



20
26

1-4 July 2026

EUROPEAN CONFERENCE ON POSITIVE PSYCHOLOGY

"Body Meets Mind: Positive Psychology and Health for Everyone"



Dublin, Ireland



www.ecpp2026.com

THE BUZZ BEHIND ECPP 2026

We can barely contain our excitement! The Science of Wellbeing is coming to Ireland! ECPP2026 in Dublin is shaping up to be something truly extraordinary, and there's so much happening behind the scenes that we had to give you a peek.

Currently, a team of colleagues passionate about positive psychology is working diligently to create the best conference experience you've ever had. We're collaborating with leading experts, tapping into the wisdom of former delegates, and listening to what registered delegates value most. We're getting the venue ready and ensuring every detail contributes to an excellent experience.

Coffee matters

Previous delegates told us coffee matters. We heard you loud and clear. This is why we're setting up exceptional barista coffee stands in our venue, so every coffee lover can enjoy their perfect cup, because great conversations deserve great coffee.

Relaxation Room

We know conferences are exhilarating, with networking, learning, and non-stop excitement. But we also know it can be intense. That's why we're creating a dedicated relaxation room where you can switch off your phone, step away, and take a breath.

Want something more structured? We've got you covered with guided relaxation sessions including breathing exercises, meditation with character strengths, and other chill-out activities led by expert facilitators. Whether you need five minutes of quiet or a complete reset, we're making space for it.

Exciting news: Three new communities launching at ECPP Dublin 2026!

Last year, we asked former delegates of ECPP conferences what we could do to turn ECPP2026 in Dublin into an unforgettable event. They told us they wanted an opportunity to find or expand on their positive psychological tribe. We listened and have created three networking groups designed to help you connect, inspire, and amplify your positive psychology conference journey and beyond. These connections will take you on an upward spiral and turn into meaningful relationships that last for years to come.

- **Global Alumni Group:** Calling all graduates of positive psychology programmes worldwide! While you've been networking brilliantly within your own programmes, we're taking it to the next level. Join alumni from courses worldwide for pre-conference meetups, speed-dating networking sessions, and collaborative discussions on the topics that matter most to you. This is your chance to expand your PP network beyond borders.

[Click here to connect](#)

- **The Professionals Group:** Whether you're already applying positive psychology in your work or exploring how to get started, this group is for you. In healthcare, education, manufacturing, construction, transportation, hospitality, tech, legal, or other sectors, if you're passionate about bringing the science of wellbeing and positive health into your professional world, you belong here. Connect with like-minded practitioners, share challenges and successes, and discover new applications of positive psychology research together.

[Click here to connect](#)

- **The Researchers Group:** Did you know the European Commission offers substantial funding opportunities for positive psychology projects? We're bringing researchers together to form a robust European network. With two pre-conference meetings plus an exciting speed-dating networking event in Dublin, you'll share knowledge, begin partnerships, and build the groundbreaking research projects of tomorrow.

[Click here to connect](#)

Your moment to shine: Abstract submissions deadline coming soon

This is it, your chance to take the stage at ECPP2026 and share your work with the positive psychology community! [Click here to submit your abstract today!](#)

Deadline: October 31st, 2025

Whether you've been conducting groundbreaking research, developing innovative interventions, or applying positive psychology in exciting new ways, we want to hear from you. And we've made it easy with multiple presentation formats to match your style and content.

Choose your format:

Oral presentations: Presenters are invited to share their research in a 15-minute individual presentation within a 60-minute session, grouped with three other presenters based on the keywords provided in their submissions.

Symposium: A symposium is a 60-minute session featuring 3–4 presenters who explore a shared theme or topic within positive psychology. At least 15 minutes should be reserved for audience questions and discussion among the presenters.

Workshops: Workshops are 60-minute, small-group sessions designed to be highly interactive and experiential. They offer participants hands-on engagement with a specific positive psychology intervention, assessment, research method, or tool, providing practical skills and applied learning.

Debates: Debates are 60-minute sessions in which two or more presenters offer contrasting perspectives on a timely or contested topic within positive psychology. Sessions include opening statements, rebuttals, and moderated discussion, followed by audience Q&A to encourage critical thinking and dialogue.

