

WHAT IS BIGGER AND BETTER THAN WELLBEING?

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MAPPsaa Summit 2025



Andrea Downie British School Jakarta



WE ARE ALL AIMING FOR WELLBEING,
BUT WHAT IF WE'VE GOT THIS WRONG?

WHAT IF THERE IS SOMETHING
BIGGER AND BETTER THAN
WELLBEING?

WHAT IS MORE IMPORTANT
THAN WELLBEING?

WHAT IS MORE IMPORTANT
THAN WELLBEING?

DISCUSS....

TODAY I WILL SUGGEST THAT:

- WE NEED TO BE BRAVE AND TAKE AN OPEN MIND TO CHANGE
- WE NEED TO THINK BEYOND JUST 'WELLBEING'
- WE NEED TO EMBRACE SYSTEMS SCIENCE

TRANSILIENCE

DEFINED AS TAKING A LEAP FROM ONE
THING OR STATE TO ANOTHER

The etymology of the word comes from the Latin 'transiliens', which is 'to leap across or over'. It can also mean a transition, a change or variation in a particular state. Much of the writing on transilience is with regard to a change in geological formation, and infers the agility and flexibility required to make such a transition in state. Dictionary synonyms for 'transilience' include: sudden progress, advance, big change, giant strides, quantum jump.

TRANSILIENCE

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In my talk today, I am encouraging you to keep an open mind and take a transilient leap about the ends of our endeavors - going beyond wellbeing.



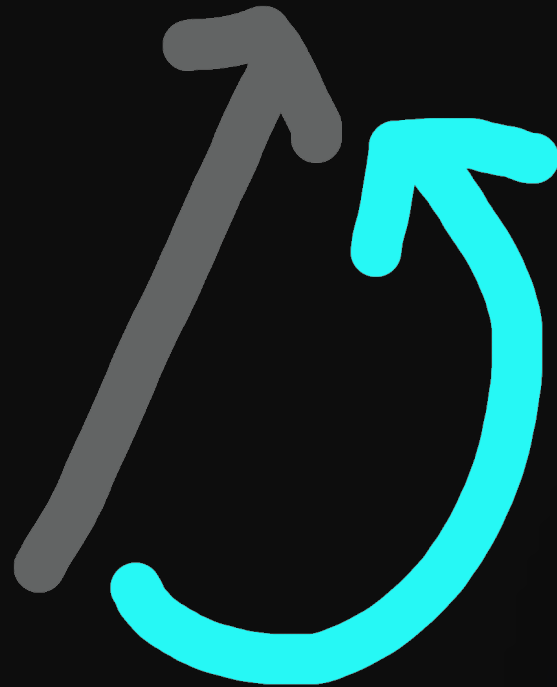
EVENT PARTNER:  newhorizons
ACROSS THE UNIVERSE

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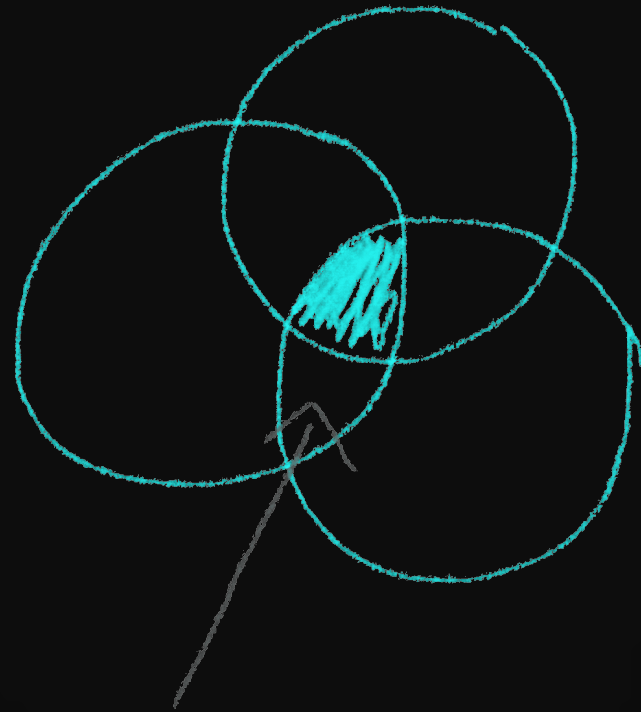
MEDIA PARTNER: **WellBeing**



LINEAR THINKING



DESIGN THINKING



SYSTEMS THINKING



ARE OUR GOOD INTENTIONS
FOCUSING ONLY ON WELLBEING
CAUSING MORE PROBLEMS?

