

Positive Psychology and Cognitive Behavioral Therapy

June 13-14, 2016 Philadelphia, USA

Beyond happiness to greatness: Applying positive psychology to achieve a higher goal

Scott Asalone

University of Pennsylvania, USA

If positive psychology focuses on what is best in life and in each individual and its research and applications have been empirically validated then it should be possible to blend positive psychology applications in a workshop environment and help individuals unleash previously untapped potential. Positive psychology proposes to research and build upon the best that humans can experience and the best they can become. Historically the goal of positive psychology has varied from happiness, to subjective well-being, to flourishing. Yet each of these goals falls short of the highest possibility for each individual. Is flourishing the end goal of positive psychology or is there a penultimate goal which can be achieved through the select application of positive psychology interventions and research? Based on over 8 years of study and application there will be a brief argument for a new goal for positive psychology; that of personal greatness, and a definition will be suggested. Additionally a process called Roadmap to Personal Greatness will be offered as an example of a session that was offered for four years in a Fortune 100 financial services company. Qualitative results and anecdotal evidence will be shared from the participants of this session. This work focused on the use of multiple positive psychology interventions, teaching of positive psychology research, dialogue and self-reflection to enable each participant to create a path to attain their goals, dreams and unleash their personal greatness.

Biography

Scott Asalone is an author, speaker, poet and teacher. He is an entrepreneur who started A&S Global Management Consulting, Inc. in 1999. For the past 16 years ASGMC has worked around the world developing and delivering powerful and unique programs for leaders and employees in for-profit and non-profit organizations. Scott has authored a children's Christmas book, a book of poetry, and his most recent book about how to attain personal greatness. He has a Master degree in Applied Positive Psychology from the University of Pennsylvania and is a member of the International Positive Psychology Association. He is also an Associate Instructor for the Master of Applied Positive Psychology program

sasalone@asgmc.com

Notes: