# CURRICULUM VITAE: AARON JARDEN

"*My goal is simple. It is complete understanding of human wellbeing; what it is, why it is as it is, and how it can be improved over the life course*".

August 2026

## PERSONAL DETAILS


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|---|---|
| NAME | Dr. Aaron Jarden |
| ADDRESS | Karrinyup, Perth |
| | Western Australia, 3068 |
| EMAIL | a.jarden@ecu.edu.au |
| PHONE | 0421 561802 |
| WEBSITES | https://www.ecu.edu.au/schools/education/staff/profiles/executive-te |
| | http://www.aaronjarden.com/professional-page.html |
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| | facebook.com/aaronjarden |


## BIOGRAPHY

I am a Professor of Wellbeing Science at the School of Education, Edith Cowan University, and a wellbeing consultant and social entrepreneur, with multiple qualifications in philosophy, computing, education, and psychology. I was previously Senior Research Fellow at Flinders University, and Head of Research at the Wellbeing and Resilience Centre at the South Australian Health and Medical Research Institute (SAHMRI), founder and past president of the New Zealand Association of Positive Psychology, lead investigator for the International Wellbeing Study, and founder and managing editor of the International Journal of Wellbeing.

## QUALIFICATIONS

| | | |
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| 2011 | Post-Graduate Certificate in Tertiary Teaching | University of Otago, NZ |
| 2010 | Doctor of Philosophy | University of Canterbury, NZ |
| 2003 | Diploma of Computing | Digitrain, NZ |
| 2002 | Master of Arts | Massey University, NZ |
| 1999 | Graduate Diploma of Applied Ethics | Waikato University, NZ |
| 1998 | Bachelor of Social Science (Double Major, Psychology/Philosophy) | Waikato University, NZ |

## APPOINTMENTS

### Academic

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| 2025 – Current | Professor, School of Education, Edith Cowan University. |
| 2018 – 2025 | Associate Professor, Faculty of Education, University of Melbourne. |
| 2017 – 2018 | Head of Research, Wellbeing and Resilience Centre, South Australian Health and Medical Research Institute (SAHMRI), South Australia. |
| 2017 – 2018 | Senior Research Fellow, Flinders University, South Australia. |
| 2015 – 2017 | Senior Lecturer in Psychology, Psychology Department, Auckland University of Technology (AUT University), Auckland, New Zealand (NZ). |
| 2012 – 2016 | Research Fellow, Human Potential Centre, AUT University, Auckland, New Zealand. |
| 2006 – 2014 | Lecturer/Senior Lecturer/Head of Department in Psychology, Open Polytechnic of New Zealand. |

### Other relevant appointments

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|---|---|
| 2011 – present | Founder, Managing Editor, *The International Journal of Wellbeing*. |
| 2012 – 2022 | Founder, Director, *Work on Wellbeing* Ltd. |
| 2015 – 2020 | Founder, *Assessing Wellbeing in Education* Ltd. |
| 2009 – 2017 | Founder, President of *New Zealand Association of Positive Psychology*. |

## TEACHING

Across 30 years of learning, research, and teaching in academia (since 1995), I have taught wellbeing science, positive psychology, positive education, happiness studies, wellbeing policy, leadership, clinical psychology and mental health, health psychology, organisational psychology, and psychological assessment. During my various academic appointments, I have taught and led subjects in almost all areas of psychology, from general and introductory, to theoretical, to advanced and applied. More recently, I have taught and led in education and leadership. I have supervised 17 PhD, 1 doctorate, and 7 master's degree students to completion. As of present, I am involved with an additional 5 PhD's, with an additional 2 about to begin in 2027. I have also examined 10 PhD and 10 master's theses, and four dissertations.

## PUBLICATIONS AND OUTPUTS

### Dissertations

1. **Jarden, A**. (2010). *Relationships between personal values, and depressed mood and subjective wellbeing*. Doctor of Philosophy (PhD) Thesis, University of Canterbury, NZ.
2. **Jarden, A.** (2002). *The construction and use of belief in cognitive therapy - A discursive analysis*. Master's Thesis, Massey University, NZ.

