/aarons-professional-page.html>

**Jarden, A.** (ed.). (2012). Positive Psychologists on Positive Psychology, *International Journal of Wellbeing*, 2(2), 70–149. DOI: 10.5502/ijw.v2i2.0

## PRESENTATIONS

As a prolific presenter, 97 conference and other public presentations over the last ten years are listed at [www.aaronjarden.com/aarons-professional-page.html](http://www.aaronjarden.com/aarons-professional-page.html)

## INNOVATIONS AND INFLUENCE

Over the last 16 years, I have also expanded my experience beyond academia, developing a range of initiatives as a social entrepreneur with a focus on wellbeing. This has involved founding or co-founding many entities that all aim to investigate human wellbeing and improve it on larger scales.

Selected examples include (each hyperlinked):

- [The \*International Journal of Wellbeing\*](#).
- [The \*New Zealand Association of Positive Psychology\*](#).
- [The \*International Wellbeing Study\*](#).
- [The \*Sovereign New Zealand Wellbeing Index\*](#).
- [The \*Tuesday Program\*](#).
- [Camp Wellbeing](#).
- [Open the Door](#).
- [Work on Wellbeing](#).
- [Assessing Wellbeing in Education](#).

- *Wellbeing in Higher Education Network.*
- *Wellbeing Adventure Race.*

## REFEREES

Please notify me prior to making contact with my referees:

1. Professor Todd Kashdan – George Mason University, USA:  
<https://psychology.gmu.edu/people/tkashdan>
2. Professor Paul Jose – Victoria University of Wellington, NZ:  
<https://www.victoria.ac.nz/psyc/about/staff/paul-jose>
3. Gabrielle Kelly – Director, Wellbeing and Resilience Centre, Adelaide:  
<https://www.wellbeingandresilience.com/>