

Early Bird Registration on now! INPM's 11th Biennial International Meaning Conference | Aug 6-8 2021

Dear Positive Living Newsletter Subscribers,

It is unfortunate that we had to postpone the [2020 Biennial International Meaning Conference](#) to **August 6-8, 2021** because of COVID-19-related travel restrictions and health concerns. The good news is that we are able to add more keynote speakers and more interactive features because it is a virtual conference. In addition, it will be the first summit on positive mental health during the pandemic, featuring leaders in positive psychology and existential psychology



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COVID-19 has killed more than 2.5 million people, devastated the world economy, and wreaked havoc on mental health globally. The challenges for psychologists are: How can we help people stay positive and become better and stronger? and How can we make the world a safer, kinder, and fairer place for all people?

We invite you to the [11th Biennial International Meaning Conference](#), where you will learn from leading researchers, practitioners, and educators on how to rise to such

challenges, transcend pandemic fatigue, and live a meaningful life. The International Meaning Conferences continue to be the only world congress on existential positive psychology, embracing disciplines ranging from psychology, philosophy, and religion, to management, education, and medicine.

Come and learn the new science of flourishing through suffering. More specifically, you will learn: How to find healing and hope in tragic times and how to transform vulnerabilities to resilience.

Given travel restrictions, we are pleased to offer the conference virtually and reach more people globally. Mark August 6–8, 2021, on your calendars so that you do not miss this unique event.

Confirmed keynote speakers thus far include **Robert A. Neimeyer, Louis Hoffman, Todd Kashdan, Tim Lomas, Darcia Narvaez, Blaine Fowers, Scott Barry Kaufman, and Christina J. Becker.**

We have chosen the conference theme, because at a time when our vulnerability is laid bare by the external threats and our collective existential crisis, we embrace it as an opportunity to explore and discover new pathways to resilience and wellbeing in trying times. Subthemes of the conference include the following:

- The role of meaning in wellbeing.
- The contributions of cultural differences and indigenous psychology to global wellbeing.
- The need to confront human suffering as the foundation for wellbeing.
- The role of responsibility in personal, institutional, and global wellbeing.
- The transformation of shame, guilt, anxiety, and other negative emotions as a means of achieving sustainable happiness.
- The role of faith and spirituality in positive mental health.
- The positive psychology of sickness, death and dying.
- The effect of interactions between positive and negative emotions on wellbeing.
- A dialectical mindset in avoiding radicalism and achieving a balance.
- Humility and servant leadership in resolving conflicts.

- Moral courage in the face of dangers and risks.

Hope you can join us, and take care.

Regards,

Paul

P.S. Got any questions about the conference (e.g., registration, CE credits)? Send us an email at timothy.tfm.yu@gmail.com