### Peer reviewed journal articles

1. Weijers, D., & **Jarden, A**. (2026). Editorial processes in the International Journal of Wellbeing. *International Journal of Wellbeing, 15*(3), 6798, 1-3. https://doi.org/10.5502/ijw.v15i3.6798 (40% contribution; SJR 1.036; Q1)
2. Iasiello, M., van Agteren, J., Ali, K., Kolovos, E., Batterham, P. J., Goodman, F., **Jarden, A**., Kashdan, T. B., Kyrios, M., Oades, L. G., Weziak-Bialowolska, D., & Fassnacht, D. B. (2026). A Delphi consensus study on the dimensions of positive mental health. *Nature Mental Health, 4*, 746–753. https://doi.org/10.1038/s44220-026-00617-5 (10% contribution; JIF: 9.3; Q1)
3. Huang, L., Xu, J., Zhao, M. Y., Hou, H., **Jarden, A**., Lomas, T., Case, B., Padgett, R. N., Chen, Y., Cowden, R. G., Johnson, B. R., VanderWeele, T. J. (2026). Flourishing in Hong Kong: An analysis of wellbeing-related outcomes in the Global Flourishing Study. *International Journal of Wellbeing, 15*(3), 6119, 1-26. https://doi.org/10.5502/ijw.v15i3.6119 (15% contribution; SJR 1.036; Q1)
4. McArthur, M. L., Gartley, E. G. N., **Jarden, A**., Hazel, S., Hebart, M., Susan M. Matthew, S. M., & Iasiello, M. (2025). Psychosocial factors influencing flourishing in experienced veterinarians: A longitudinal study. *Veterinary Record*, e1–e9. (15% contribution; JIF: 2.52; Q2)
5. Gökmen, A., **Jarden, A**., Yıldırım, M., Silapurem, L., & Jarden R (2025). Longitudinal associations between life events, hope, life satisfaction, subjective happiness, and depressive symptoms. *Cognitive Therapy and Research*. https://doi.org/10.1007/s10608-025-10630-0 (30% contribution; JIF: 3.09; Q1)
6. **Jarden, A**. Rameli, M., Jarden, R., & Silapurem, L. (2025). Relationships between illbeing and wellbeing in the New Zealand legal profession. *New Zealand Law Journal,* May, pp 134-140. (60% contribution)
7. Martin, C., & **Jarden, A**. (2024). The cultural meaning of time mismatch at work: Contrasting asian and white New Zealanders. *New Zealand Journal of Psychology*, *53*(2), 18–29. https://doi.org/10.63146/001c.138412 (20% contribution; SJR 0.24; Q3)
8. Easton, R. J., **Jarden, A**., Huppert, R., & Roschanzamir, N. (2024). The life and impact of Professor Felicia Huppert: A eulogy, reflections, and a celebration of a life well lived. *International Journal of Wellbeing*, 14(3), 4617, 1-42. https://doi.org/10.5502/ijw.v14i3.4617 (45% contribution; JIF: 6.7; Q1)
9. Montoya, A. I A., Matthew, S. M., **Jarden, A**., Hazel, S. J., & McArthur, M. L. (2024). Moral conflict and moral distress in veterinarians: A mixed-methods approach. *Australian Veterinary Journal*, 1-11. https://doi.org/10.1111/avj.13408 (15% contribution; JIF: 1.30; Q2)
10. Silapurem, L., Slepm, G. R., & **Jarden, A**. (2024). Longitudinal job crafting research: A meta-analysis. *International Journal of Applied Positive Psychology*. pp. 1-35. https://doi.org/10.1007/s41042-024-00159-0 (20% contribution; RIF 1.3; Q1)

11. Jarden, R., J., **Jarden, A**., Bujalka, H., Weiland, T., Brockenshire, N., Taylor, G, Gerdtz, M. F. (2024). Community-based health program for nurses and midwives: A mixed methods evaluation. *Journal of Advanced Nursing*, 00, 1-24. https://doi.org/10.1111/jan.16336 (20% contribution; JIF: 3.06; Q1)
12. Phillips, E., L., **Jarden, A**., & Bowles, T. (2024). A study of virtual reality and the empathetic experience in Australian Secondary Students. *The Australian Educational Researcher*. https://doi.org/10.1007/s13384-024-00708-1 JIF: 2.00; Q1)
13. Beresford, K., Kern, M. L., & **Jarden, A**. (2024). The Creative-being Model: The role of negative emotion in creative flourishing and the impact on positive education. *Journal of Positive Psychology*. pp. 1-13. https://doi.org/10.1080/17439760.2024.2322467 (20% contribution, student 1st author; JIF: 4.29; Q1)
14. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., & Yuan, A., Wu, Y., & Zhan, C. (2023). Ethical guidelines for positive psychology practice (version 2.0: Chinese). *International Journal of Wellbeing, 11*(3), 1-37. https://doi.org/10.5502/ijw.v11i3.3685 (30% contribution; JIF: 6.7; Q1)
15. Montoya, A. I A., Matthew, S. M., **Jarden, A**., Hazel, S. J., & McArthur, M. L. (2023). The moral deliberation pathway in veterinary practice: A qualitative study. *Veterinary Record*. 2023;e3173. https://doi.org/10.1002/vetr.3173 (15% contribution; JIF: 2.20; Q2)
16. **Jarden, A**., & Roache, A. (2023). What is wellbeing? *International Journal of Environmental Research and Public Health, 20*, 1-4. https://doi.org/10.3390/ijerph20065006 (50% contribution; JIF: 4.61[1]; Q1[2])[3]
17. Alison, L., Kern, P., & **Jarden, A**, & Waters, L. (2022). Development of the Flourishing Classroom System Observation Framework: A delphi study. *Contemporary School Psychology,* 1-18, https://doi.org/10.1007/s40688-022-00423-7 (20% contribution, student 1st author; JIF: 0.9; Q1)
18. Jarden R., **Jarden, A**., Weiland, T., Taylor, G., Brockenshire, N, Rutherford, M., Carbery, C., Moroney, K., & Gerdtz, M. (2022). Nurses' wellbeing during the coronavirus (2019) pandemic: A longitudinal mixed-methods study. *Nursing Open,* 10, 24-35. https://doi.org/10.1002/nop2.1275 (10% contribution; JIF: 1.92; Q2)
19. Guitard, J., & **Jarden, A**. (2022). Cognitive forecasting and its link to life satisfaction: An investigation of accurate and optimistic prospection and retrospection. *International Journal of Wellbeing, 12*(2), 1-38. https://doi.org/10.5502/ijw.v12i2.1981 (50% contribution; JIF: 3.06; Q1)
20. Jarden, R., Joshanloo, M., Weijers, D., Sandham, M., & **Jarden, A**. (2022). Predictors of life satisfaction in New Zealand: Analysis of a national dataset. *International Journal of Environmental Research and Public Health,* 19(9), 5612, 1-17. https://doi.org/10.3390/ijerph19095612 (20% contribution; JIF: 4.61; Q1)
21. Guitard, J., **Jarden, A**., Jarden, R., & Lajoie, D. (2022). An evaluation of the psychometric properties of the Temporal Satisfaction with Life Scale. *Frontiers in Psychology*, 1-10. https://doi.org/10.3389/fpsyg.2022.795478 (40% contribution; JIF: 4.23; Q1)
22. **Jarden, A**., Rashid, T., Roache, A., & Lomas, T. (2021). Ethical guidelines for positive psychology practice (version 2.0: English). *International Journal of Wellbeing, 11*(3), 1-38. https://doi.org/10.5502/ijw.v11i3.1819 (40% contribution; JIF: 3.06; Q1)
23. McArthur, M. L., Learey, T. J., **Jarden, A**., Van Gelderen, I., Hazel, S. J., Cake, M., Mansfield, C., Zaki, S., & Matthew, S. (2021). Resilience of veterinarians at different career stages: The role of self-efficacy, coping strategies and personal resources for resilience in veterinary practice. *Veterinary Record*, *189*(12), 1-9, https://doi.org/10.1002/vetr.771 (10% contribution; JIF: 2.52; Q2)
24. Jarden R., **Jarden, A**., Weiland, T., Taylor, G., Bujalka, H., Brockenshire, N, & Gerdtz, M. (2021). New graduate nurse wellbeing, work wellbeing and mental health: A quantitative systematic review. *International Journal of Nursing Studies*, *121*, 1-35. https://doi.org/10.1016/j.ijnurstu.2021.103997 (20% contribution; JIF: 6.61; Q1)
25. Jarden R., **Jarden, A**., Weiland, T., Taylor, G., Brockenshire, N, Rutherford, M., Carbery, C., Moroney, K., & Gerdtz, M. (2021). Nurse wellbeing during the coronavirus (2019) pandemic: A qualitative descriptive study. *Collegian*, 1-11. https://doi.org/10.1016/j.colegn.2021.06.002 (10% contribution; JIF: 1.81; Q1)
26. Maguire, J., & **Jarden, A.** (2021). What really is the state of our wellbeing and mental health? *Law Talk: Journal of the New Zealand Law Society, 945, pp 37-39.* https://tinyurl.com/3wwdecp2 (50% contribution)
27. Weijers, D., & **Jarden, A**. (2021). The International Journal of Wellbeing: Ten years on and the next ten years. *International Journal of Wellbeing, 11*(1), 1-7. https://doi.org/10.5502/ijw.v11i1.1577 (50% contribution; JIF: 3.06; Q1)

[1] JIF (Journal Impact Factor) extracted from Clarivate or the journal website.
[2] Quartile rankings from Scimago.
[3] Unless otherwise explicitly stated (e.g., student 1st author), all collaborators are colleagues and peers.

28. **Jarden, A**., Rashid, T., Roache, A., & Lomas, T., Karavakou, V., & Seryianni, C. (2021). Ethical guidelines for positive psychology practice (version 1.0: Greek). *International Journal of Wellbeing*,9(3), 1-36. https://doi.org/10.5502/ijw.v9i3.1559 (25% contribution; JIF: 3.06; Q1)
29. Oades, L. G., **Jarden, A**., Hou, H., Ozturk, C., Williams, P. F., Slemp, G. R., & Huang, L. (2021). Wellbeing literacy: A capability model for wellbeing science and practice. *International Journal of Environmental Research and Public Health, 18*(2), 719, 11-12. https://doi.org/10.3390/ijerph18020719 (45% contribution; JIF: 4.61; Q1)
30. Bartholomaeus, J. D., Iasiello, M. P., **Jarden, A**., Burke, K., & Van Agteren, J. (2021). Evaluating the psychometric properties of the PERMA Profiler. *Journal of Well-being Assessment, 4,* 163–180. https://doi.org/10.1007/s41543-020-00031-3 (45% contribution; JIF: 0.7; Q1)
31. **Jarden, A**. (2021). Wellbeing projects at scale. *Journal on Public Affairs, 1-9*. Tokyo, Japan. (Japanese version)
32. Jarden R., **Jarden, A**., Weiland, T., Taylor, G., Brockenshire, N, & Gerdtz, M. (2020). Registered nurses' experiences of psychological well-being and ill-being in their first year of practice: A qualitative meta-synthesis. *Journal of Advanced Nursing*, *77*, 1172– 1187. https://doi.org/10.1111/jan.14667 (20% contribution; JIF: 3.06; Q1)
33. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., & Adiguzel, G. (2020). Pozitif Psikoloji Uygulamalarında Etik İlkeler (sürüm 1.0: Turkish[4]). *International Journal of Wellbeing, 9*(3), 1-33. (25% contribution; JIF: 3.06; Q1) https://doi.org/10.5502/ijw.v9i3.1435
34. Young, T., Macinnes, S. **Jarden, A**., & Colla, R. (2020). The impact of a wellbeing program imbedded in university classes: The importance of valuing happiness, baseline wellbeing and practice frequency. *Studies in Higher Education*, *47*(4), 751-770. https://doi.org/10.1080/03075079.2020.1793932 (25% contribution; JIF: 4.02; Q1)
35. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., Trinh, S., & Jonsdottir, H. K. (2020). Guide éthique de la pratique de la psychologie positive (version 1.0: French). *International Journal of Wellbeing, 9*(3), 1-33. https://doi.org/10.5502/ijw.v9i3.1213 (25% contribution; JIF: 3.06; Q1)
36. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., & Al-Ahmadi, A (2020). Ethical guidelines for positive psychology practice (version 1.0: Arabic). *International Journal of Wellbeing, 9*(3), 1-38. (25% contribution; JIF: 3.06; Q1) https://doi.org/10.5502/ijw.v9i3.1337
37. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., & Giraldez-Hayes, A. (2020). Ethical guidelines for positive psychology practice (version 1.0: Spanish). *International Journal of Wellbeing, 9*(3), 1-33. (25% contribution; JIF: 3.06; Q1) https://doi.org/10.5502/ijw.v9i3.1161
38. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., Beicker, J., & Stricker, J. (2020). Ethical guidelines for positive psychology practice (version 1.0: Danish). *International Journal of Wellbeing, 9*(3), 1-32. https://doi.org/10.5502/ijw.v9i3.1189 (25% contribution; JIF: 3.06; Q1)
39. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., HassaniRaad, M., Taghva, N. (2020). Ethical guidelines for positive psychology practice (version 1.0: Persian). *International Journal of Wellbeing, 9*(3), 1-30. https://doi.org/10.5502/ijw.v9i3.1133 (25% contribution; JIF: 3.06; Q1)
40. Hamling, H., Jarden, R., **Jarden, A**., & Synard, J. (2020). Epistemological fruit salad: Broadening methodology in positive psychology research to develop contextualised interventions and understandings of well-being. *Journal of Positive Psychology, 15*(5), 670-674. https://doi.org/10.1080/17439760.2020.1789708 (35% contribution, student 1st author; JIF: 4.29; Q1)
41. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., Bidese, C., Callegaro, V., & Ruschel R. (2019). Diretrizes éticas para prática de psicologia positiva (version 1.0: Portuguese). *International Journal of Wellbeing, 9*(3), 1-32. https://doi.org/10.5502/ijw.v9i3.1071 (25% contribution; JIF: 3.06; Q1)
42. Waterworth, S., Raphael, D., Gott, M. Arroll, B., & **Jarden, A**. (2019). Uncovering strengths within community dwelling adults: What does it mean for health care practice? *Health and Social Care in the Community,* 28, 932–940. https://doi.org/10.1111/hsc.12924 (15% contribution; JIF: 2.39; Q1)
43. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., Zadykian, N., & Tsvetkova, N. (2019). Ethical guidelines for positive psychology practice (version 1.0: Russian). *International Journal of Wellbeing, 9*(3), 1-36. https://doi.org/10.5502/ijw.v9i3.1053 (25% contribution; JIF: 3.06; Q1)

