**Positive Psychology Think Tank: Melbourne 2010**

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Brief: Aaron, we would love you to share your experience of getting big projects up and running (challenges, difficulties, opportunities etc). However, this time is really for you to do anything you feel would be worthwhile.

My grounding: Lawn bowls, vice-president, and 40 countries later… From general psychology to ethics to computing to coaching to clinical to positive psych.

Projects: NZAPP, International Wellbeing Study, International Journal of Wellbeing, The Tuesday Program.

Take home messages:

1. Look for the value… What’s important?
2. Win-Wins through the 3 C’s: collaboration, cooperation, & communication (“all behaviour is communication”…
3. Balance risks so you know when to seek forgiveness rather than permission…
4. Pick yourself up, reflect, and move on…
5. Science vs. philosophy. According to the data, or because there is a good reason to do so?
6. Don’t just play to your strengths, play to and enable others strengths also...
7. Regress to questions… (highlights synergies…)
8. Would your mother like it, and could the 14 year old next door both understand it and dig it?
9. Technology, Entertainment, Design...
10. Dress nice, smile a lot, and smell good. Also have lollies on hand...
11. If you’re not failing, you’re doing something wrong…
12. Look out for concrete trucks, and always have a Plan D…
13. Remember why marshmallows are good…
14. Keep reading, keep learning, keep listening, keep asking, keep connecting, keep looking ahead, and most importantly keep going…
15. Get a good chair...