

17th World Summit on

Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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Positive emotions, neuroscience and bodily responses: How these three are connected and the implications for psychological, social and physical well-being

A scientific and a practical look at how building and exhibiting positive emotions can influence mind and body will be presented. How is the brain and neuroscience connected to this? What bodily responses can be found connected to positive emotions? In this presentation, the author will also speak about the implications for psychological, social and physical well-being. The author presents a scientific presentation of the latest research about positive emotions from the field of positive psychology as well as a scientific presentation from the neuroscience field. These two are being compared and contrasted in this presentation. Last, but not least, The author will present scientifically proven evidence of how positive emotional states can trigger lasting changes in the structure and function of the brain, and how these emotions are connected to general health, resilience against stress and disease. Last, the author will give practical examples on how these implications can be applied across diverse fields and practices.

Biography

Merethe Dronnen holds a PhD in Organizational Leadership with specialization in Positive Psychology and Leadership, and currently works as Associate Professor at Volda University College, where she lectures in Master's courses in leadership, motivation and learning. She previously worked 8 years as a Personnel Manager, and 6 years as a School Pedagogical- psychological Advisor. She is also the Managing Director of Positive Change, bringing academic level courses to leaders, coaches, HR around the world. She is an author and a popular speaker in subjects like Positive Psychology, Motivation, and Leadership.

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