WHAT IS THE FOCUS ON WELLBEING AT
THE EXPENSE OF?

DISCUSS...

WHAT IS PP TRYING TO ACHIEVE?

WHAT IS THE MOONSHOT GOAL?

ECPP

Positive psychology can be defined as “The science and practice of improving **wellbeing**” (Lomas, Hefferon & Ivtzan, 2014). The discipline spans a vast array of topics including, but not limited to: **flourishing**, meaning, strengths and positive relationships. Importantly, positive psychology does not just focus on **happiness** and positivity, recognising the inevitability of difficult and challenging circumstances across the lifespan and their role in human development.

IPPA

The goal of positive psychology is not to replace therapies and interventions that center on coping with or healing from negative experiences, but instead to expand the protocols and processes for helping people to focus on what they do **well** and enable those individuals to **thrive**.

OTHERS

Positive psychology aims to expand psychology from its focus on repairing the negatives in life to also promoting the **positives in life**: From what is wrong with individuals to what is right with them.

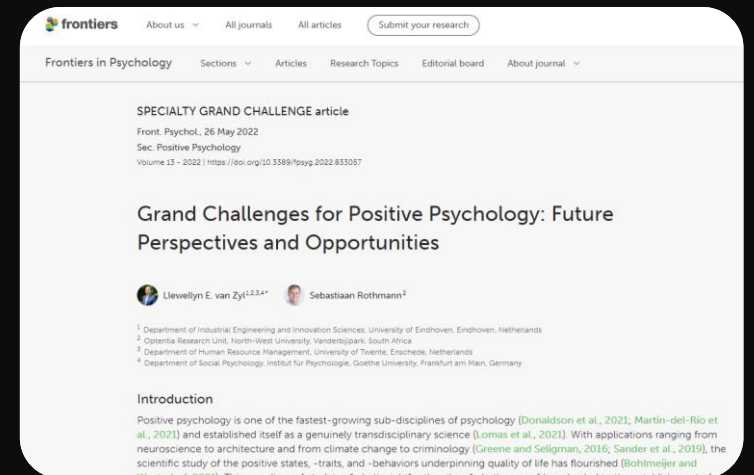
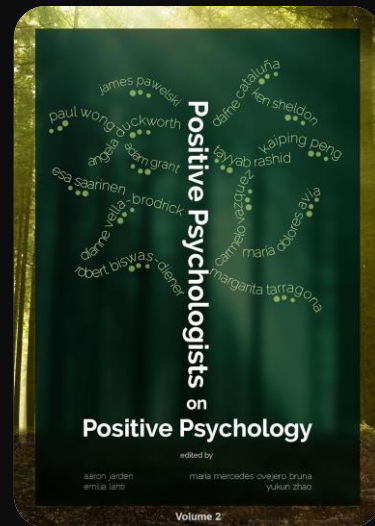
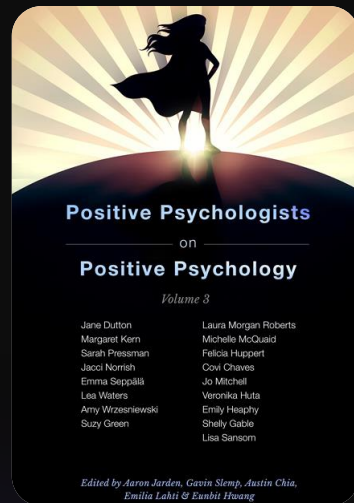
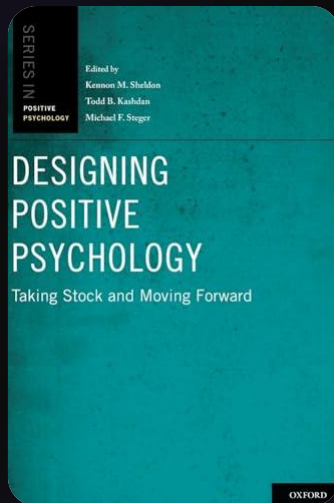
SELIGMAN

Positive Psychology is founded on the belief that people want to lead meaningful and **fulfilling lives**, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

WHAT IS PP TRYING TO ACHIEVE?

WHAT IS THE MOONSHOT GOAL?

There have been various books on the topic, as well as journal articles



POSITIVE PSYCHOLOGY'S GOAL IS
CLEARLY WELLBEING OF SOME
SORT (FLOURISHING, THRIVING)!