Poster Presentations: Poster presentations are visual displays of research or practice-based work in positive psychology. Presenters engage in informal, interactive discussions with conference attendees during designated poster sessions. This format is ideal for sharing preliminary findings, innovative ideas, or practical applications in a concise and accessible way.

Here's the exciting part, this year, we're not just showcasing research, we're building research capacity! We're launching a series of specialised workshops designed to sharpen your research methods skills. Learn from some of the top researchers in the field and get hands-on experience with the newest methodological approaches, including network analysis and AI. Whether you're an established researcher or a practitioner looking to strengthen your evidence base, these sessions will take your skills to the next level.

Pick your theme:

·Your work can fit into any of these areas (or surprise us with something new!):

- Positive Health & Wellbeing
- Positive Education & Youth Development
- Positive Workplaces & Leadership
- Positive Relationships & Communities
- Positive Systems, Culture, & Society
- Positive Technology & the Digital World
- Positive Coaching & Practice
- Sustainability, Nature & Environment
- Theory, Research & Big Issues in Positive Psychology
- Other / Emerging Topics

Ready to share your hard work? Submit your abstract by 31st October 2025 and be part of something special in Dublin!

[Submit Here](#)

We have a winner!

Last year, we opened our pre-registrations to the conference. The response has been incredible. Over 700 of you have pre-registered your interest in ECPP2026 Dublin! We're blown away by the enthusiasm and can't wait to welcome this amazing community in July 2026 in Dublin.



As a thank you for your early interest, we entered everyone into a draw for a free conference registration. And now, it's time to announce our lucky winner...

Congratulations, Sarah Bonnett!

Sarah is a specialist in emotional and personal wellbeing for children and teens (ages 7–18), dedicated to helping young people thrive, not just cope. Working one-to-one with children and teens, she helps them feel more emotionally grounded, resilient, and confident, whether there's a clear concern or something just feels "off."

With over 25 years of experience in UK and international schools, Sarah brings together the structure of an educator and the emotional insight of a wellbeing practitioner. She began her career teaching English, French, and Spanish before moving into pastoral leadership, where she discovered how deeply learning, identity, and emotional health are connected.

Motivated to support children more proactively, Sarah retrained in applied wellbeing science and now holds a nationally accredited Diploma in Positive Psychology and Wellbeing, along with further training in emotional intelligence and neuroscience.

Sarah, we can't wait to meet you in Dublin!

And to everyone else who registered, thank you for being part of this amazing community.

Conference registration

You can now register for the conference to secure your place. The venue's capacity is limited, so don't miss out on an opportunity to connect and experience this exciting event.

[**Register here**](https://www.ecpp2026.com)

Calling all Sponsors

Are you offering a product or service associated with the positive psychology and positive health research and practice? If so, we want to hear from you! ECPP2026 is expecting delegates from around the globe, researchers, practitioners, educators, coaches, and leaders, all passionate about positive psychology and eager to discover the tools, services, and innovations that can improve their work.

This is your chance to:

- Connect directly with a highly engaged, international audience
- Showcase your expertise alongside the world's leading positive psychology researchers
- Position your brand at the heart of Europe's main positive psychology event
- Make meaningful connections that extend far beyond the conference

Whether you're launching something new or want to deepen your relationship with the positive psychology community, ECPP2026 offers tailored sponsorship packages designed to help your business shine.

We want to hear from you: ecpp2026@abbey.ie



MEET OUR SPEAKERS

Get ready to be inspired! We've brought together over 30 keynote and invited speakers from diverse fields, who will meet with you in Dublin to share their ground-breaking research in positive psychology and positive health.

We invited them upon your request. Our scientific committee have gathered feedback from the ENPP Board, ENPP country representatives, former ECPP delegates and invited speakers you wanted to hear from.

It's your chance to connect with the experts who you've selected, experts who push boundaries, ask the questions that may keep you up at night, and learn directly from those who shape the future of our field.