[4] Article 49 below (page 5) "Ethical guidelines for positive psychology practice" has been translated into 10 additional languages, using back and forward translation with two additional authors, or with one author being the translator and a checker acknowledged. These were all peer reviewed.

44. Bharara, G., Duncan, S., **Jarden, A**., & Hinckson, E. (2019). A prototype analysis of New Zealand adolescents' conceptualizations of wellbeing. *International Journal of Wellbeing, 9*(4), 1-25. (15% contribution, student 1st author; JIF: 3.06; Q1)
https://doi.org/10.5502/ijw.v9i4.975
45. Stevens, S., & **Jarden, A**. (2019). The importance of child wellbeing. *International Journal of Wellbeing, 9*(4), I-IV. https://doi.org/10.5502/ijw.v9i4.1011 (50% contribution; JIF: 3.06; Q1)
46. **Jarden, A**., Rashid, T., Roache, A., Lomas, T., Heekerens, J., & Dreisörner, A. (2019). Ethical guidelines for positive psychology practice (version 1.0: German). *International Journal of Wellbeing, 9*(3), 1-36. https://doi.org/10.5502/ijw.v9i3.993 (25% contribution; JIF: 3.06; Q1)
47. Lomas, T., Roache, A., Rashid, T., & **Jarden, A**. (2019). Developing ethical guidelines for positive psychology practice: An on-going, iterative, collaborative endeavour. *Journal of Positive Psychology, 15*(6), 716-721. https://doi.org/10.1080/17439760.2019.1651892 (20% contribution; JIF: 4.29; Q1)
48. Chopik, W. J., Newton, N. J., Ryan, L. H., Kashdan, T. B., **Jarden, A**. (2019). Gratitude across the life span: Age differences and links to subjective well-being. *Journal of Positive Psychology, 14*(3), 292-302. https://doi.org/10.1080/17439760.2017.1414296 (15% contribution; JIF: 4.29; Q1)
49. **Jarden, A**., Rashid, T., Roache, A., & Lomas, T. (2019). Ethical guidelines for positive psychology practice (version 1.0: English). *International Journal of Wellbeing, 9*(3), 1-30. https://doi.org/10.5502/ijw.v9i3.921 (60% contribution; JIF: 3.06; Q1)
50. 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*, 3, 43-67. https://doi.org/10.1007/s41042-019-00014-7 (25% contribution; RIF 1.3; Q1)
51. 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*, 42(4), 377-386. https://doi.org/10.1080/07317115.2018.1561582 (20% contribution; JIF: 2.87; Q1)
52. Waterworth, S., Raphael, D., Arroll, B., Benipal, J., **Jarden, A**., & Gott, M. (2018). An exploration of how community-dwelling older adults enhance their wellbeing. *International Journal of Older People Nursing, 14*, 1-11, e12267. https://doi.org/10.1111/opn.12267 (15% contribution; JIF: 2.47; Q2)
53. 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. https://dx.doi.org/10.1037/tps0000169 (Chinese version) (25% contribution; JCI: 0.65; Q2)
54. Kropacova, S., Slezackova, A., & **Jarden, A**. (2018). Grit Scale: Analysis of psychometric properties of the Czech version for adults. *E-psychologie,12*(2), 27-40. https://doi.org./10.29364/epsy.318 https://e-psycholog.eu
55. **Jarden, A**. (2017). An Interview with Victor J. Strecher. *International Journal of Wellbeing*, *7*(2), 78-81. https://doi.org/10.5502/ijw.v7i2.697 (100% contribution; JIF: 3.06; Q1)
56. 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), 1-21, https://journalppw.com/index.php/jppw/article/view/8 (35% contribution; JIF: 4.81; Q1)
57. 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. https://doi.org/10.5502/ijw.v7i1.636 (17% contribution; JIF: 3.06; Q1)
58. 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. https://doi.org/10.1007/s10608-016-9785-x (20% contribution; JIF: 3.09; Q1)
59. 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. https://doi.org/10.5502/ijw.v6i3.551 (15% contribution, student 1st author; JIF: 3.06; Q1)
60. Sorensen, S., Schofield, G., & **Jarden, A**. (2016). A systems-approach model of mental toughness: Understanding inputs, processes and outputs. *Psychology, 7*, 1402-1423. http://dx.doi.org/10.4236/psych.2016.712141 (15% contribution, student 1st author; JIF: 1.82)