WHAT DOES WELLBEING MEAN TO YOU?

WHAT DOES WELLBEING MEAN TO YOU?

DISCUSS...

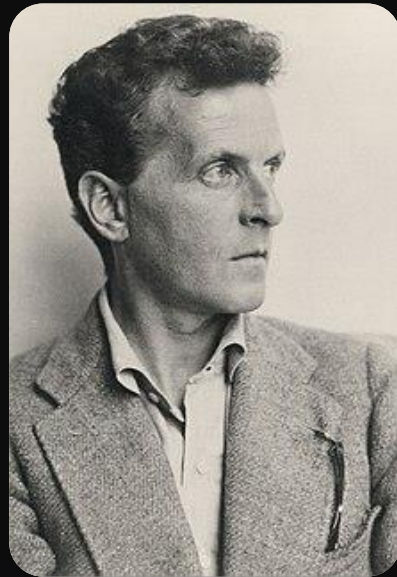
Wellbeing can be understood as how people feel and how they function both on a personal and social level, and how they evaluate their lives as a whole." - Michaelson, J., Mahony, S., & Schifferes, J. (2012).

"How well someone's life is going for them." - Crisp, R. (2014).

n. "a state of happiness and contentment, with low levels of distress, overall good physical and mental health and outlook, or good quality of life" - APA Dictionary.

Wellbeing can be understood as how people feel and how they function both on a personal and social level, and how they evaluate their lives as a whole." – Michaelson, J., Mahony, S., & Schifferes, J. (2012).

"the meaning of a word is its use in the language" (Wittgenstein, 1958, S43).



Similar terms:

- Wellness.
- Flourishing.
- Thriving.
- Life satisfaction.
- Happiness.
- Quality of life.
- Mental health.
- Subjective wellbeing.
- The list goes on...

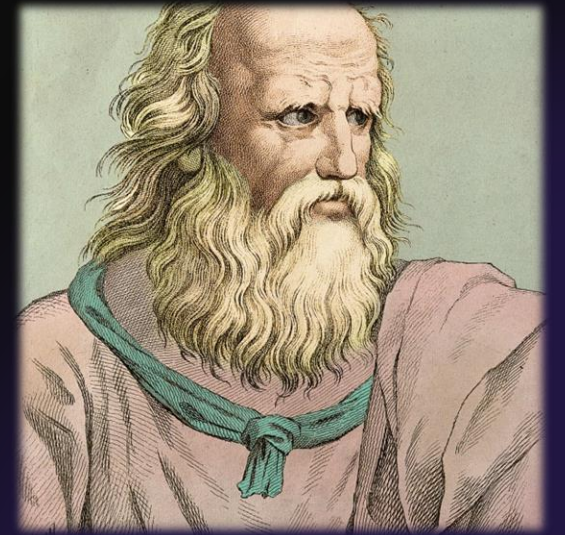
Different disciplinary interest:

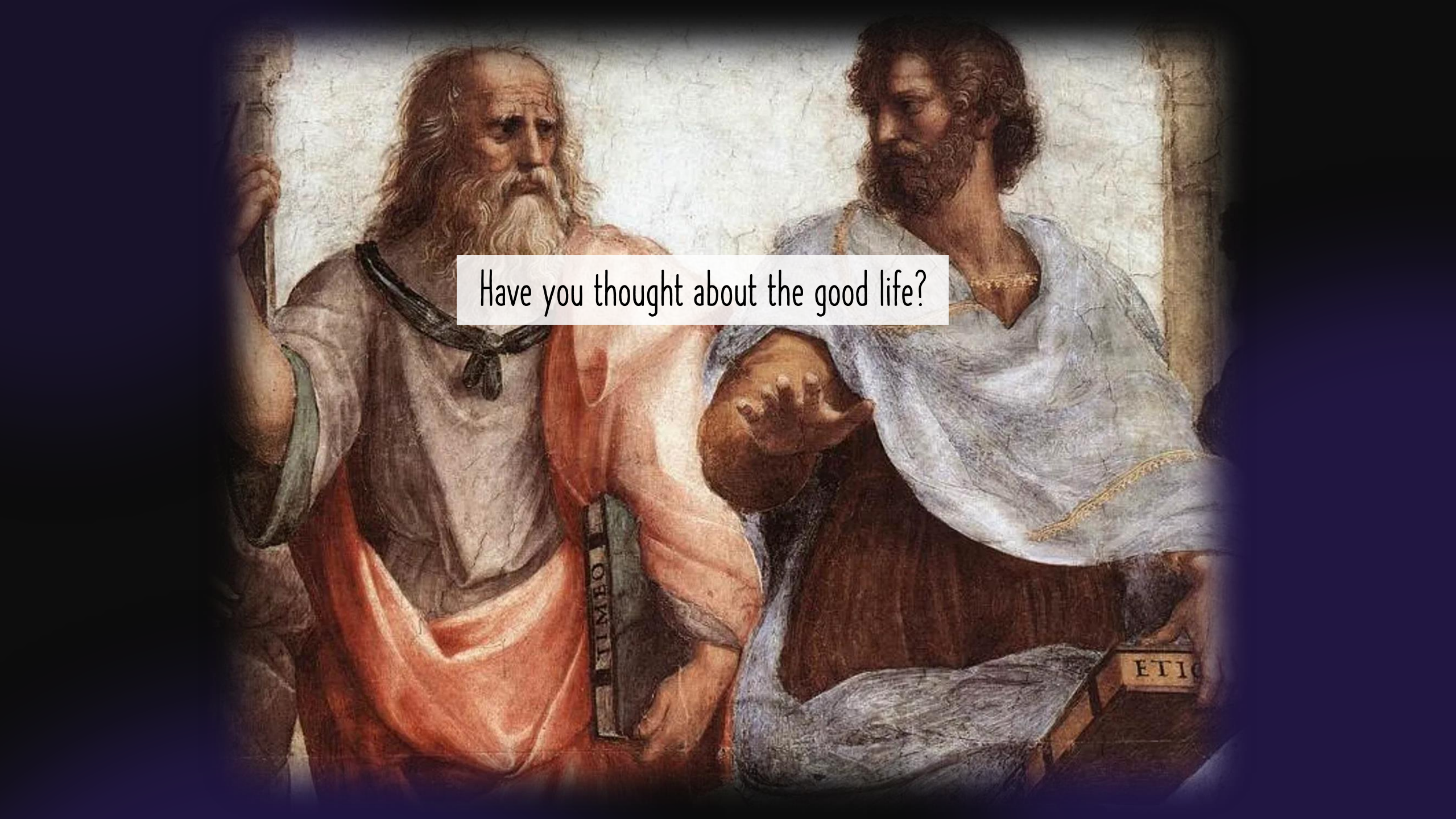
- Philosophy.
- Economics.
- Literature.
- Religious studies.
- Health sciences.
- Developmental studies.
- Psychology: Positive psychology, Clinical Psychology, Counselling Psychology, Coaching Psychology, Humanistic Psychology...

THE GOOD LIFE IN PHILOSOPHY IS MORE THAN WELLBEING

THE GOOD LIFE IS A PHILOSOPHICAL CONCEPT THAT DESCRIBES
THE IDEAL CONDITIONS OF HUMAN EXISTENCE, INCLUDING
VIRTUE, WISDOM, KNOWLEDGE, AND PURPOSE.