Here are selected keynotes and invited speakers:

Positive Ageing

What does it really take to live your best life after 55? Not just surviving, but truly flourishing, living a life of vitality, connection, engagement, purpose, good health and joy? We offer you a powerhouse keynote conversation that brings together three world-leading researchers who will discuss the cutting-edge science of positive aging. This isn't your typical aging discussion, it's a deep dive into what actually works, backed by ground-breaking research from three different angles.

Meet Your Expert Panel:

Prof. Rose Anne Kenny will share the medical perspective on Positive Ageing. As author of the bestselling book *Age Proof* and principal investigator of TILDA (The Irish Longitudinal Study on Ageing), she's spent years exploring what keeps our bodies and minds resilient as we age. Prepare to have your assumptions challenged.

Prof. Andrew Steptoe takes us into the fascinating intersection of psychology and epidemiology. Leading the English Longitudinal Study of Ageing, he'll reveal how our mental and emotional worlds shape our aging journey, and what we can do about it.

Prof. Meike Bartels closes with the epigenetics of wellbeing as we age. As one of the world's top geneticists studying how our genes interact with our environment, she'll show you how positive aging isn't just written in your DNA, it's something you can actively influence.

Three perspectives. One stage. The latest science on living well, feeling great, and making your post-55 years the best yet.



Prof. Rose Anne Kenny



Prof. Andrew Steptoe



Prof. Meike Bartels

MEET OUR SPEAKERS



**Character
strengths**

Dr Ryan Niemiec

Dr. Ryan Niemiec When you think of character strengths, one name immediately springs to mind and it is Dr Ryan Niemiec. This is the researcher who has practically built his career defining, refining, and revolutionising how we understand and apply character strengths. With publications ranging unique academic papers and countless books, Ryan has become the go to person about character strengths science – research and application. And he's joining us at ECPP2026 as a keynote speaker. In his presentation, Ryan will unpack the latest systematic reviews on character strengths, all the cutting-edge research synthesised and ready for you to take in. This is your chance to get the complete picture of where the field stands today and where it's headed tomorrow.



**Gut health and
wellbeing**

Prof. John Cryan

Meet Prof. John Cryan, an Irish neuroscientist who's revolutionising how we understand the connection between what's happening in your stomach and your mind. His lab has discovered the link between the gut microbiome and your wellbeing. His research has made him one of the most cited scientists in the world. In his keynote presentation, "Going With Your Gut: The Microbiome as a Regulator of Brain & Behaviour," John will take us deep into his latest findings on how the trillions of microbes living inside you might be influencing your mood, behaviour, and mental health. This is science that could change how we think about wellbeing from the inside out. Don't miss this one, your gut will thank you!



**Psychological
richness**

**Prof. Shigehiro
Oishi**

Prof. Shigehiro Oishi is a member of the American Academy of Arts and Sciences and recipient of multiple prestigious awards, including the 2017 Society of Experimental Social Psychology Career Trajectory Award. As a professor at the University of Chicago, his research explores culture, social ecology, and wellbeing. One of his most significant contributions to the field is conceptualising "psychological richness", an alternative to hedonistic or eudaimonic approaches to living the good life. At the conference, he will discuss the latest research on psychological richness and how it can be applied in daily life.

MEET OUR SPEAKERS



**Music and
wellbeing**

Dr. Sara Ascenso

Dr Sara Ascenso is a clinical psychologist and trained pianist whose work sits at the intersection of Positive Psychology and the arts. Since 2019, she has been a lecturer at the Royal Northern College of Music (RNCM) in the UK, the first arts institution to embed Positive Psychology across its entire curriculum. Her research spans musicians' occupational health and arts-based wellbeing interventions in challenging contexts, including prisons, refugee populations, and mental health services. Sara is also an Honorary Lecturer at University College London and serves on the board of the Greater Manchester NHS-Universities Student Mental Health Service, a pioneering model of mental health provision for UK university students.



