

Download Positive Leader Energy Happiness Top Performing

How were key studies selected? Key studies concerning mindfulness and optimism/positive thinking were selected according to methodological rigor, type of investigation, and approach taken in understanding the relationship between mindfulness, positivity, and psychological well-being. For years, when I spoke with CEOs or senior leaders, it was because they were interested in how my consulting firm could help their employees become more engaged, or innovative, or sustainably high-performing. Martin E.P. Seligman is the Zellerbach Family Professor of Psychology and Director of the Positive Psychology Center at the University of Pennsylvania, where he focuses on positive psychology, learned helplessness, depression, and optimism. Finally, Wong presents the dialectical mandala model of mature happiness, which is based on the dialectical interactions between yin-yang and self-others.