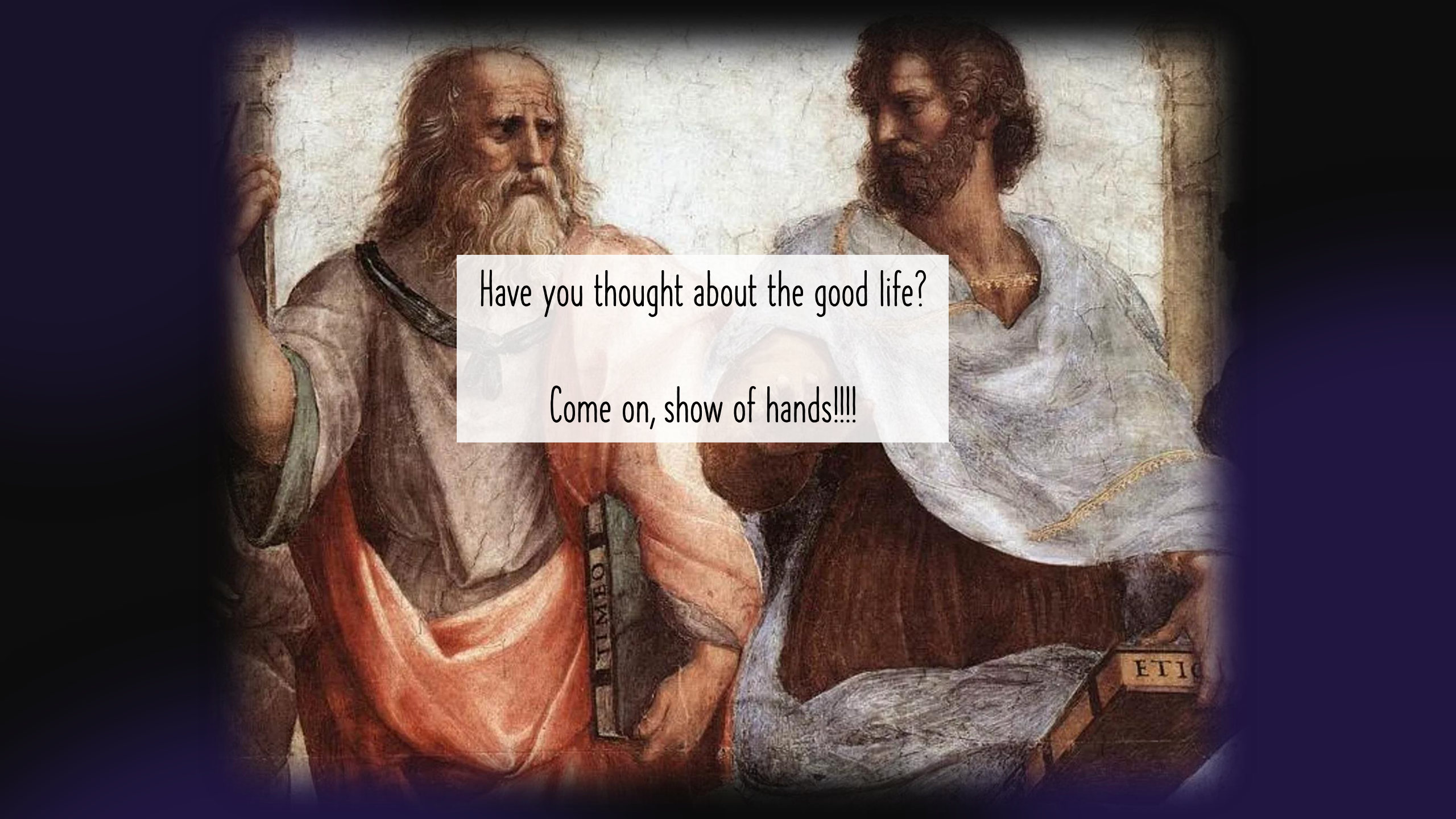
IT HAS ANCIENT ROOTS IN GREEK PHILOSOPHY, WITH THE
EARLIEST KNOWN USE OF "GOOD LIFE" OCCURRING IN PLATO'S
DIALOGUE PHAEDRUS (375 BC).



A detail from Raphael's fresco 'The School of Athens'. On the left, Plato, an older man with a long white beard, wears a white tunic and a red cloak. He holds a book in his left hand and points his right index finger towards the sky. On the right, Aristotle, a younger man with a dark beard, wears a blue tunic and a white cloak. He holds a book in his left hand and gestures downwards with his right hand, palm facing down. A white text box is superimposed over the center of the image, containing the text 'Have you thought about the good life?'. The background shows a textured wall with architectural elements.

Have you thought about the good life?