**Compassionate
Leadership**

Prof. Michael West

Prof. Michael West CBE is a Senior Visiting Fellow at The King's Fund and Professor of Organizational Psychology at Lancaster University. Appointed CBE in 2020 for services to compassion and innovation in healthcare, he has authored 20 books and over 200 articles on teamwork, leadership, and organizational culture in healthcare settings. He led landmark inquiries including the UK General Medical Council's review on doctors' mental health and wellbeing (Caring for Doctors, Caring for Patients, 2019) and The King's Fund's review on nurses and midwives (The Courage of Compassion, 2020). His work has shaped national healthcare leadership frameworks across England, Northern Ireland, and Wales. His latest book is Compassionate Leadership: Sustaining Wisdom, Humanity and Presence in Health and Social Care (2021).



**Flourishing in
Europe**

**Prof. Dorota Weziak-
Bialowolska**

Prof. Dorota Weziak-Bialowolska is a professor of sociology at Kozminski University in Warsaw and faculty affiliate at Harvard University's Human Flourishing Program. Her research focuses on wellbeing, positive health, and quality of life across organizational and societal contexts. She has partnered with leading institutions including the UN, OECD, World Bank, and U.S. Department of Housing and Urban Development, as well as global corporations, to develop evidence-based well-being frameworks. With over 120 peer-reviewed publications, her work has earned international recognition including Best Paper awards and Springer Nature's "Change the World, One Article at a Time" distinction. Dorota currently serves on Poland's Government Population Council, bridging rigorous research with practical applications to advance human flourishing worldwide. She will be discussing her research on flourishing.

MEET OUR SPEAKERS



**Value-based
wellbeing**

Prof. Joar Vittersø

Meet Prof. Joar Vittersø, a social psychology professor who's asking the questions we've all wondered about: What makes life truly worth living? How our values impact our wellbeing? His recently published book, *Toward a Value-Based Science of the Good Life*, is turning heads in the field and for good reason. Instead of just measuring happiness or success by traditional metrics, Vittersø is pioneering a whole new approach to understanding human flourishing. In his talk, he'll unpack what value-based science of the good life really means and why it might just change how you think about living well.



Psychological flow

Prof. Marta Bassi

Ever wondered what it feels like when your body and mind are perfectly in sync? That's exactly what Prof. Marta Bassi has spent her career studying. As a psychology professor at the University of Milano's medical school, she's dedicated to understanding those magical moments when we're completely absorbed in what we're doing, otherwise known as "flow." Marta has led both the Italian Society of Positive Psychology and the European Network for Positive Psychology as president. In her upcoming presentation, Marta will share the latest research about what's actually happening when we hit that flow state, insights that could change how you approach everything from work to hobbies to everyday challenges.



Nurses' wellbeing

Prof Rebecca Jarden

Meet Prof Rebecca Jarden, a registered nurse, a researcher and an Associate Professor at the University of Melbourne (Australia), who has been investigating nurses' wellbeing. For example, according to her publications, how nurses perceive their lives outside the hospital differs from how they feel about their work itself. In other words, general wellbeing and work-related wellbeing aren't the same, and we shouldn't treat them as if they were. What does this mean for healthcare organisations? One-size-fits-all wellbeing programmes might be suitable for the healthcare community. If we want to support our nurses, we need workplace initiatives that specifically address the unique pressures and challenges nurses face on the job, not just provide them with generic wellbeing advice that could be applied to anyone, anywhere. During the conference, Rebecca will share some of her latest research with the nursing community in the context of their wellbeing.

MEET OUR SPEAKERS



Flourishing

Prof. Peggy Kern

If you've ever taken the PERMA profiler, an assessment based on Prof. Martin Seligman's famous wellbeing model, you have Prof. Peggy Kern to thank. She's the mind who brought that framework to life, making it possible for people worldwide to measure their own flourishing. But Peggy didn't stop there. She has also pioneered wellbeing models specifically designed for young people in schools, championed systems-based approaches to positive psychology, and... the list goes on. She has been a prominent presence in the field of positive psychology, contributing to some of its most significant developments. Peggy will take the stage at the conference to explore one of life's most compelling questions: Who flourishes, and why? Drawing from a wealth of research, she'll examine what sets individuals who flourish apart and what we can all learn from them.



