Supercharging Positive Psychology

In this talk I outline 10 strategies that the field of positive psychology could adopt and embrace in order to make a bigger impact than is the case for positive psychology’s current trajectory. Change is needed in order for positive psychology to contribute substantially to increasing global flourishing. After brief clarification of ‘where positive psychology is going’, I focus specifically on how it is going to get to where it aims to go – i.e., when, who, and in particular how it will impact on global wellbeing. Suggested strategies to increase its trajectory include simplifying its messaging, creating more complex empirical studies, reaching beyond academia, expanding teaching platforms, a better dissemination strategy, tailor and combining wellbeing interventions, having a collaborative and transparent plan, addressing the critics, collaborating across the wellbeing sciences, and becoming more entrepreneurial and technology friendly. A review of the science of what has worked to date to increase wellbeing and flourishing is also outlined.