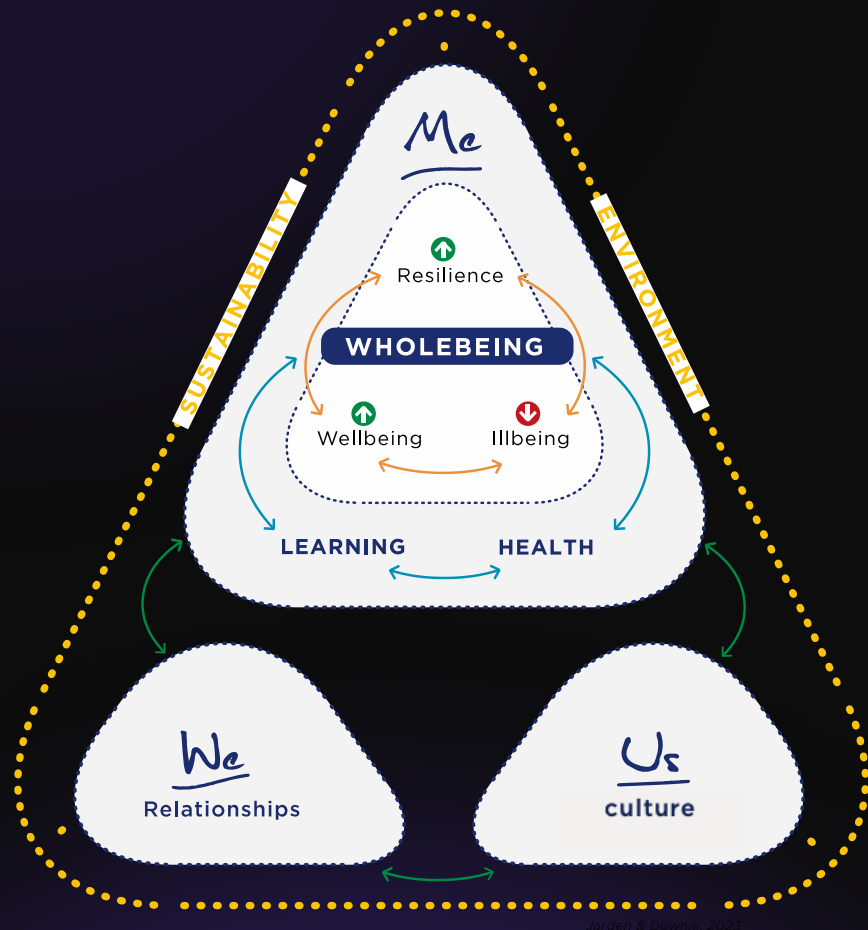
ETIC

A detail from Raphael's fresco 'The School of Athens'. It depicts the philosophers Plato and Aristotle. Plato, on the left, is an older man with a long white beard, wearing a grey robe and a red sash. He holds a book labeled 'TIMEO' and points his right index finger towards the sky. Aristotle, on the right, is a younger man with a dark beard, wearing a blue robe with gold trim. He holds a book labeled 'ETICA' and gestures with his right hand palm-down towards the earth. A semi-transparent white text box is overlaid on the center of the image.

Have you thought about the good life?

Come on, show of hands!!!!

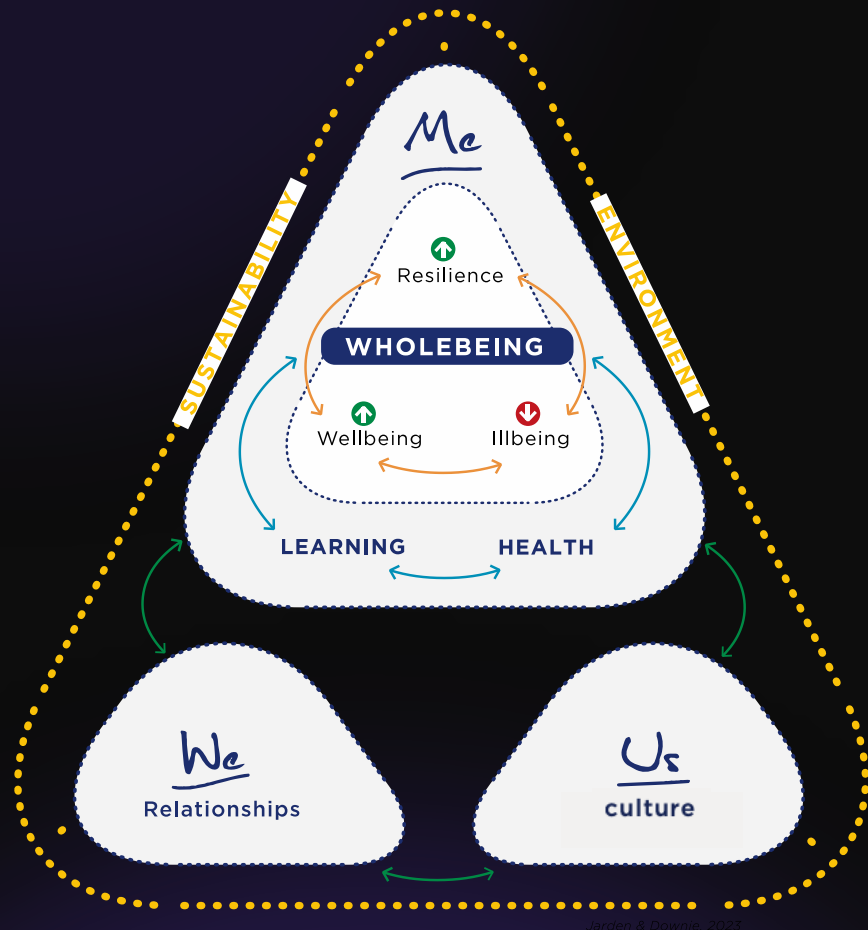
WHERE I'M AT: WHOLEBEING



Wholebeing

Wholebeing is defined as an emergent phenomenon that is the result of high levels of wellbeing, low levels of illbeing, and the presence of resilience. When wholebeing is present in an individual, this quality allows the individual to be more of who they truly are and to live a sustainable good life; to be authentic, values driven, self and other focused, and perform at their best in various environments. We also posit that greater wholebeing is related to greater physical health and learning, and vice versa.