**Wellbeing in
Education**

Andrea Downie

Andrea Downie brings nearly two decades of hands-on experience embedding wellbeing in schools. As Head of Wellbeing on the Executive Board at British School Jakarta, she leads the charge from the inside. In 2016, she co-founded Project Thrive®, supporting education systems worldwide to integrate wellbeing and innovation at scale. Andrea has keynoted conferences on five continents and worked directly with over 100 principals to drive lasting change. At our conference, she'll address the critical question: How do we make wellbeing central to education, not just an add-on? Expect actionable insights from someone who's been in the trenches and has the results to prove it.



Dialogical coaching

**Prof. Christian van
Nieuwerburgh**

Prof. Christian van Nieuwerburgh is Professor of Coaching and Positive Psychology at RCSI University of Medicine and Health Sciences (Ireland) and Consulting Professor for Growth Coaching International. A certified executive coach and Principal Fellow at the University of Melbourne's Centre for Wellbeing Science, he's a leading voice in coaching research and practice. Christian has authored numerous influential books, including *An Introduction to Coaching Skills: A Practical Guide* and his latest, *Your Essential Guide to Effective Reflective Practice* (2025) and the forthcoming *Radical Listening: The Art of True Connection*. At the conference, he'll introduce a new dialogical coaching model that promises to transform how we approach coaching conversations in the context of positive psychology.

MEET OUR SPEAKERS



Wellbeing Arts

Dr MacKenzie Trupp

Can being deeply moved by art help protect your mental health?

Dr. MacKenzie Trupp, a researcher at the Donders Institute for Cognitive Neuroscience at RadboudUMC and the University of Vienna's ARTIS lab, is exploring this question through her work on art, beauty, and psychological well-being. Her current research examines whether aesthetic sensitivity, i.e. being deeply responsive to art and beauty, might act as a protective factor for highly sensitive people. These individuals experience emotions and their surroundings more intensely than others, which can make them more vulnerable to stress and mental health challenges. MacKenzie's work looks at whether a strong connection to aesthetic experiences could help buffer some of these vulnerabilities. In other words, if you're someone who's easily moved by a beautiful painting or a stunning landscape, could that sensitivity actually work in your favour? At the conference, she'll share her findings on this relationship and discuss what the research tells us about art's role in supporting mental health.



**Taxonomy of
Positive Mental
Health**

Dr Matthew Iasiello

Dr. Matthew Iasiello focuses on a fundamental question: How do we measure and promote positive mental health most effectively? Matthew has published influential reviews on psychological interventions and the relationship between wellbeing and illness. Currently, he's working on a mental wellbeing programme for people living with Multiple Myeloma, addressing a significant gap in support for cancer patients. At the conference, Matthew will tackle a pressing issue in the field, which is the lack of consistency in how we define and measure positive mental health. He'll discuss whether creating a clear taxonomy, a standardized system for classifying positive mental health, could help the field move forward more effectively.



**Personality and
wellbeing**

Dr Fabian Gander

Dr Fabian Gander is a postdoctoral researcher at the University of Basel's Department of Developmental and Personality Psychology. Fabian's work centres around how personality and wellbeing are measured, and more importantly, how they change. Do major life events shift who we are? Can intentional interventions help us grow? His research explores these questions with practical implications for how we approach personal development. He's also examining personality in the context of romantic relationships, how our traits and momentary states influence our partnerships, and how these dynamics evolve throughout our lives. At the conference, Fabian will share insights from his latest research on the intersection of personality and wellbeing.

MEET OUR SPEAKERS



**Stop chasing
Happiness**

Dr. Frank Martela

Dr. Frank Martela is an internationally recognised expert on motivation, wellbeing, and meaningfulness at work. As an Assistant Professor at Aalto University with two Ph.D.'s, he has published in top scientific journals and written for Harvard Business Review, CNBC, and Scientific American Mind. As a leading expert on why Finland is so happy, he's been interviewed by the New York Times, CNN, BBC, and Le Monde. His latest book is *Stop Chasing Happiness – A Pessimist's Guide To a Good Life* (Atlantic Books 2025). His previous book, *A Wonderful Life*, was translated into 29 languages. His scientifically grounded but accessible approach helps organizations unleash human potential. We look forward to having him at the conference.