61. 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. https://doi.org/10.1016/j.healthplace.2016.04.015 (15% contribution, student 1st author; JIF: 4.93; Q1)
62. 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. https://doi.org/10.1016/j.paid.2016.01.025 (50% contribution; JIF: 3.95; Q1)
63. **Jarden, A**. (2016). Introducing workplace wellbeing to organizations: The "Me, We, Us" model. *Positive Work and Organizations: Research and Practice*, *1*, 1-4. (100% contribution)
64. Avsec, A., Kavčič, T., & **Jarden, A.** (2016). Synergistic paths to happiness: Findings from seven countries. *Journal of Happiness Studies, 17*, 1371–1390. https://doi.org/10.1007/s10902-015-9648-2 (30% contribution; JIF: 4.08; Q1)
65. Hamling, K., **Jarden, A**., & Schofield, G. (2015). Recipes for occupational wellbeing: An investigation of the associations with wellbeing in New Zealand workers. *New Zealand Journal of Human Resource Management, 15*(2), 151-173. https://hrnz.org.nz/nzjhrm/articles/2015 (15% contribution, student 1st author)
66. Hone, L., Schofield, G., & **Jarden, A**. (2015). Conceptualizations of wellbeing: Insights from a prototype analysis on New Zealand workers. *New Zealand Journal of Human Resource Management, 15*(2), 97-118. https://hrnz.org.nz/nzjhrm/articles/2015 (15% contribution, student 1st author)
67. Disabato, D. J., Goodman, F. R., Kashdan, T. B., Short, J. L., & **Jarden, A.** (2015). Different types of well-being? A cross-cultural examination of hedonic and eudaimonic well-being. *Psychological Assessment, 28*(5), 471-482. http://dx.doi.org/10.1037/pas0000209 (20% contribution; JIF: 6.08; Q1)
68. 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. http://doi.org/10.1097/jom.0000000000000508 (15% contribution, student 1st author; JIF: 2.31; Q4)
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73. Weijers, D., & **Jarden, A.** (2013). The science of happiness for policymakers: An overview. *Journal of Social Research & Policy, 4*(2), 21-40. https://tinyurl.com/2mycu7fe (40% contribution; JIF: 0.14; Q4)
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81. **Jarden, A.** (2009). Post-traumatic growth: An introduction and review. *New Zealand Clinical Psychologis*t, Autumn, 15-18. https://tinyurl.com/4jvx8bnj (100% contribution)
82. **Jarden, A.** (2007). Book Review: U-Turn: Putting you back into your relationship. *New Zealand Journal of Psychology, 35*(3), 163–164. https://tinyurl.com/3f5pk2kp (100% contribution; JIF: 0.56; Q4)
83. **Jarden, A.** (2006). Book Review: Cognitive therapy for challenging problems: What to do when the basics don't work, *New Zealand Clinical Psychologist, 17*(2), 33-35. https://tinyurl.com/4jvx8bnj (100% contribution)
84. **Jarden, A.** (2005). Axiology and psychopathology: Thinking about values and psychotherapy, *The Bulletin: Journal of the New Zealand Psychological Society, 105*, 42-46. https://tinyurl.com/3wbsu2vc (100% contribution)
85. **Jarden, A.** (2005). Clinical psychology and life coaching: Comparisons, contrast and opinions, *New Zealand Clinical Psychologist, 15*(1), 17-21. https://tinyurl.com/4jvx8bnj (100% contribution)
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Books

1. Slade, M., Oades, L., & **Jarden, A**. (Eds.) (2017). *Wellbeing, recovery and mental health*. Cambridge: Cambridge University Press. ISBN: 978-1-107-54305-8 (30% contribution)
2. **Jarden, A**., Slemp, G., Chia, A., Lahti, E., & Hwang, E. (2016). *Positive psychologists on positive psychology* (3rd Vol.). ISBN: 978-0-473-35094-9 (30% contribution)
3. **Jarden, A**., Mercedes Ovejero Bruna, M., Lahti, E., & Zhao, Y. (2013). *Positive psychologists on positive psychology* (2nd Vol). ISBN: 978-0-473-26660-8 (45% contribution)
4. Bowker, N., & **Jarden, A.** (2013). *APA referencing and citing in a nutshell* (2nd ed.). *The Open Polytechnic of New Zealand*. ISBN: 978-0-473-24671-6 (50% contribution)
5. **Jarden, A.** (2012). *Positive Psychologists on Positive Psychology* (1st Vol). *International Journal of Wellbeing, 2*(2), 70–149. https://doi.org/10.5502/ijw.v2i2.0 (also available in Spanish) (100% contribution; JIF: 3.06; Q1)

