

# New Zealand Association of Positive Psychology

Welcome!



[www.positivepsychology.org.nz](http://www.positivepsychology.org.nz)

“Answer only important when ask right question!”  
- Mr Miyagi



## Sponsors



## Conference Organisers

Aaron Jarden  
Charmaine Bright  
Maree Roche  
Elizabeth du Preez  
Alison Ogier-Price  
Derek Riley

Denise Quinlan  
Fiona Howard  
**June Isaacs**  
Erica Chadwick  
Bee Lim  
Antonio Fernando

## Workshop Presenters

Dr. Lindsay Oades  
Dr. Suzy Green  
Paula Robinson

Dr. Jacqui Norrish  
Dr. Aaron Jarden  
Dr. Jo Mitchell

# Housekeeping

- Travel to the airport with someone tonight? – meet near at registration desk at morning tea...
- Certificate of attendance register – folder on registration desk
- Questions for Todd Kashdan – folder on registration desk
- Post conference celebration and fireworks display – Auckland CBD waterfront

Step 1: Get a pen ready...

Step 2: Turn over program schedule to blank page...

Step 3: Partner up...

Step 4: Without looking down at your blank page, you have 1 minute to draw a portrait of your partner without looking at your drawing, starting now!

Step 5: Sign your name at the bottom, date, and swap pictures with your partner...

### Five ways to wellbeing:

*Connect...*

*Be active...*

*Take notice...*

*Keep learning...*

*Give...*