**Person-specific science
of wellbeing**

**Prof. Llewellyn E.
van Zyl**

Prof. Llewellyn E. van Zyl is an award-winning organizational psychologist and data scientist transforming employee wellbeing through advanced analytics and AI. With 15+ years of consulting experience and over 100 scientific publications, he helps organizations turn behavioural science and data into actionable insights about the employee experience. As Extraordinary Professor at North-West University and Chief Solutions Architect at Psynalytics, Llewellyn shows how data-driven approaches can shift employee wellbeing from a cost centre to a strategic advantage. His pioneering work uses person-centred methods and machine learning to deliver hyper-personalized insights that reshape how organizations understand and support their people..



**Positive
education**

Dr. Shiri Lavy

Dr. Shiri Lavy, a researcher at Aarhus University in Denmark, explores these questions across three key settings: interpersonal relationships, organizations, and education. Her research examines wellbeing in its broadest sense, looking at how our character strengths, the meaningfulness we find in our work, and the quality of our relationships all interact to help us flourish. Rather than studying these elements in isolation, Shiri investigates how they work together to support human thriving. At the conference, she'll focus specifically on positive education, exploring how these insights can be applied in educational settings to support student well-being and development..



DUBLIN IS CALLING

Step into the charm of Dublin, a city where every corner tells a story.

Begin your journey at **Trinity College**, Ireland's oldest university, home to the world-famous **Book of Kells** and the breathtaking Long Room library.

Visit the magnificent **St. Patrick's Cathedral**, built on the site where St. Patrick himself is said to have preached, and admire its Gothic beauty and centuries of history.

For a deeper look into Ireland's struggle for independence, explore **Kilmainham Gaol**, one of the country's most moving historical landmarks.

Take a peaceful stroll through **St. Stephen's Green**, Dublin's favorite city park, or wander among masterpieces in the National Gallery and the Chester Beatty Library, both free to visit.

Art lovers can also discover the **Irish Museum of Modern Art**, housed in a beautiful 18th-century building surrounded by gardens.

And to truly feel the city's pulse, join one of Dublin's walking tours, where local guides bring its **Georgian streets**, music, and legends to life.

Dublin is a city that blends history, culture, and creativity, where tradition meets modern energy and every visitor feels at home.

[Discover Ireland](#)





IRELAND IS CALLING

Venture beyond Dublin to the **Wicklow Mountains** and peaceful **Glendalough Lakes**, or visit **Powerscourt Gardens**, among the world's finest.

Discover **Malahide Castle** and the coastal beauty of **Howth**, or take the scenic **Wild Atlantic Way** for unforgettable views. Wherever you go, Ireland's charm and nature will captivate you.

[Discover Ireland](#)



Conference Cultural Evening

After a full day of ground-breaking research and engaging discussion, join us for our Gala dinner and cultural evening.

This is your chance to experience Ireland at its finest, with music and dancing in one of Dublin's most prestigious venues, home to Irish rugby, the Aviva Stadium.

Whether you're reconnecting with colleagues or making new friends, the cultural evening is a highlight you won't want to miss. Come for the research. Stay for the craic.

 Aviva Stadium

 3 July 19:00 – 22:30



THE CONVENTION CENTRE DUBLIN (CCD)

Venue

We are incredibly excited to be hosting the ECPP 2026 in the CCD. Located on the River Liffey, this breathtaking building offers a wonderful view of Dublin and the Wicklow Mountains.

From the moment you step foot into the iconic glass atrium, you'll be blown away by the impressive architecture, designed by Pritzker award-winner Kevin Roche.

The CCD prides itself on their sustainability mission, being the world's first carbon-neutral convention centre. All catering options provided by the CCD are sustainably sourced from local Irish suppliers, ensuring an authentically Irish and thoroughly delicious meal.

Our team, alongside Charles Martin-Krumm, ENPP president, is looking forward to seeing you here next year!





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