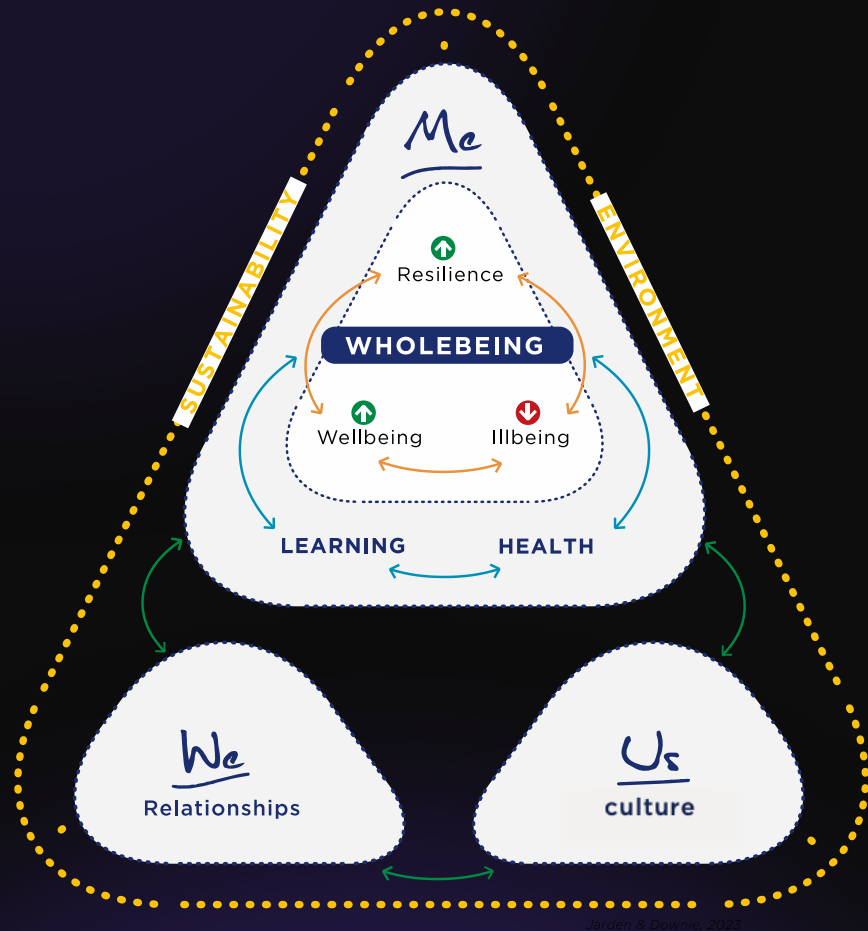
WHERE I'M AT: WHOLEBEING



Wholebeing

The Wholebeing Model encompasses a systems thinking approach, and is underpinned by factors that drive personal growth and performance. It also highlights the persons relationships with others, and to the environment, available resources to them, and the systems they are within (e.g., time, finances, energy). The Me, We and Us represents the interconnected relationships between different systems levels - how we thrive individually, jointly, collectively and in larger groups.

WHERE I'M AT: WHOLEBEING



Wholebeing

Wholebeing specifically looks at how these different areas and leavers interact towards building positive mental health and sustainable flourishing in their education system and context.

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BACK TO WELLBEING...

BACK TO WELLBEING...



TRANSILIENCE

DEFINED AS TAKING A LEAP FROM ONE
THING OR STATE TO ANOTHER



WHOLEBEING ORIGINS





Strathcona
GIRLS GRAMMAR



Strathcona Girls Grammar School is a mid-sized all girl independent school, in Melbourne, Australia.





WHAT IS THE UTOPIAN DREAM?

WHAT END STATE WE WANT TO ACHIEVE?

WHAT IS THE WORLD WE WANT TO LIVE IN?



WHAT DREAM?
WHAT END TO ACHIEVE?
WHAT IS THE WAY TO LIVE IN?