Book chapters

1. **Jarden, A**., Roache, A., Rashid, T., & Lomas, T. (2026). Ethics: Gaining ethical clarity and improving practice. In Judith Mangelsdorf (Ed.), *Positive psychology*. Berlin, Germany: BELTZ. (accepted in press) (25% contribution)
2. Jarden, R., **Jarden, A**., Twomey, B., Young, T., & Gerdtz, M. (2026). Higher education for nursing students: A 'whole' new way forward for well-being in the academic-clinical nexus. In L. Tay and B. McCuskey (eds.), *Handbook of well-being in higher education*, Chapter 41, Oxford: Oxford University Press.
3. **Jarden, A**. (2026). The essence of happiness and wellbeing: A personal notion. In L. Bormans (Ed.), *The New World Book of Happiness*, Firefly Books. Also in French, German, Dutch and Chinese. (100% contribution)
4. **Jarden, A**., Downie, A., Finter, K., & Jarden, R. (2024). Next level flourishing in education: A case study of 'wholebeing'. In G. Arslan & M. Yıldırım (Eds.), *Handbook of Positive School Psychology Interventions: Evidence-Based Practice for Promoting Youth Mental Health,* pp. 100-132. London: Springer. https://doi.org/10.1007/978-3-031-54295-4_9 (50% contribution)
5. **Jarden, A**. (2024) The impact of meaning. [Part 3: Chapter 1]. In L. C. J. Wong (Ed.), *Undefeatable: The saga of Paul T. P. Wong's search for meaning and happiness in a difficult world*. INPM Press. (100% contribution)
6. **Jarden, A**., Roche, A., Jarden, R. (2024). Measuring wellbeing in coaching. In J. Passmore, B. Bajaj, & L. Oades (Eds.), *The Health & Wellbeing Coaches Handbook*, Chapter 20, pp. 200-217. Abingdon, Routledge. (50% contribution)
7. Sanri, C., & **Jarden, A**. (2023). Do our relationships make us healthier? Physiological correlates of social connections and close relationships. *The Routledge International Handbook of Positive Health Sciences*, pp. 180-203. London: Routledge. (25% contribution)

8. Roache., A, **Jarden, A**, Rashid, T, & Lomas, T. (2023). Positive ethical practice for coaching excellence and wellbeing. In W-A. Smith, J. Passmore, E. Turner, Y-L. Lai, and D. Clutterbuck (Eds.), *The ethical coaches' handbook: A guide to developing ethical maturity in practice,* pp. 251-266. London: Routledge. (25% contribution)
9. **Jarden, A**. (2023). The essence of happiness and wellbeing. In L. Bormans (Ed.), *The New World Book of Happiness*, Firefly Books. (100% contribution)
10. Jarden, R., & **Jarden, A**. (2022). A systems pathway to self-care in academia: Me, We, and Us as avenues to integrated long-term self-care. In N. Lemon (Ed), *Reflections on valuing wellbeing in higher education: Reforming our acts of self-care*, pp. 1-16, London: Routledge. (50% contribution)
11. **Jarden, A**., & Jarden, R. (2022). Learn about yourself. In C. van Nieuwerburgh and P. Williams (Eds)., *From survive to thrive – A field guide to feeling well and doing well at university,* pp. 127-138. London: Sage Publishing. (50% contribution)
12. Green, S., **Jarden, A**, & Leach, C. (2021). Coaching for happiness and wellbeing. In W-A. Smith, I.Boniwell, &S. Green (Eds.), *Positive Psychology Coaching in the Workplace,* pp. 199-219. London: Springer and Oxford Brookes. (40% contribution)
13. Silapurem, L., Slemp, G., & **Jarden, A.** (2021). Encouraging job crafting through a coaching partnership: The what, why and how, for employee motivation and wellness. In W-A. Smith, I. Boniwell, & S. Green (Eds.), *Positive Psychology Coaching in the Workplace*., pp. 417-435. London: Springer and Oxford Brookes. (15% contribution, student 1st author)
14. **Jarden, A**, Jarden, R, Chyuan Chin, T., & Kern, M. (2021). Assessing wellbeing in school communities. In M. Kern & M. L. Wehmeyer (Eds.), *Palgrave Handbook on Positive Education*, pp. 297-324. London: Palgrave. (50% contribution)
15. Oades, L., & **Jarden, A**. (2020). Personalised wellbeing planning. In K-A. Allen, A. Reupert, & L. Oades (Eds), *Building better schools with evidence-based policy: Adaptable policy guidelines for teachers and school leaders,* pp. 33-38. Sydney: Routledge. (30% contribution)
16. Iasiello, M., Bartholomaeus, J., **Jarden, A**. & Van Agteren, J. (2018). Maximising the opportunity for healthy ageing: Online mental health measurement and targeted interventions. In A. J., Maeder, & M. E. L., Van Den Berg (Eds.), *Studies in health technology and informatics: Telehealth for our ageing society*, 246, 111-123. Amsterdam, NL: IOS Press. https://doi.org/10.3233/978-1-61499-845-7-111 (20% contribution)
17. 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. (20% contribution)
18. 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. (40% contribution, student 1st author)
19. Jarden, R., **Jarden, A**, & Oades, L. (2017). Wellbeing policy in Australia and New Zealand. In M. Slade, L. Oades, and A. Jarden (Eds.), *Wellbeing, recovery and mental health*, pp. 207-214. Cambridge: Cambridge University Press. (30% contribution)
20. 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. (50% contribution)
21. 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. (30% contribution)
22. Weijers, D., & **Jarden, A.** (2016). The International Journal of Wellbeing: An open access success story. In R. S. Jhangiani, & R. Biswas-Diener (Eds.), *Open: The philosophy and practices that are revolutionizing education and science,* pp. 181-194. London: Ubiquity Press Ltd. https://doi.org/10.5334/bbc.n (50% contribution)
23. **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. London: Wiley-Blackwell. https://doi.org/10.1002/9781118977620.ch22 (80% contribution)
24. 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. Guadalajara, Mexico: Banco de Desarrollo de America Latina and Ariel. (40% contribution)

25. **Jarden, A**., & Jarden, R. (2015). Applied positive psychology in higher education. In M. Henning, C. Krägeloh, & G. Wong-Toi (Eds.), *Student motivation and quality of life in higher education,* pp 37-43. London: Routledge. (65% contribution)