CREATING THE WORLD WE WANT TO LIVE IN

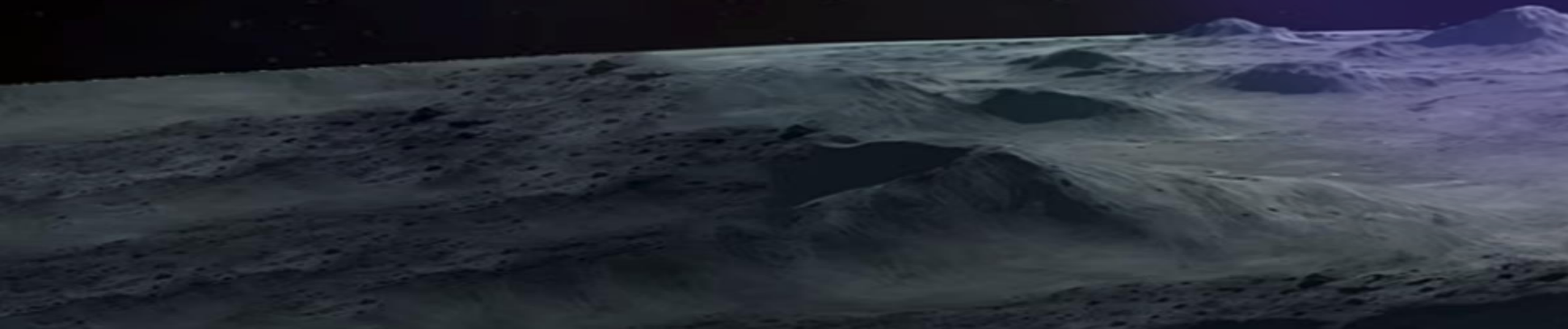


How Positive Psychology Can
Build a Brighter Future

Bridget Grenville-Cleave,
Dóra Guðmundsdóttir, Felicia Huppert,
Vanessa King, David Roffey,
Sue Roffey and Marten de Vries



WE NEED TO FOCUS MORE ON WHAT SUCCESS
LOOKS LIKE FOR POSITIVE PSYCHOLOGY



AND HOW THIS SUCCESS HELPS WITH
REAL WORLD PROBLEMS!

AND HOW THIS SUCCESS HELPS WITH
REAL WORLD PROBLEMS!

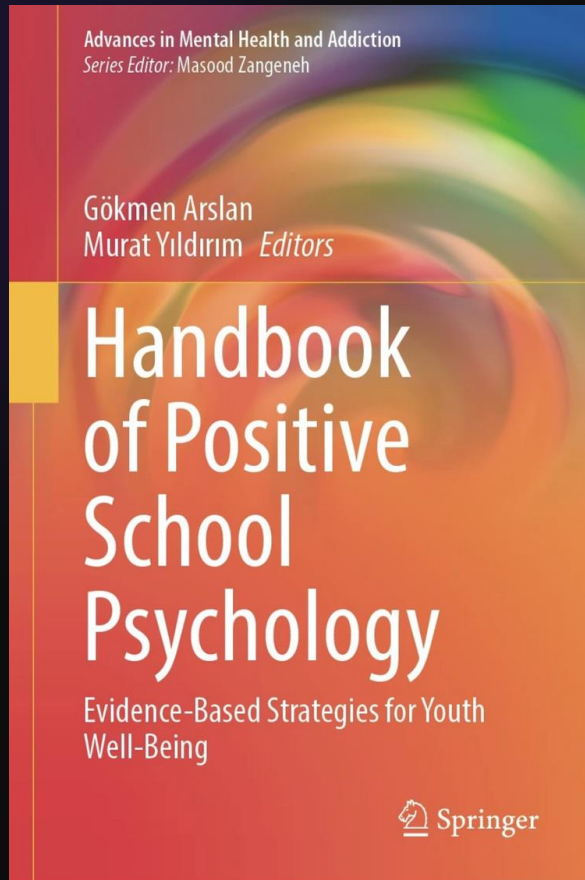
THIS MAY MORE THAN JUST
"WELLBEING" ...

TODAY I HAVE SUGGESTED THAT:

- WE NEED TO BE BRAVE AND TAKE AN OPEN MIND TO CHANGE
- WE NEED TO THINK BEYOND JUST 'WELLBEING'
- WE NEED TO EMBRACE SYSTEMS SCIENCE

Q AND A

CREDITS



ORGANISATIONS

- STRATHCONA GIRLS GRAMMAR
- UNIVERSITY OF MELBOURNE
- PROJECT THRIVE
- BRITISH SCHOOL JAKARTA