Published reports

1. Frances, J., & **Jarden, A**. (2025). Richmond Fellowship Queensland First Nations Wellbeing Literacy Pilot Program – Final Report. *Center for Wellbeing Science*, The University of Melbourne. (10% contribution).
2. **Jarden, A**., Rameli, M. R. M., Jarden, R., & Silapurem, L. (2024). The mental health and wellbeing of the New Zealand legal profession. *Center for Wellbeing Science*, The University of Melbourne. (65% contribution).
3. Iasiello, M., van Agteren, J., **Jarden, A**., and 11 others. (2024). A taxonomy and item pool of Positive Mental Health: A report for the Department of Health Victoria. *Department of Health Victoria*. Available on request.
4. Jarden, R.J., Brockenshire, N., Bujalka, H., Weiland, T., **Jarden, A**., & Gerdtz, M. (2023). Nursing and Midwifery Health Program Victoria (NMHPV): A process and outcome evaluation. Technical report prepared for the Board of the Nursing and Midwifery Health Program Victoria. *The University of Melbourne*, Australia. ISBN: 978 07340 5712 9. Available on request. (10% contribution)
5. **Jarden, A**., & Downie. (2023). The wholebeing report: A co-designed strategic direction considering wellbeing, health, illbeing, resilience, learning, and sustainability. *Strathcona Girls Grammar*. (70% contribution).
6. Jarden, R. J., **Jarden, A**., Weiland, T. J., Taylor, G., & Gerdtz, M. F. (2021). *Student and graduate nurse wellbeing, work wellbeing and mental health*. ISBN: 978 0 7340 5651 1 (20% contribution)
7. Muir, C., Mackay, L., Schofield, G., & **Jarden, A**. (2016). Progress in measuring wellbeing in New Zealand. *Human Potential Center*, AUT University. (25% contribution)
8. Mackay, L. M., Prendergast, K., **Jarden, A.**, & Schofield, G. M. (2015). Wellbeing of New Zealanders in later life. Report from the 2014 Sovereign New Zealand Wellbeing Index, 1-12. *Auckland University of Technology: Human Potential Center*. (25% contribution)
9. Mackay, L. M., Schofield, G. M., **Jarden, A**., & Prendergast, K. (2015). The Sovereign New Zealand Wellbeing Index 2014. Executive Report, the 2014 Sovereign New Zealand Wellbeing Index, 1-33. *Auckland University of Technology: Human Potential Center*.
10. Mackay, L. M., **Jarden, A**., & Prendergast, K. (2015). The Sovereign New Zealand Wellbeing Index 2014: Methodology Report, the 2014 Sovereign New Zealand Wellbeing Index, 1-24. *Auckland University of Technology: Human Potential Center*. (35% contribution)
11. White, K., Schofield, G., **Jarden, A**., Mackay, L., & Duncan, S. (2013). *Sovereign Wellbeing Index: New Zealand's first measure of wellbeing*, 1-84. *Human Potential Centre*. Auckland, Auckland University of Technology. (20% contribution)
12. Ross, C., Bathurst, J., & **Jarden, A.** (2012). Wellbeing and academic success. *Ako Aoteroa*. https://tinyurl.com/2r5dfvrn (30% contribution)
13. **Jarden, A**., & Bowker, N. (2009). APA referencing in a nutshell. (50% contribution)

Online publications

1. van Zyl, L. E., Boere, L., Jarden R., **Jarden A**., & van Wingerden, J. (2024). Perceived organizational support towards the environment and resilience: The role of meaningful work, work engagement, sustainable behaviour and attitudes towards the environment. https://tinyurl.com/mszzjaxe
2. Jarden, R., Weijers, D., Sandham, M., & **Jarden, A**. (2022). Life satisfaction in New Zealand. *Encyclopedia.pub* Retrieved from https://encyclopedia.pub/entry/23526 (20% contribution)
3. **Jarden, A.** (2020). JOMO: The joy of missing out. *Good Health Magazine. 93*, 7-8. (100% contribution)
4. **Jarden, A.** (2014). Why instructors should actively foster student well-being. Noba Project. http://noba.to/xmbgz3p2 (100% contribution)
5. **Jarden, A**. (2011). Movie Review: Making Australia Happy. *New Zealand Mental Health Foundation.* (100% contribution)
6. **Jarden, A.** (2010). Book Review: Gratitude: how to appreciate life's gifts. Positive Psychology News Daily. (100% contribution)

Conference proceedings

1. **Jarden, A.** (2021). *Wellbeing and ethical guidelines*. In M. Kobayashi & H. Ishido (Eds), *Systems Informed Positive Psychology and Communitarianism*, Chiba University, Conference paper. (100% contribution)

Summary of research outputs and impact:

- 134 publications: 88 peer-reviewed journal articles (54 in Q1 journals since 2016), 25 book chapters, 5 books, 13 reports, 6 online publications, and 1 conference proceeding. As of 3rd September 2025, this excludes a further 8 articles submitted to top journals that are in review, or revise and resubmit stages, including: Perspectives in Psychological science; Australian Critia Care; Psychology, Public Policy, and Law; Journal of Happiness Studies; Work & Stress; Applied Research in Quality-of-Life.
- Field Weighted Citation Impact of 3.94 (2026), last five years 2.67[5] (2021-2026, SciVal).
- H-index 31, i10-index 60 (Google Scholar August 2026).
- 17 PhD, 1 Doctorate, and 7 Master's student completions. An additional 5 PhD as of 2026.
- Thesis and dissertation examinations of 10 PhDs, 10 Master's, and 4 dissertations.
- Research and consultancy funding to a total of $1,923,294 (2009 - 2026).
- I have largely been focused on writing a book *Frontiers of Wellbeing Science* (contract with Routledge, book due Dec 2027).
- ORCID ID: 0000-0002-4293-7032

## RESEARCH GRANTS AND CONSULTANCIES

My research program continues to investigate and understand, and then change, the determinants of human wellbeing on larger scales in sectors of need and influence. My funded research generally investigates who thrives in life, why, and under what conditions, and as such, this includes many consultancies related to these themes; more recently focusing on the education sector. Total grant and consultancy income to date: $1,923,294 ($1,200,000 from the Sovereign NZ Wellbeing Index project). Further details and breakdown of these projects are available at http://www.aaronjarden.com/professional-page.html.

## COMMERCIALISATION OF RESEARCH

Based on academic research I have developed, and then commercially sold, two web-based assessment tools to help practitioners apply wellbeing science to higher standards: 1) *Work on Wellbeing* which helps organisations and practitioners conduct empirically validated wellbeing assessments, and 2) *Assessing Wellbeing in Education* which helps schools conduct wellbeing assessments across various age groups in their context. I have lead the development of four further wellbeing tools which are in different stages of the commercialization process: 1) *Foundations of Wellbeing* is an online wellbeing skill building course, which has been trialed with large corporates in Australia (e.g., MacDonalds Restaurants, Reece Plumbing, and MGSE at UoM), 2) the *My Wellbeing Planner* which helps individuals plan for wellbeing in a mentoring and coaching context and has been in the education market for three years, 3) and the *Wellbeing Literacy Program* and *Indigenous Adapted Wellbeing Literacy Program*, which helps develop the language for and about wellbeing to build wellbeing capability. Currently I am commercializing the Wholebeing line of research, and undertaking a hyper-flexible MBA (Masters of Business Administration) via Central Queensland University (CQU).

## AWARDS AND RECOGNITION

2025 International Positive Psychology Association, Raymond Fowler Service Award (generally regarded as the 2nd highest award/recognition in the field of positive psychology).

2025 Invited onto the World Wellbeing Panel.

2024 Strathcona Girls Gramma awarded 5-Star Innovative School Innovation Award (based on our Wholebeing work with the school).

2024 Graduate of The University of Melbourne Impactful Career Pathways Program.

2023 Graduate of The University of Melbourne Aspiring Leaders and Managers Program.

2022 Graduate of The University of Melbourne Research Mentors Program.

2020 Melbourne Graduate School of Education, *Teaching Excellence Award* (for the Masters of Applied Positive Psychology course).

2017 *Honorary Fellow*, Centre for Positive Psychology, Melbourne University.

2017 *Fellow* of the New Zealand Association of Positive Psychology.

[5] Field-Weighted Citation Impact (FWCI) - FWCI of greater than 1.00 indicates publications have been cited more than would be expected based on world average for similar publications. FWCI is calculated using the number of citations received by an individual's publications and comparing with the average number of citations received by all other similar publications indexed in Scopus.

2016 Auckland University of Technology (AUT University, NZ) '*Leading Researcher*' award.

2015 *Outstanding New and Emerging Lecturer*, Auckland University of Technology, NZ.

## MEDIA

I have featured in various national and international pre-eminent media, including: Psychology Today, The Huffington Post, Live Happy, Mindfood, Good Health, Radio New Zealand, Radio Live, ABC Radio, 3AW Radio, TV3, TV1, Prime TV, the New Zealand Herald, Stuff, North & South, The Advertiser, The Dominion Post, the ABC, The Conversation, Pursuit, The Age, BBC, Western Advocate, and the Sydney Morning Herald. Beyond formal media, I have also been on various podcasts discussing key issues in the field of wellbeing science, such as The School of Wellbeing, and Researching Happy.

## PRESENTATIONS

As a sought after and regularly invited prolific presenter, I have 170+ conference and other public presentations which are listed in full at www.aaronjarden.com/aarons-professional-page.html.

## INNOVATIONS AND INFLUENCE

Over the last 28 years since graduating, I have expanded my experience beyond academia, focusing on the scientist-practitioner loop, developing a range of initiatives as a social entrepreneur with a focus on wellbeing and my stated mission. This has involved founding or co-founding many entities that all aim to investigate human wellbeing and improve it on larger scales. Some examples of these include: 1) *The Tuesday Program* (http://www.thetuesdayprogram.com), one of the first freely available online wellbeing courses, 2) chair of the *Wellbeing in Higher Education Network* (http://www.wellbeinginhighereducation.com) which documents resources and examples of tertiary institutions embracing positive education, 3) the *Wellbeing Adventure Race* (https://tinyurl.com/erx45u7y) series which teaches real-world, empirically validated, wellbeing and resilience skills in an Amazing Race adventure format. Beyond useful translation of the science, I have had major influence in communicating the science by leading seven conferences (three Wellbeing and Public Policy conferences, three New Zealand Association of Positive Psychology conferences), and have played pivotal roles in many other conference – for example, I co-chaired the 'experience design committee' for the 2023 World Congress on Positive Psychology, and in 2026 was co-chair of the Scientific Committee for the largest conference in the field of wellbeing science, the European Congress on Positive Psychology, in 2026.

## TOP CHARACTER STRENGTHS

Yearly assessments of my character strengths using the empirically validated VIA™ tool reveal my top strengths as:

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.
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.
3. *Prudence*: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.
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.
5. *Perspective*: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

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).

## PERSONAL LEADERSHIP STATEMENT

I believe that great leaders look ahead, but also across the organisation and take steps to understand the context of the organisation. They display courage and take considered risks, whilst acting on what they believe is right, even if this may be challenging. They also help others find their paths that will grow and advance them, while considering the organisation and its objectives. To do this a good leader needs to know what the organisation, and the people that are leading it stand for. With this understanding it is then much easier to collaborate to gain access to resources for action. What I have learnt is that leadership is not about being out in front, but having the power and forethought to convene, to bring together, to shine focus, and to facilitate and achieve a common goal. Leadership is not about control or command; it is about thinking of partnerships, the people that can assist, and the vision. It is about gathering quality

information, testing ideas, seeking feedback, reflecting on options (usually under time pressure), and then acting decisively, with rationale and confidence. Leadership is also not about having all the answers, but listening and accepting, and realising that no one is perfect or can do it all. Lastly, good leadership is about loving what you do and not compromising the values that sustain you. For the five and half years I have been at UoM I have frequently spoken of “Team Uni Melbourne” and this, ‘we are the organisation’ approach, embodies my philosophy and values.